

Sit down, sit down, have fun. This is the staff I am supposed to carry to Moscow to meet the head of the church. Nobody should do any mischief. Class is very special I regret I can't teach the second class of it but if I come alive I will teach you next time. I will teach in two parts because it is little heavier to handle it as one person. Can you believe going in a minus sixty degree temperature. Moscow. And I have to carry the stick. That is the way the religious head moves there.

Today my personal request to you all is today is my day I want to share something with you and it is a very sacred kriya we are going to do and do you all have those two oranges because sometimes it can be so violent that you can crunch your nails into your own palm. No, no, scientifically I think this is the only original way. Why they want oranges in the hand. I don't know. Now I definitely one hundred percent agree with you that you have been yoga students but not to the tune when I was a yoga student. You understand? And some of you do it for curiosity and some of you do it for just fun of it, but if you really sincerely do it what we are going to do today you shall have an experience. Because this is what I believe. Every man has God in it. And happiness is every man's strength but what messed up is the spiritual teacher. Spiritual teacher doesn't know how to live earning his own money so he just goofed up with student. So there was a compromise between the student and the teacher and majority and the world which I have. I have traveled seven years to meet all holy men in the world and I am a psychologist so they use this inferiority complex in the sense, you are born in sin, you are born in guilt. And we ate one apple in Garden of Eden and I like to eat apples anyway and I didn't commit sin if I slept with eve, that was meant to be, God made us that way. So all these theories which are existing for thousands of years do not make any sense to the modern man but that is what we believe. And we do believe that. Funny part of it is, look at the controversy. We are born in the image of God. One side. Second we are born in sin. Second is the soul is part of the Atma is a form Paratma. Then we have to hassle to redeem ourself and we want to go back. If you really do a comparative religious study you will see that somebody is talking with a split tongue. That is my years and years of study. It is good, it is bad, it is right, it is wrong. You are this, you are that. I am saying if God is the creator he couldn't make better out of me, then that is why he didn't. So it is his problem. Why we are taking our problems into our hand and become so macho that we are just messing up. So I am sick and tired of you blaming yourself for little wrong you do or more wrong you do. This is how it is. When you do not intuitive consciousness. That is apart. If you do not apply your intuitive consciousness to your life you will be miserable and that is a punishment on the spot. God has nothing to do with it. Let us face the facts. Now you can do it in yoga, you can go to a religion, you can just go dancing. You can take peyote or something and freak out, that is your problem. You decide what you want to do with your life. God gave you life, gave you breath of life and gave you the environments. All environments belong to you, you belong to all environments. All environments belong to you, that you are willing to accept. You belong to environments, that you are not willing to accept. No human being, among you or anywhere in the world is yet have that intelligence that they can trust that they belong to everything. I do not know what we are talking. Is religion mean anything or God mean anything to us. Absolutely wrong. If we belong to all the things. All. In a big way or small way doesn't matter and everything belongs to us, that is a what you call a rational proportion and that mental attitude I can understand. But if you say, I belong to myself, I belong to God and everything belongs to me, crazy. Now you can write books on it but **tonight** I am not in a mood to lecture or talk. Actually I want to finish the job, let's do it. You paid at the door, now you can go home. That is just to pay the rent.

All right take these apples and stick your nails on the outer side of it, into it. Watch this. There is a way to do it. 1°



kriya 8 minutes: You stick your nails into the skin of it. **8 minutes:** Not like this. You don't hold it like a ball. You stick your nails into the skin. Got the idea. And there is another one. You will eat it in the end, don't worry. And this is it. Stick your nails into. Hey you don't have it, come on. No, no, come on. Well if you have plastic nails try to stick something. Oh God. When they made this kriya they never thought we will have plastic names. They never thought. They should have thought it. They said they are intuitive isn't it. Now stick those nails like this and go. And go and go and go. Make tough and tough. There are three meridian points here which you are working out. Go, go. This is just to make you a lion claw they call it. Normally you don't do that and if you have plastic nails trying to pretend you are already. Like this. Go, go, straight, straight, go. Go up, go back, go forward and go faster, go faster, faster, faster. So much that you can't see that. Your eyes will be out you go crazy. That is the way to get all the tension of the body out. Try it in your classroom sometimes before your professor. See how that he looks and tell him you are my student. I had it. Come on, come on. No, no, no, that is not the game we have. I flew in from New Mexico only for this class. I want to see the result of it. Fast. Look. Fast, fast, fast, move, move, move. That is it. You are full fledged, well eaten go. Come on create. This is how it happens. I am going to break my watch but it is all right. Now this is a yoga, doing it. Watch I am older than all of you. That is the way to go. Speed matters in this kriya. Not this way. That way. Hey we have conquered Panama. What this means? It is called international heavenly intercourse. Come on quick. It is very sexual. Don't you understand? It is very sexual believe me. Do it right and you will have it. You don't believe me, I know it as a fact. Try it. See what happens. Move the tension of the simple nervous system to pressurize the pituitary and then medically I know it will do but just be fast. Well you know we do it at night, we do it during the day but that is a privacy, this is a public. Come on quick fast. Create it, create it. If it is not happening just fake it. You know it is Dr. Saram's birthday. Okay are you going to match up with me? Come on, come on. See how he is doing. That makes it. See how you look, that is how you look. Come on quick. Please we will only do it tonight, never again. You have to really stretch out and do it. All right: now

2° kriya 11 minutes: close your eyes and put your hands like this in that position and go. With a full stretch go. All the way to full length. **Move the spine full length.** It is my spine and it is me. Restore your youth that is what I am trying to say. Anytime in your life you become physically feeble if you do this part of the exercise you will be back strong again. Getting handy. Yeah, it works. If you try it the right way it works. Please close your eyes and keep moving. Stop not. Your nails will go deeper and deeper into it. That will take out



of you your internal anger. That anger is your antÉ intuition. That means when there is a problem you can't think right. Not that you can't think right. Because there is in between a wall of that internal anger called white anger. Good and these two **oranges** are your victims and your nails to finger should start getting into it. Tense and touch. Go and back, forth and back, forth and back and forth and back. Very good. Do it right. Now move the spine wildly now. Like swimming, go like this. Like swimming, laps they call it. Laps. Exactly as you take laps in water, with a tighter nails into that stuff. You don't have to worry for it. You want to be healthy. That is the way it goes. Your five tattwas are contained in your five fingers. If you take a big, heavy stiff lap that is what it matters. Move, move, move, move, move. Move on, move on, give yourself a chance. You know we are good bad, whatever God created us we don't care. But we just want to enjoy tonight. We want to deserve before we desire to eat these two **oranges**. We want to just get into these oranges. They become part of your body. Violate no rules, no feelings. These oranges should become now part of your body. Bring your entire psyche into them and go through the trail of the soul. You know people go what they call trail flying. Come on folks, come on, everybody can do it, it is a very simple thing. Even you hit somebody you hit with an orange, no big deal. **Move, move, move.** You will be missing for a month you know that. I will be

missing you for a month. I will bring you the news from Moscow. Come on, move, move, move. Move in a very honest solid state as a great patriotic American versus devil. Swim, swim in the troubled ocean of the universe. Unto the port of call. Come on folks. You never came to the class thinking you will be swimming. I really realize. People come to the class to be told, the spirit is shining. Eyes are closing, imagine this. Come on sweat. Move. Body will affect the mind. Don't be worry. Be hard, harsher on the oranges. Make the finger and the anger go in it. Totally amalgamate your psyche into it. All the grief, all the anger, all the anxiety you have. It should be totally into these oranges. Lap up, lap up, lap up, come on, come on. Little bit sweat won't hurt. Little bit. You have exactly to experience. You have six more minutes. If you cheat on that. You have got to heat up the body. We need a certain heat. We need it. You have got to create it. Between you and me it is a free swimming. Hurry up, enjoy it, try it, try it. Make the lap go all the way and get your nails into those oranges really deep and heavy. Come on, come on. Here we go, four more minutes folks. Honest four minutes we need, honest four more minutes. And we have to go for those four minutes very fast and very powerful and very strong and we are going to put our best to get the best result. We are not weak people. If we put our mind and soul into it we can make it. Play the game. Three honest minutes. Putting in your best. I always believe everybody once have the energy balanced can do a lot of things in their life. Now you have exactly time moving on and then I am going to say inhale and the matter will end but put in, put in, put in. Now you have exactly time moving on and then I am going to say inhale and matter will end but put in, put in, put it. Get into it, get into it. Let's get into it. Let us see whether it is real or not. Now get angry and mad and there is a minute and three fourths of it and get really wild. Get it all out. And there are two little things in your hand, crush it. We may have to clean the carpet with all the orange juice but it is all right. Get your anger on Viet Nam on Panama, on three trillion balance bag. Break the Berlin Wall, hurry up. This last minute we have got. Hit the Berlin Wall, break it. Come on. Got to get mad at something. Exactly you have forty five seconds. Forty five seconds to give your century out. ; anger. That is right. That is real. Why to keep it. Yeah that is real. (Class starts screaming) Get it out. **Inhale. Inhale hold these two right here. Hold them tight. 3^o kriya 11 minutes: Close your eyes. Exhale. 27,33** And please meditate now, calm and quiet and



go with me. (SSS plays the gong) Close your eyes, sit straight. Hold these two by your side. Now fast breath of fire. Burn out all the toxins. Practically burn out all the disease. As the ironsmith heats up the iron by the blows, do it now. Breath through the mouth, breath through the mouth now. Open your mouth and breathe, breathe, breathe. Keep up, keep up. Breathe heavily, breathe heavily, breathe heavily. Burn it up inside, burn it up. **Breathe heavily.** 40 Inhale deep, hold it, hold it, hold, hold, hold, breathe little more, hold. **With a canon fire let it go. Breathe in again. Hold it tight. By the mental power let the breath of life go through every part of you. Hold it tight. With a canon stroke let it go. Inhale again deep. Fill it up. Hold tight. Tight, tight, don't let it go. Hold it. Let it circulate you, no big deal. Thank you very much and relax. Eat your oranges.**

Relax. EAT YOUR ORANGES. We just did an exercise. Doesn't mean a thing. Just watch out what it does afterward. Put the new tape on. Fantastic. It is very, very practical. No regret. ("**Rakhe rakanhar**" is played)

You have to eat these two oranges if you want to be all right. You do not know what you have done. You only know you did something. Some didn't do all, some did too much. But eat these oranges right now. Get going. Don't stop. Well, it is a good food, isn't it. Eat your oranges. The oranges which have your fingerprints.

Isn't it something very beautiful. "Rakhe rakhan har aap ubarean guru kee peree paia kaj savarean." And give us the light and take care of our affairs. "Hoaa aap dyal manaho vasareaan" God is merciful, will never forget thee. Very beautiful words, tune very good and eat your oranges. Dr. Saram's birthday is today. Oh year. We will celebrate today. Today the temple came, the most famous temple, God's temple in China. So today we celebrate it. Happy Birthday to you. Lot of people need him and now the best cookies will be served. Now eat your oranges. Afterwards, you know we don't want to mix up two things. Come on, come on, volunteers we need. Serve the cookies.