

LA917 970502 tonight we are going inside the hypothalamus with the thalamus and we are going to deep mediate.

SUMMARY MEDITATION

1° kriya 31 minutes: Making a prayer, your hand has to come to the ribs and it has to have balance. You have to have a



balance, there is a one spot in your body where you can sit like this and shall not feel the pain. Otherwise it will become so heavy, from here it will **start going down and it will also mess up the rhythm of the spine**. So find that proper place where you can (?) put up the, **look at the tip of the nose**. At the tip of the nose and breathe long and deep. Long and deep. *You don't have to do anything, we will release two point five (?) psyche and the energy. It will do the work. Work will do. We don't want you. But as a reception you should be all right. The transmitter and the receiving station must have the same frequency.* That's all we want. That's what we are asking you, we are not asking you to do anything special other than that, just be a receiving station. So you can hear the music, eternal music. Put that tape. Give them help.

Voluntarily breathe, do not breathe automatic. Breathe because you are breathing, not breath comes and goes automatically. Stop automatic system. Go on mechanical system.

(The tape 'Rakhay Rakhan Har...' is played in the class)

YB (over tape): Otherwise you will (?).

Breathe mechanically. You want to have result, you want to (?) achieve something. Breathe mechanically.

Mechanical breathing is conscious breathing. (?).

Breathe deep and breathe mechanically. True breathe.

(?) in minute and half you are reaching twilight zone. To meet that (?).

Breathe long and deep, breathe consciously. Now it is the time, if you want to experience something then breathe very deep consciously and see what happens. Let us not think everything is a joke. (?).

You have to become your own ecstasy tonight. You must experience what it is, not talking. Body will start going through changes, you will feel very itchy and uncomfortable.

You have entered the twilight zone and your nerves are going to inflame and that inflammation of nervous system will make you uncomfortable. It's a extremely temporary situation because body (?) the power. And it must affect. Come on with me, stay with me, as the voltage will increase, the frequency will be very sharp, you can increase your own strength and once you get that start, jump start, you will be fine, that's what we are trying to do.

Divinity in you must win over your duality, that's what it is. And that's called ecstasy. It will help in life.

(?) not going to (?), let it remain there (?).

That pain doesn't exist but it's a distraction, it has to (?). You have to conquer it. Once you will not agree with the pain then brain has to (?) so that you may not feel pain. (?) like Tylenol.

Now consciously breathe long and deep. In one minute you will be (?).

Have courage. Stand tall.

Your body must obey you and allow the spirit to exalt itself so you can experience ecstasy.

(The tape stops).

Keep breathing deep and do not breathe automatically, breathe absolutely, every breath should be conscious. You will have a new neck don't worry about it. Stead fast.

(The tape Ardas bahee is played in the class 34,40)

YB: Steady, steady, absolutely breathe mechanically. Go with the idea now or never. (?) to sustain yourself.

Become conscious and let us receive the second dose. **Fix yourself. Now or never.**

Steady, steady body will start shaking, spine will start bending. (?) Conquer yourself. God within you is real God, feel it.

Next two and half minutes long, long breath you breathe deeply.

Prepare to glow, prepare to shine.

(The song is continued)

YB: You have thirty seconds, breathe full length consciously. Copy the sound now. Not in your sound, in her sound. She sings from the conch in the nose.

Steady, steady.

Har, Har Gobindey.

(The tape stops).

2° kriya 4 minutes: 55,33 Now we are changing the notes. And you just keep on doing what you are doing, but just clap your hands with it when the music takes up that rhythm.

(The tape 'Har, Har, Har, Har Gobindey 55,58' is played in the class).

(The tape stops).



YB: Inhale deep 59,55 **1 minutes:** take this hands and with this hands as many part of the body you can touch with your own hand please do. And breathe out, anything you will touch it is your energy, it will heal it. Whatever you won't touch will remain untouched. You at this time have absolutely blue aura and you have the capacity at this time to renew yourself. It's not any favor you earned it, you worked for it.



Put that tape.

You will feel different, you will be surprised how much powerful you are, you think everybody tells you, you are weak, you are born in guilt.

4-5 minutes: Sing now loud and clear.

(The tape 'On this day 1:01,00....' is played in the class)

YB: 1:04,10 My Creator free me from shackles of duality. Within me let prevail my reality. Give me my essence of my self esteem, self respect and self knowledge. So I can see thy beauty, thy bounty and thy bliss. May I become a part of thy light. Bright and myself most wonderful, without anger, without the power oh lord, the power you have to forgive, I forgive my enemies, I forgive my and smile that I can have a face of grace to represent thee. Give me all this to serve Sat Nam.

ve
fri
th
Move your legs and hands for a while and relax, you will have fun. Don't get up, you may... you know what I mean.

Put that Bhangra, they can **4 minutes:** dance for a while, let the blood run.

(1:06,18 The Bhangra tape is played in the class)

YB: Come on dance little bit.

To channel the energy, you must dance, it's a necessity, it's not something we are joking. (?) now will be beneficial.

1:10,35 Inhale, sit down and listen to me tonight.

Audio kriya 54 minutes:



LECTURE

There are certain question which.... can you put it somebody (?).

There are certain questions which I will answer and then we will go on that. Question is, is person limited. Answer is not. A human is not a limited individual. Then why we are limited? Because we are undeveloped. So what shelter we take to cover the weakness which we never conquer then we fall on our ego; somebody feels they are beautiful. Some body feels knowledgeable, somebody feels rich. Somebody is very young and sexy, the games we play. So first we play games and games play us. Life is over. Finished.

We have never understood ever that we are unlimited, we are infinite, we are real. We are not for sale. We are conscious. We have never understood that. We feel as we grow up, our parents took care of it and afterwards we have to take care of ourself.

Unfortunately when you are young, say twenty one, twenty three, twenty seven, twenty eight. The pituitary, the command center, which is your power also is responsible for sex. Sex is not down there in second Chakra, sex here, command comes here. It is the pituitary which commands the penis and the vagina to get hot, not it.... absolutely, don't have any misunderstanding, don't be foolish. It is from here. And the sensory fragrance of the body which is responsible for sex, so long your nose is active, you cannot control your sexuality and you cannot go impotent. Because moment that smell will affect the pituitary, pituitary will command the entire.... pituitary is such a master gland, it can command everything and anything. Dead and life to do what it wants to. That's why they call it Agia Chakra. Or ajna. Where nothing can say no to it.

So when we are young, we enjoy, we let it go, you know what I mean, when we go old, there is nothing. And that's it.

Somebody was telling me she is going to go to have injections. I said, "For what?"

"To get rid of the wrinkles out of my eyes."

I said, "What is wrong with wrinkles? Thank God your eyes are all right. Why you are going to get rid wrinkles of?"

"We don't want to look old."

I said, "Who told you that? Old you must."

Whether you want to be graceful or not that's a matter of fight. Old you shall. There is no need to fighting old. When you are fighting so much old, think of those who died young. They never saw old age. We have to understand that **this body has been given to us on pranic length. That many breath of life. And if those breath of life we use to augment and elevate ourself then life is convenient. Then there are two things. As you are born your father and mother took care of you. Now when you are eighteen, twenty one year old, and by that you have developed your front lobe and you have developed your hypothalamus**

and you have developed your body according to the system then heavenly father and mother earth will take care of you. Because just imagine like this, as I know. There is a master mind. So all mind communicates like (?) and that master mind communicates (?) and that (?) it's all interconnected, it's a very well knitted work. It can't be challenged, it's a fact.

You know, I was in Espanola, this engineer came down to me to ranch, "I want to show you something."

I said, "What is it?"

He said, "Sir, put this glasses on."

I put it on. He plugged my ear. Absolutely I couldn't hear things. Then when he put those things on, I could hear everything. Then he put some chip here in the inside, connected and he said, now put it on and close your eyes. Everything was (?) whether I close or not, I could see everything. That's what he is working at now. He gave me a water about two ounces, he said one to two drops a day take for few days, my God those two drops are better than anything in the world. She is researching, and is working.

Life is a gift. We drift from it. We... I am my own enemy. I have no enemy. I am my own enemy, when I put down somebody. I compete and compare. I am my own enemy. When I feel better than others, I am my own enemy. Because neither I am better, nor I am worse. I am I. And that's what opens the third eye. You are great, great, then what. You are small, you are small then what. So long you have not been taught you are just you, you in the beginning, you in the middle, you in the end, you will never know you. And there is no difference between you and work horse. You can say anything, you say my saddle is worth six million dollars and (?) property, idiot is a idiot whether he is in the summer or he is in the winter. It will never make difference.

If a person, if a human is not aware that human is human and shall be human, work like a human, be like a human, then absolutely there is no resolution to let you live peacefully. It is the inner tranquility, inner peace which makes you person. Then people will trust you, opportunities will come to you, you don't have to lie, you don't have to play con games, you don't have to convince people. For what? Does sun write an application? I am the Almighty sun, tomorrow at eight o'clock I will start rising look how bright I am. Does anybody write like that. When sun shines, sun shines. Nobody can take away your sunshine. You can take away your sunshine. It is you, who is your own enemy. And unfortunately because state and religion have been together, therefore state you will be religion, still you use the state and before the public.

When there was divine right of kings, a peasant never have any right absolutely. Now you see him in United States it is great country, right, I appreciate. There are three hundred and seventy two families. On all national function you will find them no... is it somebody from Los Angeles also invited. No. You can never be invited. And pay twenty thousand dollars, sleep in the bed of, what is that special bed. And poor Lincoln couldn't sleep himself and you are going to pay twenty thousand dollars for sleeping in that bed. You see people... It is not just... see from my point of view. It's not twenty thousand dollars, it's not Lincoln bed, it is your stupidity. No. You don't think you are anybody. So by sleeping on a Lincoln bed, paying twenty thousand dollars because you have money, you can afford, you have become Lincoln. No. You become you. You don't become Lincoln. He was great president he got, passed away, whatever happened to him, you want the same to happen to you.

Religion has absolutely lied to man from last three thousand years. Exploited, abused, misused and broke their spine. Told them, be afraid of God, what the hell, why should I be afraid of God, for what? Out of the whole thing, I should be afraid of anybody even I can (?) afraid of a ant but why on the hell I should be afraid of God. In sensory system I should be afraid of God, because God is in everybody. That I can understand. But in particular God, I should be afraid of, for what. What I have done? And what is my fear about God, He is everywhere. Even while I am afraid of God, God is in me afraid of. But all these swamis, yogis, priest, padre, religious people have told man one thing. God is separate, you are separate and we are the medium. But take money in other account why use this trick. What worship you can do when you can find God. God can find you. If you have purity of thoughts, you have love, God will find you.

Saach Kahu Sunlio Sabe Jan, Jin Prem Kiyo Tinhi Prab Payo.

I said and speak the truth all people should listen those who have loved only can find the truth and find the God.

And what is love? When you have no questions. Between lovers there is never a question. If there is a question there is nothing but ego. Conflict is there. You will conflict, because then you protect yourself. I protect myself, you (?) protect myself, where is the question of love, there is no love, it's all bogus living. Husband doesn't trust wife, wife doesn't trust husband, children doesn't trust parents, parents doesn't trust children. Neighbor doesn't trust neighbor. There is no flow of the psyche.

Let's put in a coming two thousand years, the interlock of the neurological cells in balance and in between the red corpuscles and white corpuscles in action, in the nourishment of the glandular system of that secretion which comes through the blood, if is not in a harmony, person is disease. It's a medical question. Exactly when the society and the psyche of the society and individual psyche is not capable to conquer and reform itself in a macro consciousness person is sick. Simple thing.

So tonight we are going inside the hypothalamus with the (?) thalamus and we are going to deep mediate. Idea is I have to go on Monday, don't misunderstand, I say I will come, I will go, but this time Monday I am leaving. And there is no chance I can avoid it. I have to go Monday. I am setting up this as a basic experience with you. I have no intention other than that. If you can stand the pain, now this is not my papa's work this is your work. If you can stand the pain and let the body get through its changes and you determinedly stick with it, it will take care of you.

But when the nerves carry the energy they do inflate and majority of the cases, nerves are not even connected. You feel pain. There is nothing I can do about it. And sometime your muscular system is somewhere developed and somewhere

undeveloped, that put pressure on the nervous system. After all, what you have a skeleton? It doesn't have nuts and bolts, it is held by inter muscular system, a sensitivity held by nervous system and your functions are automatic. So we will like you to qualify tonight, you will do it, all right man. Let's get to it then.

This is how as your are making a prayer, your hand has to come to the ribs and it has to have balance. You have to have a



balance, there is a one spot in your body where you can sit like this and shall not feel the pain. Otherwise it will become so heavy, from here it will **start going down and it will also mess up the rhythm of the spine.** So find that proper place where you can (?) put up the, **look at the tip of the nose.** At the tip of the nose and breathe long and deep. Long and deep. *You don't have to do anything, we will release two point five (?) psyche and the energy. It will do the work. Work will do. We don't want you. But as a reception you should be all right. The transmitter and the receiving station must have the same frequency.* That's all we want. That's what we are asking you, we are not asking you to do anything special other than that, just be a receiving station. So you can hear the music, eternal music.

Put that tape. Give them help.

Voluntarily breathe, do not breathe automatic. Breathe because you are breathing, not breath comes and goes automatically. Stop automatic system. Go on mechanical system.

(The tape 'Rakhay Rakhay Har...' is played in the class)

YB (over tape): Otherwise you will (?).

Breathe mechanically. You want to have result, you want to (?) achieve something. Breathe mechanically.

Mechanical breathing is conscious breathing. (?).

Breathe deep and breathe mechanically. True breathe.

(?) **in minute and half you are reaching twilight zone. To meet that (?).**

Breathe long and deep, breathe consciously. Now it is the time, if you want to experience something then breathe very deep consciously and see what happens. Let us not think everything is a joke. (?).

You have to become your own ecstasy tonight. You must experience what it is, not talking. Body will start going through changes, you will feel very itchy and uncomfortable.

You have entered the twilight zone and your nerves are going to inflame and that inflammation of nervous system will make you uncomfortable. It's a extremely temporary situation because body (?) the power. And it must affect. Come on with me, stay with me, as the voltage will increase, the frequency will be very sharp, you can increase your own strength and once you get that start, jump start, you will be fine, that's what we are trying to do.

Divinity in you must win over your duality, that's what it is. And that's called ecstasy. It will help in life.

(?) not going to (?), let it remain there (?).

That pain doesn't exist but it's a distraction, it has to (?). You have to conquer it. Once you will not agree with the pain then brain has to (?) so that you may not feel pain. (?) like Tylenol.

Now consciously breathe long and deep. In one minute you will be (?).

Have courage. Stand tall.

Your body must obey you and allow the spirit to exalt itself so you can experience ecstasy.

(The tape stops).

Keep breathing deep and do not breathe automatically, breathe absolutely, every breath should be conscious. You will have a new neck don't worry about it. Stead fast.

(The tape Ardas bahee is played in the class 34,40)

YB: Steady, steady, absolutely breathe mechanically. Go with the idea now or never. (?) to sustain yourself.

Become conscious and let us receive the second dose. **Fix yourself. Now or never.**

Steady, steady body will start shaking, spine will start bending. (?) Conquer yourself. God within you is real God, feel it.

Next two and half minutes long, long breath you breathe deeply.

Prepare to glow, prepare to shine.

(The song is continued)

YB: You have thirty seconds, breathe full length consciously. Copy the sound now. Not in your sound, in her sound. She sings from the conch in the nose.

Steady, steady.

Har, Har Gobindey.

(The tape stops).

55,33 **Now we are changing the notes. And you just keep on doing what you are doing, but just clap your hands with it when the music takes up that rhythm.**

(The tape 'Har, Har, Har, Har Gobindey 55,58 ' is played in the class).



(The tape stops).

YB: Inhale deep 59,55 take this hands and with this hands as many part of the body you can touch with your own hand please do. And breathe out, anything you will touch it is your energy, it will heal it. Whatever you won't touch will remain untouched. You at this time have absolutely blue aura and you have the capacity at this time to renew yourself. It's not any favor you earned it, you worked for it.



Put that tape.

You will feel different, you will be surprised how much powerful you are, you think everybody tells you, you are weak, you are born in guilt.

Sing now loud and clear.

(The tape 'On this day 1:01,00....' is played in the class)

YB: 1:04,10 My Creator free me from shackles of duality. Within me let prevail my reality. Give me my essence of my self esteem, self respect and self knowledge. So I can see thy beauty, thy bounty and thy bliss. May I become a part of thy light. Bright and myself most wonderful, without anger, without the power oh lord, the power you have to forgive, I forgive my enemies, I forgive my and smile that I can have a face of grace to represent thee. Give me all this to serve Sat Nam.

Move your legs and hands for a while and relax, you will have fun. Don't get up, you may... you know what I mean.

Put that Bhangra, they can dance for a while, let the blood run.

(1:06,18 The Bhangra tape is played in the class)

YB: Come on dance little bit.

To channel the energy, you must dance, it's a necessity, it's not something we are joking. (?) now will be beneficial.

1:10,35 Inhale, sit down and listen to me tonight. I do not know I cannot police you, but fact is tonight you should take fresh lemon juice and water and drink it before brushing your teeth. It is better if you take with that straw, whatever you call it, and you need to have enough water that you must urinate tonight. It's very good to have energy, it's very good to meditate, it's very good to dance, but it's very difficult to digest. You know what I mean? And don't be foolish. There must be some shops open somewhere. Get some lemons, yeah you have to, there is nothing I can do about it. But you have to take lemon and juice it and put water and drink two, three, four glasses and then brush your teeth and then go to bed. And then blood will circulate and the poison must get out. Can't wait for tomorrow. So if you do not get up tonight it's as simple as that, that you did not take enough water. There is nothing to it. It doesn't work well with the kidneys because the energy is now heavy, whether you like it or not. So there should be enough water the kidney can secrete all the poison and everything out and you may get up once or twice during the night that's okay. But you should have enough of water and lemon with it.

We remember when we used this kind of meditation, it's called high projection frequency meditation, we used to take almost a big jug of four, five glasses and drink straight. And then there is little convenience, that's fine. But don't wet your beds. Get up and do it. By tomorrow you feel very light, very bright and absolutely happy. What I am saying is it's all in the body. It's not something that we have to...

You know when you blame people that person did me this, that person did me, nobody did it to you, your shield didn't work. Your shield was down. If your shield is bright, how can anybody penetrate, no way. There is nothing. You have been taught wrong. That's the tragedy. Oh this person hates me, what I mean hates me. For what? The tenth body, the shield body is so powerful, so radiant body, it reflects back in a mega frequency return. Even a ill-thought cannot touch you. You are complete. The perfect lord made you in His perfect image. It cannot be wrong. Don't even imagine. Don't be foolish, five hundred years, previous life time, five thousand years future, what are you talking about. Just enjoy this moment. Movement, and moment and momentum, these are only three M's in your life. moment, movement and momentum. And you are the master of it, you are not the soul, not the spirit, you are not the body, you are not the mind, you are the cause of these three. You are not with anything, keep yourself above. Rise above all this. My mind is running in circles. Your mind, stop it, say shut up. Don't move. That's it takes. Because you are not mind, you are not spirit also, you are not soul too. Somebody told me, oh she is my soul mate. I said, did you ask yourself (?). He said, what is self. My soul is self. I said, oh forget it.

You are the cause of putting three together. You are always you. In the beginning, in the middle and in the end. Everybody is trying to rob you of being you. That's a fact. Because if you become you, then you don't need me, you don't need all this, you are you. No, no, no, why should you become you. Come along, this whole system is worked that we have to lean on each other, why the hell we can't lean on ourself? Why cannot we realize in our essence? And it's very funny.

If you are good to others, the mother earth, the Prakriti will be good to you. Heavenly father, purusha will be good to you. What's wrong what that? And funny part is when you are mean to something, all thing is mean to you. And then you blame. Oh such, such, such person has done me this. What is that? You judge by just certain things. Will you stop judging? Creator created the universe, Creator created people, Creator is responsible. He rotates the earth, He will take care of your routine.



But don't forget lemon water tonight. It's a must and in a large quantity. Large quantity, tonight you should drink water in a very large quantity with lemon. So the body cleans out. Yes, it will be not a happy night, but tomorrow is Saturday, isn't it. You are not going to office, so what is wrong with you? Keep on urinating at night, in the morning sleep.

Oh all the young kids are meeting me at breakfast tomorrow. Say ten o'clock, ten? It will be good breakfast, bagel, onion, tomatoes, cream cheese, what else. Something like that. Jam, marmalade, that kind of stuff, with yogi tea, that lovers tea, yogi tea, new tea.

So we will have fun and we have certain meetings here I wanted to do it Saturday and run but they are coming Sunday night. Sunday we will have our temple service. Monday I will go. (?) I am with you, I am not saying, there is anything wrong but you can continue this exercise the two days I have taught you. This will surely, surely against every God will give you the third eye. It will open it up. You have to practice it.

Student: How many minutes?

YB: I don't count minutes, keep going. Still we are in minutes, second, hours, truth, lies, right, wrong, up, down, may be, there is one religion every practice, may be. Oh God these may be's are ninety nine point nine percent. It may be, what do you mean by it may be. Leave it unto God. But that one percent anti God may be. Never ever become limited. Unlimited. And this is a attitude. Altitude and attitude. Higher self and attitude. And you will be fine.

See you next winter. You got to grow. You got.... listen to this, you got to grow, you got to practice, you have to become, I am not special you know, I practiced then I became what I am. You practice you become what you are. We are not changing the knowledge, we are not added or subtracted anything, there is no gimmick, it's straight daylight simple thing.

Practice makes you perfect. Learning will make you learned. And stop this gimmick. I am special, that is special, that is this, there is no special. Everybody in his own right is a potential special. Now that's true, everybody who has nine holes is holy. And what is the tenth hole, what goes in, what's out should be under your command. Oh, I went to my friends, I over ate; who the hell allow you to do that? Whenever you go to anybody's house, I love this country. It's one of the funniest thing I experience. Would you like to have a drink? They don't accept you as you are. They want to put some bourbon in you so that you go little cuckoo and then it's fine. Then.... some I have to go to this political meeting, and they say cocktail is six thirty. To seven o'clock the function starts, within that one hour the voice become louder and louder and louder and louder and everybody talking something without knowing what they are talking. That's why liquor is very popular.

Liquor and love are two things which have no (?) return. More liquor you drink then you get out, you become insane. Doesn't matter how you boast yourself, it will get to you. Love will not let you see anything. It takes away all your questions. What will left will be you and zero. That's it. And in this age of Aquarius love will be not questioning love, real. Love is not have, we are not going on a whale fishing and hunting. That we have to take the harpoon into somebody's heart and start pulling the thing. It's not. The new age which is new age in new order, you will find no divorce, no cheating, no betrayal, you can't do it. Everything will be computerized. Yeah, you can't lie. You can't hide, you can't lie, you can't move.

The new cars which are coming next century, will have a chip in it. Wherever it may be, in the bottom of the ocean it can be located, period, and computer will run the car not you. Simply you sit in and program it. It'll go; you might be thinking I am sitting on a steering, going, no there will be no steering, what you are sitting at steering. You are not steering any car. It is going.

I saw on the learning channel and discovery channel the new car they have made, it's funny looking car. It has nothing what we have here. All you have to sit down and enjoy yourself and put your computer, this other car is coming, within fifty yards it takes the vibratory angle, senses started working. And it finds the way and it's so beautiful, it picks up, the sensor of the road. If the border is week, it will just go little on the side and stop. So that car may pass, then turn around, go. Which a man can't do. Its capacity is it picks up all senses. From hundred fifty yards to fifty yards and maneuver the car to safety. Now watch what it is going to do. Finally it has the capacity, when the grounds are slippery, they show that (?) silk road on which car goes like four five times and then the computer immediately puts its legs down and it was on the jacks, car was stopped. They took only one turn and then those things, big, long things, they just and little rub with the snow and the car was up, jacked up. Other cars are jacked up, I used to have a car six hundred, it used to jack up foot and a half, whenever you have to have.

Things are changing whole you come home computer will tell you how many telephones came, what (?) give you cup of tea, that robot, so things are going to change. You start learning robots you will forget you are human. So I am trying before that to you put you into your proper prospective, and mostly this emotional nonsense and too much thinking and too much fear and too much planning is not human. I don't care what you want to do, do it but you don't let opportunity come in. You are already gone somewhere else. Alice doesn't live here anymore. That's the problem. You are never home. You don't listen, you don't... You are not there.

It's very funny, I was taking lunch today and said, hey we are having lunch. Because how come a person have a spoon and his tops here, it means they are gone somewhere. And it's very funny you leave the body unattended. And then you say that you are sick. What do you mean by sick? Be in your body. Eat (?) eat.

Good night. Now you can go, you are fine.