

LA906 970310 human mind is asking for a relief today you are going tantric meditation individually and we are going to put you in that **SUMMARY MEDITATION:**

(10,17) **kriya 14 (9+4+1) minutes:**

Realistically human mind is asking for a relief and that meditation is today you are going tantric meditation individually and we are going



to put you in that. So I tell you the trouble, trouble is that if you move your body you'll be doing more damage to me than I have done to myself in years that's a one thing required but this thing has to be done in this way and I have decided to be here today and tomorrow before I go to Boston I like to work with you. You have come this day in the class we are fortunate and let us be function okay.

Watch how I did it just watch it is very.... It's not a... what you call it exercise you have to have a style 9 minutes: **stretch of the muscles and the (?) and look at the tip of the nose** you are done. If you survive I'll talk to you later **chin in** totally in chin in **chest out look straight** and that process **will balance** it out sooner or later in short while **your electromagnetic field** will make a circuit, moment the circuit happens your brain is locked then expect the change. Look at the tip of your nose, nose, nose and steady believe if you believe that there is a some power which saints and sages have come out with Kundalini yoga it is a time

fo posture in your **ultra balance if you breath through the nostril long breath** and sit quite looking at the tip of your nose let's see what happens. If you stick with it all weaknesses will start disappearing after a little pain for a while. Because you have been (?) if you eat cucumber and get rid of that really dirty fat weight you'll be (?).

Concentrate surpass the limit of your mind whatever message your mind is going to give you pain or hurt or right or wrong use it now change your hand go right away get into the other posture it will hurt you more but that's how we balance. Up, up, up, up right, right, right, right no sleepy business, no sleeping let it add a pressure come with me and glow me and grow with me you can

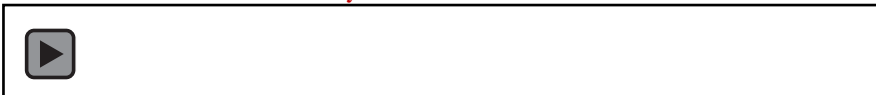
(?) let us keep going bare, bare, bare share. Though it looks like pain it is going to get rid of the insanity. Endurance is a virtue and it has values (19,38) **4 minutes: lock your hands on the top of your head fingers into fingers and make a circle round circle very good stay there and pull your navel in and stretch yourself and out chin in and chest out and** just do it. It will check out what the strength of your muscle of the heart is and how the magnetic field over there is working you all seem to be very strong. Steady, steady these exercise not for just jumping around steady, steady, and put such a pressure in the upper chest and arm pits and hands yuuuh! Look like you carrying all the heavens.



Now you have only two minutes more to go that's it you can make it you'll be the best if you can make it I'll be the best. Last minute (23,07) **1 minutes:** now please keep the hands where they are move left and right on the base of your spine no this way hmmm! Forcefully because it will adjust your spine to new come on quick, quick, quick take the

energy keep the hands up don't bring them down that's the balance. Inhale deep and relax (23,45)

Kriya audio 14 minutes:



move left and right on the base of your spine

LECTURE

There are three birthdays Havinder Singh and Siri Mangal Singh, Harijoth Kaur oh yeah are you there? That's her birthday cookies will be served so you have something to eat. Tonight and tomorrow night I'm going to talk to you, you can hire me for five thousand dollars special I'm going to work it out what that's normally we charge we are called super shrinks because we analyze the character help a person to divulge himself and then person is relaxed. You know that? hmmm! Good keep it up now you want to see this you get the honor of it.

We brought a great stone somewhere by mistake we want to honor that stone look what we have done to that stone. Yeah, yeah show to them in case they misbehave yeah that's the (?). The stone was brought in a good faith and then we didn't know what to do with it finally we organize and somebody I asked so he did this wire work which is very, very difficult and then that was small then finally it came to him and it is a tall whether I can handle it or not it's okay but it will go in the archives.

Are you ready for the tonight? I'm not innocent, I do not accept the values of the nature so what do I do? I built a home to keep the winds out, I built clothes to cover my skin I understand my weaknesses and I cover my weaknesses is that true? Is that true? You all know your weaknesses but you only cover your physical weaknesses you don't cover your mental weaknesses and you mentally you are a unique that's way you are corrupt. You are corrupt because there is no way out that you don't know your mental weakness as you know

and you have agreed to know that you have a knowledge of your physical weaknesses and if you know physical weakness and you want to cover yourself physically. If you know mental weaknesses then you cover yourself mentally and if you have a spiritual weakness you cover yourself spiritually then you shall need nothing but you'll get all what is called happiness.

There was a man now I tell you the story is a fact he didn't want to get up in the morning he tired everything didn't work you know what he did? He put a physical shower over his bed so fifteen minutes the alarm will go on if he doesn't get out and he has a weight on the bed and the shower start now he is fine he gets up on time and his habit is (?) because he gave himself fifteen minutes to lazy out and I told him why? He said I think fifteen minutes is enough and I have within fifteen minutes if I cannot be me and the alarm shoots up the music and this and that and the whole thing. Where there is a will there is a way or where there is will there is a (?). A person has the right to process himself your processing is essential your intellect process you, your intelligence process you. Even your emotion and desires process you. I was talking just now to a girl she said I know you are telling me the truth I want to tell you that I believe it is true I don't want to hear it. Because sometime your fantasy is stronger than all the truth in the world.

when the desire is set in the unknown consciousness mind all corruption looks sweet there is not a one person who wants to be corrupt, there is not a one person who wants to be liar, there is not a one person who wants to be wrong this all wrong but once the desire is not cleans out meditatively then it has to be cleans out physically. Technically speaking every person here is a mature person you don't have to change your religion, you don't have to ask for forgiveness, you don't have to feel sorry, you must admit to the fact that this planet Earth is the visiting motto and here between the management and you there is a agreement. If you care to harm others you get ready to be harmed yourself. If you care to down graders you shall be down (?), if you try to rebel the world the world will rebel from you because Newton third law is not a Newton third law I said it is very, very century old law (?) what comes goes
“(?)”

What is born shall die that's the law. As you are a child you'll never understand why you become adult beautiful adult and you'll never know why the adult is gone and you've become old, you'll never participate with them. But you do not have the capacity to learn to obey to test yourself out no you don't and when you cannot understand mentally what your limits are then circumstances get you and you are not in a position to deal with it that's the problem.

Human beings are not born to fail, human beings are not born to suffer, human beings are not born to be corrupt, human beings are not to be lonely, man is a social animal. All what is said about human being in a sociology, in psychology and in personality is true and all the religion has taught you that is true be a Jew, be a Christian, be a Muslim, be anybody for God sake but when you are going to be you. What is the idea that you are not you and you are inflicting your injury left and right trying to be something else. Don't you understand that you within you is more important than anything else isn't it important that you must take your inventory? Figure it out how mentally weak you are? wrong you are? Why things are happening what they are happening? Why you are angry? Why you are depressed? Why you are on sale? Seventy percent off, what you are trying to achieve? (10,17)

Realistically human mind is asking for a relief and that meditation is today you are going tantric meditation individually and we are going to put you in that. So I tell you the trouble, trouble is that if you move your body you'll be doing more damage to me then I have done to myself in years that's a one thing required but this thing has to be done in this way and I have decided to be here today and tomorrow before I go to Boston I like to work with you. You have come this day in the class we are fortunate and let us be function okay.

Watch how I did it just watch it is very... It's not a... what you call it exercise you have to have a style stretch of the muscles and the (?) and **look at the tip of the nose you are done. If you survive I'll talk to you later chin in totally in chin in chest out look straight and that process will balance it out sooner or later in short while your electromagnetic field will make a circuit, moment the circuit happens your brain is locked then expect the change.**

Look at the tip of your nose, nose, nose and steady believe if you believe that there is a some power which saints and sages have come out with Kundalini yoga it is a time for you to understand. Just see how this little posture in your ultra balance if you breath through the nostril long breath and sit quiet looking at the tip of your nose let's see what happens. If you stick with it all weaknesses will start disappearing after a little pain for a while. Because you have been (?) if you eat cucumber and get rid of that really dirty fat weight you'll be (?).

Concentrate surpass the limit of your mind whatever message your mind is going to give you pain or hurt or right or wrong use it now change your hand go right away get into the other posture it will hurt you more but that's how we balance. Up, up, up, up right, right, right, right no sleepy business, no sleeping let it add a pressure come with me and glow me and grow with me you can (?) let us keep going bare, bare, bare share. Though it looks like pain it is going to get rid of the insanity. Endurance is a virtue and it has values (19,38) **lock your hands on the top of your head fingers into fingers and make a circle round circle very good stay there and pull your navel in and stretch yourself and out chin in and chest out and just do it.** It will check out what the strength of your muscle of the heart is and how the magnetic field over there is working you all seem to be very strong. Steady, steady these exercise not for just jumping around steady, steady, and put such a pressure in the upper chest and arm pits and hands yuuuh! Look like your carrying all the heavens.

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best.

Last minute (23,07) now please keep the hands where they are move left and right on the base of your spine no this way hmm! Forcefully because it will adjust your spine to new come on quick, quick, quick take the energy keep the hands up don't bring them down that's the balance. Inhale deep and relax (23,45) hmm! What is so wrong that you can't do this at home for about three, three, six, six, three, nine and two, eleven minutes it can change your total life. Eleven minutes in whole life, whole day each day it balance the human energy with the natural energy absolutely you are unique. Har (?) you are sleeping you should be on the stage remember it is the birthday of three people you don't know that? I don't want to be label, I don't want to be branded but I don't mind mentally be all scattered. Still I know my weaknesses they are very common doesn't say anything to you I'm singing. (-----)

Student: (-----)

(tape)

(tape stops)

Sat... nam...

Sat...nam... You are my soul and you are a supreme by the virtue of thee I got the body and mind in myself and on this day I apologize to you for not taking even the acknowledgment that you exist instead I gave ego every chance to flourish, grow as in slaved and shackled I'm with my pain of ego and (?) my game of (?) you are still my soul and I have put myself of the wattage I'm coward for all the great thing which I know and I'm like a lion going for all those what is wrong but hope you as my soul in me will recognize my outside weaknesses I'm going to effect our journey when we depart from here. Come along with me and pray that you dare to know you are here then acknowledge you have a soul and then acknowledge that's a part of that since you have got and then acknowledge that God is with you on the every path of the way and we walk unto him over the higher self of us. There is a situation in the body of sensory system which has a sexual bewitchment which blinds by emotion and characteristic of thoughts is struck but my soul I'll try to apologize you again you are the most beautiful bountiful source in my life. I love thee, I love thee, I love thee as you are God within sat nam.

Good? Was it good yeah, it was good, it was good nothing I'll say good, good just want you to acknowledge like this. We are the part of the United Nation and your non-government organization there are two of them one is recognized as Government organization and number of it. So fortunately this year we have to come under one and I'll ask all woman to rally around BBG and start taking part in this fiftieth birthday of United Nations. Every yoga student of us ours is welcome to participate no Mister cat and rat distinction it's all one it is very good and you are required join her it is right now in New York dealing with the situation Monday went very well, Tuesday also. So she is a qualified psychologist and all that doesn't matter that you can get any were but a motherly situation of proper counseling she will receive some of you where injuries to old for you to get rid of it. So within this demand we want you not suffer that's our main is.

Suffering is something new defined if you take my definition suffering is when you make somebody suffer you suffer first, suffering is your problem not anybody's you want somebody to suffer therefore you suffer first. If you don't make anybody to suffer you will never suffer what are you suffering? Second is you cannot obey why should I obey you shall never command and that's the law in which this humanity is being grinding and being (?). It is very funny thing I was dictating somebody checked it and my opening sentences of we in America have no knowledge of sex, sensory system and integrated attachment it is a just a prominently and predominantly known as ejaculation and process to make it happen. I also further said it is such a gruesome thought even that this most powerful nation in the world and highly educated can have a tragedy in their bed and then I said they are bad, bad, bad and I don't hesitate to acknowledge you because if we understand the relationship then we have to understand the relativity of (?).

Relationship without accessing the relativity is so dangerous that there is nothing to it and in the proportionate relativity you have to access because life is mutual life is not oneself. There is no coin which has one side every coin has two sides though the matter is going. So when you push your issues and your nervouses and your fears and your fanatsies these are the thing what did I say the four things

Students: (-----)

YB: What a slow space can you speak louder?

Students: (-----)

YB: When you put these four out you don't exist. A depression cannot make impression a person is depressed he is going to be always empty which you all don't want. So tomorrow we will balance out your system and try to see if you can have little more energy and look better and feel better, go home better after that you want travel me to Boston you are fine it's long way away but it's good to go as the area is all the University in the Earth God knows why he picked up (?) more universities (?) come.

So we will go and teach and be there come back and then I'll settle down in (?) I love you I have been with you as maximum as I can now it is been time to go and be in Mexico not that I don't like LA I was in Baker's field I couldn't in free I tried to inhale and lungs wants to come out hot air then I got it wet I now know what the desert people are doing really then I have to take a wet cloth and put it on my nose and it start bleeding and afterwards (?). Just understand hot air you can give as trouble how much trouble smoke gave (?) lungs.

We are the most civilized idiots on the planet Earth I was watching the news that day there was a great area of wet land great and it was natural they removed it now the entire surrounding is falling apart now they want to buy the houses remove them and make it a wet land first why you did it? First why you did it? Because birds don't come anymore because there is no wet land therefore these little things they are eating everything left and right they can't have the stocks because they bite them they found it as impossible I get to live even human are sometime in entangled by bugs they are so much bugs now. So they need to have wet land again what kind of development is



move left and right on the base of your spine

that? What kind of civilization is that? and you do not know that planet Earth is a balanced. And what kind of this love and marriage and homely relation is when you know is a balanced. One marks, one gifts, one obeys, one commands is a balance. So we will meet again tomorrow thank you very much and you are okay now I think? You can go home drive carefully otherwise (?) doctor you should be. On this hey tomorrow anybody's birthday? We want to know it advance so she can sing is it your birthday tomorrow? Why not? It is. Hello hmm? Your excellency how are you? You have to give this flowers so that they can be in the alter at the alter.

END OF LECTURE

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