

LA271 811202 I like you to understand and feel your soul and there is a little mantra about it, can we do that  
Tattvas go through the changes

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## SUMMARY MEDITATION

He has created so many, so many lives in the water and he provides everybody. Criteria of life you think you create it is a mirage, it is, that is called maya.



**11 minutes:** I like you to understand and feel your soul and there is a little mantra about it, can we do that. We have couple minutes to go through it.

This is my right hand, I will lock my two fingers and this is my left hand, I'll sit in the Gian mudra. Eyes, nine parts closed, one part open, you look at the tip of the nose, all right? And remember this Nad, I am trying to tell you something

**Hari Har, Hari Har, Hari Har, Hari** , Hari Har, Hari Har, Hari Har, Hari....

**Hari Har, Hari Har, Hari Har, Hari** , Hari Har, Hari Har, Hari Har, Hari...

Students: Chanting '**Hari Har, Hari Har, Hari Har, Hari...**'

Inhale.

(The chanting stops.)

**Hold the breath tight, let it go. Relax.**



## LECTURE

.... (?) meditate like that, (?). Yeah.

Student: (----).

YB: We proceed towards the soul and the self. God gave us self out of five Tattvas but the Tattvas do not have power by their own virtue to live, therefore God has to put the spirit in it. And when the Tattvas has to go God has to take the spirit away. Do you understand? Okay now the example which Guru gives us with a very fine example and one example is, suppose there is a one lady, her husband has gone to a foreign land and he send her money. Postman comes and delivers the money and the neighbors comes and say, "How much is the money."

She said, "One thousand dollars."

And she said, "Who gave it to you?"

And she will immediately say, "My husband."

She will never say, the postman because money was not given by the postman, money was given by the husband, that is how it is. But she remembers from where the money came. She doesn't acknowledge the giver on the spot, she acknowledges the ultimate sender.

So in your life you do not if acknowledge the ultimate sender, ultimate giver, you are mistaken, you are not rational. If I see a very beautiful girl and I say, oh my God this girl is beautiful and then I say, beautiful the one who made her, then I am acknowledgedly a rational being. But if I say, girl is beautiful I should grab her, where is the rationalism in it, where is the rationalism in life and where is the rationalism in your consciousness, and what is your wisdom and what is the scope of wisdom and what is your length that you can reach to God that you even do not recognize God is. The beauty and bountifulness of God is not recognize man, where is the question of trust.

We say we belong to God, we say we love God, we will say we know God, we know all the philosophy about God, for thousand of year we have been searching God I tell you we have not even known the basic fundamental.

There was a program last night you should have watched that, that science finding out now that Hindu religion and its philosophy of existing of the universe and the cosmos and cosmonology is exactly true but they are finding. They are not saying it is exactly true, they are saying it is relevantly nearer, nearer. Law is very simple, universe is nothing but one implusation of God spirit, one impulsation. And the gentleman was trying to narrate things, I wish he should have read the Japji, 'Paataalaa paataal lakh aagaasaa aagaas. Orak orak bhaal thakay vayd kahan ik vaat. Sensatara kahan kitay bah asu ektat. Likha ho to likhay likhay hoye vinas, Nanak vadda akiha. Naanak vadaa aakheeai aapay jaanai aap.'

Nanak says, Likha ho to likhay likhay hoye vinas, the God is so much, what veda says, science is agreeing now, but Nanak went head of it and said, "What veda says is nothing, they are only measuring one impulsation of God, God has so many impulsation that if we record all of them we will be vinas, we will be dead and still we will not be in a position to record anything.

Somebody once asked me, "Yogiji how many lecture you can give?"

I said, "As much rivers can flow and as much clouds can rain, I am not lecturing, somebody is just coming through and this body is being used."

Because the reality is I am working very hard, I am tired, who is tried? You, no, you are not tired, you have never worked. Has work tried anybody? No work doesn't tire people, Tattvas get tired, the machine wants to stop and rest and recuperate and wants to start again, why? Why? Why? Because God has impulsation, this universe must finish and must reborn.

'Jo bin sobinsay so upjay Jo Upjho Sobinsay'

'whatever is born must die.'

That's the law of God.

It's very funny story, one day I met a very holy man, I had a great respect for him, really, normally I don't respect in the sense that I do not know what I am getting into, but the guy talked to me and one week and you know, I just kind of fell love in him and it was right, but I had a kind of doubt, once a while little weird here and there, and one day I was sitting with him in a very restful, harmonious what you call is moodiness of mind and I said to him, I said, "Tell me something which I have never heard and never believed."

He fell in my trap, he took out a picture, he said, "This is the picture of my Guru."

I said, "I bow to your Guru, I mean to say, you must have a wonderful Guru the way you are talking is fantastic."

He said, "You know about my Guru?"

I said, "Yeah."

He said, "He lived four hundred and thirty years."

I said, "Where?"

He named the town. I said, "I was there nobody ever told me that there is such existence."

He said, "No, no he comes from that town, he meditate this and that."

I said, "How many years you said?"

He said, "Four hundred and thirty years."

I said, "My God, the God never wanted him for four hundred and thirty years back home?"

He said, "What do you mean?"

I said, "It's a point of view, I am about..." whatever I was forty-five, forty-six, I say, "I am sick and tired being forty-five, forty-six, I want to go home, don't you?"

He said, "We have to do what we have to do."

I said, "Yeah, we have to do what we have to do, we have no way because the gate is closed over there. If I can get a key to it I am the first man to get in, including my physical body." I say, "I don't want to wait, are you kidding who wants to be here." You have seen the planet it rotates which is a longitude and a latitude, sun rises, sun sets, student come, you lecture, they listen, they don't care, they come again, they listen, they don't care, it's going on.

Students: (Laughter.)

YB: What is the big deal, it is the same routine of life which is just over us. What we think? We think I am, I am and I am in my limits, I am, I am actually means I am not in my limits, I am the part of the I am, that's what I am actually means. I am because of the I am. My Tattvas are alive because of the soul, my soul is part of the greatest soul, the greatest soul is part of the self-infinity. 'Akali moorat, akali moorat aajooni saibhang,' now this is the only one line which people have to understand, they can get out of every problem. Akali moorat, akali moorat, you are the akali moorath, your presence should be that of the God, akali, undying God and undying God has created this Tattva and soul in His own image. I mean to say, I am not crazy I don't cut my beard and don't cut my hair, and I don't do this, and I don't want to do that because I am, I am just in circumstances being guided by, by some rituals on my right, no I am guided by my simple fact, I trust in God, I believe in God, I am the part of God, God is part of me, I didn't manufacture my blueprint, neither I know anything why my nose is like that, why my eyes are like that, they are just like that and I think eyes are gift to me, I think nose is gift to me, I think my lips are gift to me, I think my teeth are gift to me, I don't want to lose anything, I want to maintain it, take care of it, keep it clean.

Simple, simple flow of life, simple flow of life must give you a touch of God, God is not a complicated handshake, God is a very simple flow of existence, everything is organized, everything accordingly time. Once I fell sick and I fell sick for a long time and one person asked me, he said, "Yogiji you are sick."

"I am wonderful, I am so happy."

He said, "Why?"

I said, "That is the only rest I can get."

I think body needs the bacteria to be changed, the toxin have to come out, body needs lot of heat, that was called temperature, so five, six days good temperature clean it whole thing out, you know, you may have a hundred thousand dollar worth of car, you send it to mechanic just see what he does with it. When it comes out you don't want to sit until you take it to the carwash. Same way Tattvas go through the changes. Tattvas go through the,

Students: Changes.

YB: Constant in the Tattva is the range of the soul, range of the,

Students: Soul.

YB: How long you, how long you long to belong, how much understanding in understanding you have for your soul, how much relationship you have developed between your self and soul, that is your credit, that is your credibility. Am I clear, am I clear with you?

Credit of life is not the achievement on this earth, credit of life is the achievement your relationship between self and soul. You want to be great, great people don't hate. You want to be great, great people are not lustful. You want to be great, great people are not greedy. You want to be great, great people are truthful. There is a whole standard of great people, so what is your option? Your option is to follow that standard, you will be great.

In the scale of ten to zero and zero to ten you can be great, why, what is ten? You can be ten or you can be zero, what is ten? One and zero, that is ten. If being zero you put with yourself one you become ten, you become great. I don't know why, why cannot you understand simple things the simple way. Do the clouds bring the rain all the time, why? Clouds can come but rain shall only fall when God wills it.

It was very funny, once I went to attend something, the mother had a child and it was dead child, she used to ask me, "What I am going to give birth to, what I am going to give birth to?"

I used to say, "I don't know, I don't know what you are going to give birth to."

So she told me one day, she said, "You knew it, you knew it what I am going to do, but what happened?" she said.

I said, "Nothing happened, your body is there to manufacture a child body. Your body is there to manufacture a child's body but it has no right to put soul in it."

You know, these days a great (?) moment the child is conceived the egg is, punctured by spermatozoa, the child is alive and all this nonsense, (?) these people know spermatozoa goes, who makes spermatozoa even to go, is spermatozoa a soul? It's all maya, it's all game. God plays the game and we are the part of the game as pawns and that is, that is where we have to relate to our soul and ourselves, it's a very unique and crucial relationship.

I once asked somebody, I said, "Hey you miss the flight, you didn't catch it?"

He said, "Yeah."

I said, "What happened?"

He said, "I became emotional."

Now can you believe a person got emotional couldn't catch the plane. I have a feeling, I have a feeling at this time, I am feeling I am swimming in the ocean, I am feeling, am I swimming in the ocean, I am swimming in the sweat. Feelings, emotions, thoughts, desires, all great. Question is which brings you to near to your soul and which take you away from the flow of the soul, that's what decide your happiness of life. When you are with God, you are with infinity, when you are with man you are definitely defined and your actions are defined and therefore, your pain is assured. Guru said, janath ke paas kuch nahi, these people have nothing in their hand, they can't do a thing, nobody can do anything.

'Jal may jiho upaya kay tena bi roti dey.'

He has created so many, so many lives in the water and he provides everybody. Criteria of life you think you create it is a mirage, it is, that is called maya.



**11 minutes:** I like you to understand and feel your soul and there is a little mantra about it, can we do that. We have couple minutes to go through it.

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Students: Chanting '**Hari Har, Hari Har, Hari Har, Hari...**'

Inhale.

(The chanting stops.)

**Hold the breath tight, let it go. Relax.**

May the...

The class sings: 'May the long time sun shine upon you...!'