

SUMMARY MEDITATION 22 minutes:

Let us see, if we can reach. This exercise is very funny. It's not hard, mind you.



See video down in the lecture

Now don't try to... Some people say, "We don't come to your class because God, then we get so energized we can't sleep."

Well, it's a very simple exercise. You have these two index fingers, correct? Right? And know these two, you have two elbows here, and have you seen this movement? This, this circle.. no, it's a circle. It's not straight. If you go straight, you will find a very different... Loo, loo, look, I'm say..., I want to tell you the electromagnetic field, the subtlety. I'm teaching you the subtlety.

Mudra: Sit in easy pose with a straight spine. Bend the elbows tightly into the sides of the body and keep them there. Bring the forearms up in front of the body, palms facing forward. Make the

hands into fists, (thumbs on the outside of the fingers), and extend the Jupiter fingers straight up in the air. This starting position is with the hands about six inches in front of the face, the tips of the index fingers at the level of the upper cheekbones. There is a six inch space between the two hands.

Movement: From the starting position, bring the two hands out to the sides, where they will stop when they are to the end of each shoulder, and then bring them back to the original position. Caution: do not just move the hands in a straight line out to the sides. From the starting position, you will arc the hands in a circular movement out to the sides, and then curve them back to the starting position.

Eyes: Stare at the tip of the nose.

Mantra: Chant "Har, Haray, Haree" continuously, in a spoken monotone, pronouncing each word distinctly, with a slight pause between each word. Use the tip of the tongue hitting hard against the upper palate as you chant. Chant in rhythm with the movement.

Time: Done for 22 minutes, 45 seconds in class.

End: Inhale deeply, and squeeze every portion of your body tight for 18 seconds. Exhale. Repeat two more times, holding the breath in 14 seconds and squeezing tight each time. Exhale & relax.

Comments/Effects: This meditation is for self-enlightenment. It is for your electromagnetic field, and tuning you into the subtleties of life. Ultimately the Atma (soul) will leave in the subtle body. So we have started working with our subtleties. And realizing subtlety is to become knowledgeable of the universe and it's facilities, it's facilities, it's nature, it's God.

In this meditation, if you make the movement of the hands a straight line, straight back and forth, you will tune into the grossness of life. If you move your hands in the indicated curving, circular movement, you will feel the whole universe is moving with you.

Make sure you keep the elbows firmly locked into the sides of the ribcage very firmly. If they are loose, you will not enjoy the experience which can come from doing this meditation. In addition, keep the fists tight, and the extended index finger very tight. Feel as if you are moving an iron rod.

This exercise helps to totally recuperate any damage to the inner brain neurons. It is a very powerful recovery system.

Do this exercise for 22 minutes. After the first 11 minutes, you will find yourself entering the twilight zone. Just keep firm in the meditation, to go through it.

Another variation of the mantra that can be used for this meditation is, "Har Haray Haree, Waa Hey Guroo."

Watch this, now put it here and move like this. Right? Right. And now, be here and move like that. Just see the difference, I mean in just two-three times. It's not that you have to do twenty years. Just do this (straight back and forth), and you will feel absolutely grossness of it. You move like this (circular, arc type movement), you will feel whole universe is moving with you. You understand?

Now in this exercise, I'll project the magnetic field. So I shall be the pivot of the electromagnetic field psyche. That's why I worked all my day, to come to you, so I am well prepared. With my feeble health, and my sick body, whatever I can do, I shall do it right. You know, I am a perfectionist, too. So what I will ask as a help, that when you put these elbows, on this rib, rib bone and this should be very hard. If you make it loose, you won't enjoy the whole thing. This, these three fingers have to be very tight. This finger has to be totally tight. And eyes on the tip of the nose and you move. It's very... it will become little painful, I know, I practiced it myself before sharing with you. And keep going, see your elbows are fixed on your ribcage and you move very hard, those fingers, like you are moving a iron rod. And it will totally recuperates the inner brain neurons damage. It's a very powerful recovery system.

Har, Haray, Haree; Har, Haray, Haree; Har, Haray, Haree.... (Syllables of this mantra are spoken in a monotone, very distinct sounds, with a pause in between words.)

Class response: Har, Haray, Haree; Har, Haray, Haree; Har, Haray, Haree; Har, Haray, Haree; Har, Haray, Haree; ...

Use the tongue. Keep the fingers stiff. Chant it with the power of the tip of the tongue.

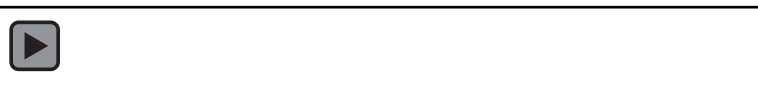
Keep the rhythm! (After 15 minutes): Now you are entering the twilight zone of the experience. Do it correctly.

(At 17 minutes): Tip of the tongue. Make it hard. Create the sound. Go, go, go for it now!

(Chanting done for 22 minutes, 45 seconds, total)

Inhale, hold tight, hold tight, and totally squeeze your body into 'pratyahar.' It is called inner of the molecule, that is how you will squeeze. Squeeze tight, to the inner of the molecule. (Held 18 seconds.) Breathe out. Inhale deep again, hold tight, squeeze, 1,2,3,4,5,6,7,8,8,7,6,5,4,3,2,1. (Held 13 seconds.) Breathe out. Breathe in. Hold 1,1,2,2,3,3,4,4,5,5,6,6,7,7,8,8,8,7,7,6,6,5,5,4,4,3,3,2,2,1,1. (Held for 14 seconds.) Breathe out. Relax. You are done.

Audio kriya 25,30 mn



LECTURE

Now you have been very lucky and fortunate, all of you, that you have seen the movie, where they showed you dinosaurs, in a imaginative manner, and majority of you must have seen them. Whether there were dinosaurs or not, you can question. But what they found out was their big structural bones. To prove it, there were. And then, they look a carbon test to prove that there was a time, that much gap distance out the test. So mankind came to an understanding, once upon a time, on this, these animals were walking around. And they used to be like this, and they were in existence.

So somebody got their scene together, and they made a movie, and luckily in the modern time, we could just see those dinosaurs on the screen as alive as normally they would have been. Exactly from now, couple of hundred years later there will be a movie, when they will show how the Piscean people were living, and how they have vanished, and what happened to them. That is your story, you all will be gone, none of you shall exist. Within the transactory period of the change of the age of the Piscean to the Aquarius, all of you who are emotional, commotional, unknowledgable, disgraceful without nobility and ability to continue, to give, to be. Those of you, even who have separated God and you shall die in vain and as insane. There's nothing I can do; that's the law and that shall happen.

Now when, somebody talks about this kind of situation, they say he's prophesizing, or he's scaring, or it is scary. People don't like it. But there is no way out. And time will record, it as exactly, the way time recorded those dinosaurs.

You are also very lucky to see those movies "Apes". There were two, three stories about apes, where men were prisoners and apes were the guardian angels for them, and they were experimenting. Because they found out in Africa, the skulls and the man. And in certain graves they found out tools, and craftsmanship. And in certain caves, they found out the art. And they could determine, what life was.

As man is also interested to know past, anybody is interested to know future, that I acknowledge. But very fair and rare people are, who are willing to know themself. And without self knowledge, all knowledge is wasteful, useful only to destroy your own integrity, dignity, and destiny. No knowledge is worth, if your own self knowledge is not supreme. There is nothing in this planet, other than you.

I tell you my own story, and I tell you in very clear words. What brought me to United States was not you. It happened; (what) brought me to Canada was not you. I was one individual with a knowledge, which I did not want to share with the Communist world. Period. And they wanted it, I was part of the deal. So I took a short cut to Kabul and then I came to western world, and came to Canada. And something brought me to America.

In my mind, there was always a situation. And that situation was that you come form Judeo Christian background, and Indians always will consider you as untouchables. They shall never teach you the real thing. First of all you don't deserve it because you are not born into high caste. But they want your money and you took tons of dollars to India, to these swamis and yogis. And you came almost with empty hand, with philosophy. Because you were using lot of drugs, so you thought you are in ecstasy. Actually you have damaged brains -- an irreversible damage to your gray matter. And very weak, and unworking neurons, transmitting cells in the brain.

My approach was that, let us create teachers for the future of this part of the land. And don't forget to create what you are today, you call it "3HO." Twenty million young Americans revolted in a evolution which is called Woodstock era, sixties era, or flower children. Many have been unrecorded. We used to see dead body of young girls, totally lying down frozen, and it used to take three people to put it to together, to, so we can just straighten it up. God knows when she froze, and when she died, nobody knew. And nobody will ever claim the body and would like to know.

People were on drugs, people OD'd. Many, many, many died unrecorded. Out of that, one million people survived; out of which some is part is called "3HO." Out of that came Sikh Dharma, out of that came the order of the Khalsa. That is your history, that's your story. But as you have a tons of grass, and out of that, cow takes it, and then comes the milk. Out of that you make the yogurt, out of that you make the cream, out of that you make the ghee. Everything is in line.

You are not destined to be students. You are destined to be teachers. Because teacher is that who is a perfect student. Nobody ever can be a great teacher, who's not the greatest student. You like the uh, part of the teacher. How you people touch your feet and how they love you, and how you have good girls around and all that paraphernalia and everybody serve you, and all is fine.

But you do not know the karma of the teacher. He sits on one foot long spike nails chair. Because every teacher, in life, has to lie once. Once! You can lie everyday and you can get away with it. He has to lie once, and he's caught forever.

The oath of a teacher is, "I am not a woman, I'm not man, I'm not a person, I'm not myself -- I am a teacher." Your job in the Age of Aquarius will be to understand your own self, your self dignity, your self esteem, your self morality, you self ethics, you self spirit. And rise, and resurrect yourself to the point that you can lift by sight, touch, and word.

I was talking to 'Maa' today, and she said to me one thing very funny, which I'll like to share with you. She said, "Send me ten Sikhs of the, in my room. I'll separate those who do sadhana and those who don't." She says, "Yogiji, there are Sikhs who practice, there are Sikhs who know but do not practice."

Well folks, it is up to you. I'm not here to push you to any point. Everything which happened here, happened. All I came here -- to serve. In my personal grace, I made it a point, what I have is not mine, what I'll keep is not mine, what I shall leave, is not mine. Some of you, or many of you will inherit it.

Now there is a problem -- are you deserving or are you desiring? If you are deserving, you will not get any hitch. You'll have it, it's yours. If you are desiring, you better forget it. Many came on this path. Because their foot prints tell the story. Many couldn't walk all the distance. They are not there. Many are still walking, they are tired. When a student of mine, twenty five years ago, all of a sudden without any notice, just say, "I am not a student, I am not a person, I am not this, I am not that."

You know what I said? I said, "I shall be glad to see you, in your new hairdo."

"Why you said that?"

I said, "Two hundred and fifty million Americans I see, one among them, you will not hurt. If, for you, twenty five years of my carrying you was not enough, for me to look at you another twenty five years shall be no bother." I said, "It is very easy to serve God, because it is unknown. It is the most difficult to serve the Master, because every faculty, defect and everything in you is known, not only confronted, on your face value."

So technologically and psychologically and sociologically we are after all, people. We have to decide -- do we want to be the leaders in the Age of Aquarius, or do we want to just die as dinosaurs? To be remembered, we existed?

This is a cusp period. You understand the story of Noah, it is very well predicted. And you can rent a movie sometime. Oh, for God sake, those who go the renting store, movie renting store, rent five, six, seven movies, only see one and pay for all the rest, I think all should be branded as a foolish. Rent one movie, come and see it, and return it, get it the next day. But I have yet to meet one person who doesn't rent five, six, seven movies and hardly they sometime see once. This is a pure waste of personal money. I'm not going to participate with your personal life, you can to whatever you choose. But the way you waste money on many ways that you don't understand, every credit card charge you from 15 to 18%, and it's with a very heavy interest.

I have a credit card in my pocket, I can buy the biggest house, just on the strength of it. It is qualified, it is a bank guaranteed. It has that secret, whatever star they call it. I have to use it once a year. You know what I use it for? Some lunch, or some breakfast or something, just to keep it alive.

You are people. You are entering the Age of Aquarius. These are cusp years. Just look at Noah's Ark. He took two of each kind and sailed out. Everybody else mocked and joked, nobody could find their bones. Though nobody can find the Noah's Ark, but still there's a talk, because humanity continued.

In old times, folks, God use to speak, from the sky and men used to listen and act. God spoke to Abraham, God spoke to Noah, God spoke to many people. God might have spoken to many times to Jesus. God spoke to Buddha. I was not there with a tape recorder, so I don't know whether they spoke or not. But in this Age of Aquarius your consciousness will speak to you, all the time. If you have not ears to listen, you shall always be in a pain, trouble and face a very painful destruction.

Question, must you answer, you are human being. 'Hu' means light, auric light is called 'hu.' 'Man' means mental, 'being' means for the time being; for the time being you are alive, mental auric light. Beyond that you have no power. You have a very insensitive and most uneducated style of life. You think by your talking, by your wasting by your walking, by your wearing clothes, by your going left and right you influence anything. Absolutely wrong. Any psychos, psychio, signals which you emit and communicate from one psyche to another psyche, communicate, and pre-set the environments of communication. Your verbalization sometimes is so very poor, that it mess up lot of thing.

I was counseling that day I asked the lady, I said, "What is the position now, that you are going to divorce him?"

She said, "Yeah. Between me and him, I told him he has to stop smoking, it is getting to me and my children, and he finally decided he cannot live without it. And I said, 'You cannot live with me.'"

I was taking to him, and he said, "Well, I am very habitual."

I said, "With all the PR and propaganda, which you were told, is it not something that you can stop it?"

He said, "I want so badly to stop it, I don't know how I can't."

And I laughed. Because he...

"Tell me why you laughing?"

I said, "You are a very leaning personality. Why don't you lean on your consciousness? Just practice to lean on consciousness. Lean on consciousness. Your family, it's you, it's your environments. Lean on your consciousness."

He said, "What I have to do?"

I said, "Go and pick up the pack of cigarettes."

He said, "What do you mean?"

I said, "Get up and go and pick up your pack of cigarettes. You must have hidden somewhere in the house, your wife knows it."

He said, "Yogiji, it's a matter of consciousness, she will have no complaint." And I am very glad to confirm today to you, he went out, did not smoke for three, four days absolutely. Went through the cold turkey.

You know, you mothers and fathers and parents should know, those of young, children of your(s) who take drugs, which you do not want to admit because you are denial, they get unhealthy and you want them the medical treatment. No, they should be sent to drugless rehabilitation program. They are going through cold turkey. He went, and locked himself in a hotel for three days, did not smoke. He explained to me to that he went through such a cold turkey withdrawal, and pain of tobacco, that he wanted to, three-four times, thinking of committing suicide. But he's clean.

On the off set and straight forward, if you choose, if you choose that you shall lo___(?) the Age of Aquarian you are most welcome. And in last twenty five years, you have all the knowledge you need. If you decide you won't, then you will be nothing, your story will nothing but then dinosaurs, or the ark of Noah. You existed, and you got wiped out like the land of the Apes.

Human has to change today to a conscious, individuality, where human has to show by action that human depends on his, his own inner humanity. You can never in Age of Aquarius, depend on outside God. There's no such thing. You shall always be depending on the very inside, the very God of you "Atman." And you will get so greatly depend on it, it will become "Mahatman." And it will give you such a practice for you, it will become "Parmatman." And that is what Age of Aquarius is: Knowledge, self reliance, self working, and of self being. If you are fortunate, you are walking on the path of the Guru, you can understand. If you are not, you should ask these questions (of) someone you can believe. We are fortunate in the sense, we have a Shabad Guru, and Shabad Guru and we have a relationship. Opaque Guru, we do not bow to, don't understand, and don't worship. Because ultimately, the Atma will leave in the subtle body. So we have started working with our subtleties. And realizing subtlety is becoming knowledgeable of the universe and it's faculties, it's facilities, it's nature, it's God.

In the Age of Aquarius there shall be no God other than man's, person's own God, with(in) one's own self. In the Age of Aquarius, there shall be no other God, but person's own God within himself and herself. In the Age of Aquarius, there shall be no knowledge other than the knowledge of the consciousness within the human for guidance.

In the Age of Aquarius there shall be no fulfillment but to grace and nobility of the self, acquired, maintained and continued.

These three, three laws of Trinity in the Age of Aquarius shall apply to all. And everything in this life shall be subtle, effective, and creative.

MEDITATION: Self Illumination

Let us see, if we can reach. This exercise is very funny. It's not hard, mind you. Now don't try to... Some people say, "We don't come to



your class because God, then we get so energized we can't sleep."

Well, it's a very simple exercise. You have these two index fingers, correct? Right? And know these two, you have two elbows here, and have you seen this movement? This, this circle... no, it's a circle. It's not straight. If you go straight, you will find a very different... Loo, loo, look, I'm say..., I want to tell you the electromagnetic field, the subtlety. I'm teaching you the subtlety.

Watch this, now put it here and move like this. Right? Right. And now, be here and move like that. Just see the difference, I mean in just two-three times. It's not that you have to do twenty years. Just do this (straight back and forth), and you will feel absolutely grossness of it. You move like this (circular, arc type movement), you will feel whole universe is moving with you. You understand?

Now in this exercise, I'll project the magnetic field. So I shall be the pivot of the electromagnetic field psyche. That's why I worked all my day, to came to you, so I am well prepared. With my feeble health, and my sick

body, whatever I can do, I shall do it right. You know, I am a perfectionist, too. So what I will ask as a help, that when you put these elbows, on this rib, rib bone and this should be very hard. If you make it loose, you won't enjoy the whole thing. This, these three fingers have to be very tight. This finger has to be totally tight. And eyes on the tip of the nose and you move. It's very... it will become little painful, I know, I practiced it myself before sharing with you. And keep going, see your elbows are fixed on your ribcage and you move very hard, those fingers, like you are moving a iron rod. And it will totally recuperates the inner brain neurons damage. It's a very powerful recovery system.

Har, Haray, Haree; Har, Haray, Haree; Har, Haray, Haree.... (Syllables of this mantra are spoken in a monotone, very distinct sounds, with a pause in between words.)

Class response: Har, Haray, Haree; Har, Haray, Haree; Har, Haray, Haree; Har, Haray, Haree; Har, Haray, Haree; ...

Use the tongue. Keep the fingers stiff. Chant it with the power of the tip of the tongue.

Keep the rhythm! (After 15 minutes): Now you are entering the twilight zone of the experience. Do it correctly.

(At 17 minutes): Tip of the tongue. Make it hard. Create the sound. Go, go, go for it now!

(Chanting done for 22 minutes, 45 seconds, total)

Inhale, hold tight, hold tight, and totally squeeze your body into 'pratyahar.' It is called inner of the molecule, that is how you will squeeze. Squeeze tight, to the inner of the molecule. (Held 18 seconds.) Breathe out. Inhale deep again, hold tight, squeeze, 1,2,3,4,5,6,7,8,8,7,6,5,4,3,2,1. (Held 13 seconds.) Breathe out. Breathe in. Hold 1,1,2,2,3,3,4,4,5,5,6,6,7,7,8,8,8,8,7,7,6,6,5,5,4,4,3,3,2,2,1,1. (Held for 14 seconds.) Breathe out. Relax. You are done.

This exercise is for the very fact of the self, and self enlightenment, in the sense that, you can do it eleven minutes. The words are, "Har, Haray, Haree." And you go eleven minutes, then you enter the twilight zone. And then you (do) another eleven minutes, at twenty two minutes you finish. But it doesn't finish there. Then it goes another eleven minutes, another eleven minutes and there is another three sounds. There are three sounds, "Har, Haray, Haree, Waa Hey Guru." That's all. Rest is all a combination of combinations of combinations.

There are only three basic current sounds. Sound current consists of what they call it, elementary sounds is 'Sa, Ta, Na, Ma.' These are five sounds. And shabad sounds, that's the word sound, "In the beginning, there was a word, word was God..." are six sounds: "Har, Haray, Haree, Waa Hey Guru."

And actually, if you really want to do sometime, you want to move the whole universe, there are twenty sounds, they are called Kauri Kriya -- "Sa, Re, Ga, Ma, Pa, Dha, Ni, Sa Ta Na Ma, Ra Ma Da Sa, Sa, Se, So, Hung." That's it. The rest is for libraries.

And if you understand religion, the Judaism "Yahawa" is "Yaa," this Christianity "Hallelujah" is "Haa." Muslim "La-eh-kaa" is "La." Hindu's "Rama" is "Raa." Sikh's "Sa-ta-na-ma" is "Saa." They all have one akshar, one word, one sound. They are hanging in there.

Question in religion is not who belongs to who; question is who pays who. It's a territorial control. Territorial, political, social, economical control. I have seen some groups where there is a personal Guru, there is personal man who is their Guru. It's amazing their network, you can't believe their network. Help everybody, love everybody, kiss everybody's feet. Do this, do that. If they are a rich person, he must help the poor. It's very amazing how they do it.

Once I unfortunately went to India on the invitation of a very spiritual man, who is very humble man. And that was not a mistake, but calculated risk.

And, in average, every fifteen minutes they started somehow telling the story, how great, these things are, how effective these things are, how perfect these things are, how Guru Ram Das has blessed them. How they're all dreaming Guru Ram Das. When that didn't work, then how they are dreaming about me, and how I am great, and how...

When, you know, one gets tired which was about seven days of constant bombardment and best PR, and it is called "Socialite interference with the psyche." And they do interfere with your spirit and with your grace and with your everything.

Finally this old man came to see me, he said, "Well, I have come to personally see you."

I said, "All this energy which has been wasted to just tell me how everything great in me is, if it could have been told to somebody else, how it would have done good. As far as I am concerned, I just don't want to be great. I have no desire, I have no intention and I don't want it."

"Well, why you say that?"

I said, "If God doesn't want me to be great, let Him go to hell along with everybody else. I am all right." I said, "My concept I am made in God, I am His property, His projection and His preparedness. Let Him goof and have the fun. So telling me I'm great, telling this is great, telling my Guru is great." I said, "My Guru is great, that's why He happens to be my Guru, otherwise you think I am stupid. I'm not going to have somebody whom I don't like. As far as I am concerned, I don't want to be great. I want Him to do the job, I want to hear their fun."

I said, "This world is a maya, this is a movie. I have come to a movie theater. In movie theater, if you can see a match, wrestling match, bout, playing hockey, football, drama, horse is running, everything. Do you start doing it yourself?" You sit, you enjoy your Coca-Cola, you eat your popcorn with all that unfortunate oil which kills you any way. And with a humungous amount of salt.

So technologically, this world is maya, it's beautiful, that of God, creation, Creator -- and chaya is the illusion, because when we start thinking it is permanent and we forget the subtlety. Without subtlety there is no grace, without grace there's is no nobility, without nobility we are not human. You have to be noble.

You know, I and Hari Jiwan, he is my Chief Protocol Officer and he travels with me all the time. We are almost together, everywhere. Sometime he gets into discussion to test me out, and he says, "Now, this is really a situation, when we have to draw the line." And we talk and talk and talk and we argue back and forth and understand each other. And then I say, "How may time you have drawn a line on water, and see it again?"

"No?"

I said, "Then, what is there to draw a line? What do you think I am? Am I a man of God?"

"Yes."

"Why should I draw the line? Let God draw it."

"Oh, no, no, no this person has really, really, really slandered you."

I said, "His opportunity was to surrender to me; he slandered me. It will be just get hundred eighty degree opposite -- forgotten. He has slandered me, I have not felt it. If he would have surrendered to me, it would have been tragedy. Then I have to work. He slandered me, I am free, let's enjoyed it, let's celebrate, and let's go and eat lunch. That's all it is."

Because the relationship between the teacher and student is between a chisel, and a stone. What comes out of it, when hammered out? Spark. Somebody on earth tell you, when you can manage yourself, when somebody in heaven tells you, you can't amend yourself. And there shall be no regret for it, because you have the time, you have the space, you have the opportunity.

Remember, if you complaint you will never learn to compliment. If you never learn to compliment, you shall never be paid compliment. Doesn't matter who you are. Those who complaint, never get compliments. It can't be. If you are clear, you shall have no fear. If you have fear, you are not clear. If you have a soul, it is universal part of you, it should play a role. And you should not be limited, not restrictive, not mean, not negative, not hateful, million things.

One thing is, those people who call them self human are alive, if they are not compassionate, at least they are caring, or at least they are kind. Caring is the first necessity, kindness is better, and compassion is best. Otherwise you are two legged animal mammal, who has born to waste all the earned faculty of a human, which you got from the divinity of the God. And you are ugly, useless, wasteful, and a garbage. There is no other judgment, there is no, you are not going to get up from the graves and are going to be judged. You are already judged, because you have judged yourself. You didn't listen to your consciousness. And you didn't listen to your consciousness, therefore you will never hear the conscious voice. Your soul is suffocating and is pain.

How you feel now, all okay? Good? We'll meet again and get on to the subtleties of love and life and continue, God willing.

How many of you've ever gone to Sedona. Oh my God, I have never been to that town. They say it is red mountain stone, kind of a town. Is it worth going?

Class: Yes.

YB: They say only the witches and psychic who lives there?

Class response: No, artists.

YB: Artists?

STUDENT: All the new agers and those....

YB: Guru Tej.

GURU TEJ SINGH: Yes, Sir.

YB: You have done a wonderful job today. Can you come and read your poem? I was waiting. Hurry up; you came just now? Congratulation on promotion. Oh yeah? What a good job. One day you obeyed me, today I obeyed the consciousness. And is the orders out? GURU TEJ SINGH: I just got here, I didn't see.

YB: Okay, come and do this first.

GURU TEJ SINGH: Yes. This is called 'Doubt.'

. YB: Anybody has that Hari Jiwan's poem? Hari Jiwan Singh's poem, anybody has? Nirinjan? Can you get on a telephone, and get that poem. It's six lines. But the most beautiful poem he's ever wrote. Go ahead, go ahead. Wait until he finishes the poem, you manage it.

GURU TEJ SINGH: (Reads 'Doubt'):

"I have traveled far and wide, I have meditated long and deep. Yet still in me there is a side, that fails to open, which darkness keeps. I have probed myself in and out, and tried to do what seemed right. But in my mind, there still is doubt and darkness, where there should be light. What great wrong have I done, that I fail to push on through. Why is victory's song unsung. Why do I doubt you, my Guru? What service have I failed to render. What sacrifice have I failed to make. How can I find my way to surrender, that in me, which you will not take. How much longer to be fulfilled, when daily there seems to be no gain. What sacrifice, what strength of will can help to ease, my constant pain. Is it asking too much to see, have I failed to do enough. How much older must I be, before you find me good enough?

I call your name into the night. I meditate in the cold and dark. What sweet prayer must I recite, that I may see you in my heart. How can I stop from playing the role, of living with this dark attitude. What stain must be washed from my soul, So that I may live with gratitude. It is only gratitude, that will change me from darkness into light. Only your grace, can rearrange my tarnished soul to one that is bright. So hear this doubtful prayer, of my mine, and open that which remains shut. That gratitude should fill my mind, and break the shell of this tough nut."

YB: I am very glad to announce that Hari Kaur, who was my first student twenty five years ago, have left the Dharma, as well as her husband and children. And her name is now Diana, and she doesn't want to be called or approached. In rejoicing the faculty of deliverance. I will request the family and all the members to obey the wish.

It shall be our policy from now onwards, those who fall in the rhythm of Age of Aquarius and cusp of the Pisces, must not under any circumstances, be disturbed. They have been judged, and the hand of fate has taken the toll.

Hereafter, that policy should be adhered as a policy in general. Sometime out of kindness and compassion we do try to argue, reason. There's no reason, logic, and argument in anything. Many shall fall, many shall disappear, many shall go away, and many shall rise. That's the law. And in the cusp period, our job is to care, be kind, and be compassionate, loving and sweet. That is your job.

Meet with them with open arms, let them not suffer under their own guilt, and forgive them. Because their relationship with Guru was under the command of God, and not under person.

Many shall come, many shall go, but those who shall stay shall become the history of the Age of Aquarius and the masters of the time. That's how it has happened in before, that's how it shall happen even now. So I wanted to just make this arrangement, because you are

going to hear in a week or two many stirred up things, technically speaking. Some left, they are coming back, and to that honor, Hari Jiwan Singh wrote a poem. And he is my... No, he will read it. He's my Chief Protocol Officer, so he knows better. Can you read it?

(GURU TEJ SINGH READS HARI JIWAN SINGH'S POEM):

"Friends may come and friends may go, friends may peter out, You know, the Guru will be until end, if you serve he'll be your friend."

YB: Isn't it like Hari Jiwan, classic and straight?

Once you know, I was learning Gatka. Gatka. It's a arena in which you learn the martial art. So I entered the field and I thought, "I'll be just given a, one person or two person to match up with." It was a very strange sight. I was not given a shield, I was given only one sword. And eight people with spear and long sticks, circled me around. And my instructor gave me an instruction, he said, "You can bow out. You can fairly demonstratively fight, or you fight unto victory. There are always three choices. If you demonstratively fight, then they can not be aggressive. They will only fight on the sign and signals. That's the way it is."

I took it upon my self, I said, "Well, as I am very innocent and unaware that I will face these gentlemen, and I will not like to disoblige them." So we bowed and we started.

But in my heart, I asked the Guru, I said, "You know how rotten I am, but God, you got to stand with me now, otherwise I am going to yell and scream each time I am touched. I am telling you straight."

With that personal note we started. Believe me or not, in half an hour I have a eight sticks head lying on the ground. And they had only three to five feet in each his hand. They understood they have lost about four to five feet in a situation, wherever I could get. And now the situation was they were closer in circle, and three feet was my arm, and three feet my sword, so basically I was also six feet. So it was a equal match. But out of my kindness, I starting chopping off their sticks, not their hands. And they understood, it could happen.

In the evening when we were sitting together, they said, "Well, what you mean by not doing it?"

I said, "It was the Guru who was fighting, not me, and there was no vengeance in my heart. That you were just brute and cruel and you were attacking left and right. Actually that's what gave me the situation to win. Secondly, I was appealing for the mercy, indirectly in consciousness, that if you get a chance you won't hurt." And we laughed, we ate, and we rejoiced.

Friends are psyches which meet. But remember, friends and enemies, is not such thing. People meet and depart under the psyche; they come to go, and go to come. But there are two forces which runs this with universe. One is distance of destiny which you travel, one is fate which will pick you up, to reincarnate you from 8.4 million lifetimes to be human again. Both have job to do.

Once I was so tired and grieved, and I was very, very itchy. I just put my head on the pillow and I yelled, "Why these people who have destiny do this?"

And appeared before me the fate. He said, "Cousin, relax. You are pushing too much. I have to exist also."

In human life, in human distance there are two forces, they are two sides to the coin. Destiny will let you cover the distance. And you will be in the distance, where your designation is, and you can reach and complete and rejoice. Or fate will pick you in the way, one way or the other, and you shall be recycled again, 8.4 million lifetime, starting from the micro, micro-cell onto the human body. This is a law which God even cannot change. Because it is called, "The Law of Consciousness." So it is a matter to understand life as it goes.

Thank you very much for the night. May the long time sunshine upon you. All love surround you, and the pure light within you, guide your way on.

Sat Nam, Sat Nam, Sat Nam ji, Happy, happy, you to be.

Get out, good night. Birthday starts.

Siri Simran Kaur, Sr: Sat Nam. We'd just like to clarify that it was just Hari Kaur who left, not her whole family. She left her whole family. Yeah.