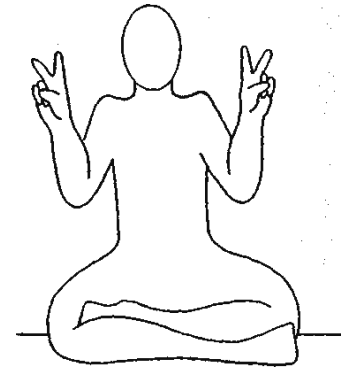


T127b 960619 Relieve the Suffering Caused by Duality

"Meditation is the creative control of self where the Infinite can talk to you." YB

1. Sit in Easy Pose with your upper arms close to your sides. Your elbows are bent, your forearms extend upward, and your palms face forward. Your thumb locks the Mercury and Sun fingers. The Jupiter and Saturn fingers are split in a "V." Squeeze your shoulder blades together, which will push your rib cage one-half to one and one-half inches forward. Every muscle should be steel tight. Keep your chin pulled slightly in and your eyes closed. This meditation is done to the instrumental version of *Ardas Bhaee* on the tape called *Healing Sounds of the Ancients #5*. For 1 minute, whistle along with the tune. Then, for the next 2 minutes, chant the Ardas Bhaee mantra out loud from the navel. Really pull the navel in as you chant.

Ardas Bhaee, Amar Das Guru Amar Das Guru, Ardas Bhaee Ram Das Guru, Ram Das Guru Ram Das Guru, Sachee Sahee



To finish: Lock your hands behind your neck and lean back sixty degrees. Inhale deeply and hold your breath for 10 seconds as you strongly pull the navel in. Exhale like cannon fire. Repeat this sequence two more times and relax.



T1272 960619 Relieve the Suffering Caused by Duality

...I know you have done as a victory sit down. Yesterday this course was done to formulate to give the subconscious clearance. Normally it takes about hundred twenty sittings that you can omit out of it that it took you ten hours yesterday you got rid of it. Today it was done for your clarity to understand that you are you, this way, you know there is a bio rhythm of the body sometime you go down sometime you go up, sometime you are right, sometime you are wrong, but you don't understand every time you are challenge, challenge is a must, Om Kaar Singh where are you? Is bathroom in? No, no let him bathroom.

(Students' clapping)

Sometime you do not understand, you don't want to understand that you have a byproduct ask your parents and you pick up ideas. Sometime you have a harsh mother, sometime you have a soft mother, sometime you have harsh father sometime both are harsh sometime both are soft so it is very classical situation. So if you call father phobia or father phenomena, or mother phobia or mother phenomena but it's the correlative thing. Fact is after eleven years you have to progress to become a father and a mother by your glandular system and when that is not developed then there is a entire psychological problem of which we suffer rest of the life, that's the fact. Now stand up, this is doctor Om Kaar Singh.

(Students' clapping)

He is another wise man we have kidnapped, he is very wise, very wise, I normally don't say this word it is not promoting him I am just telling you, he is very wise, he is very standard, very outspoken. He also happens to be older brother of our Jatedar sahib of Akaal Takt. And he has done Ph.D., in most beautiful subject Pai Guru Das he is supposed to be key to Siri Guru Granth his bani. I was going to find him because he is supposed to call back to India and (?). Where?

Student: (...)

YB: Now you know you get that situation that he had a impact and effect of your mom or your papa, it is called mapa.

(Student's laughter)

No, no the parents are called in Gurumukhi mapey. And the second word is siapa, siapa means tragedy, grieving, crying. Now psychology has come that faster when they say mapa karey shapa this mother father

phobia in the subconscious it creates a chaos in the family of a person because just close your eyes this minute, close your eye this minute and just answer yourself how much you have cared one day or any day in the near future of today to be a good father or a good mother, ask yourself this question don't try to ask anybody. And second what is your thoughts on being great parents not good parents. That is two, number three. Think about or imagine about how much you have done to eliminate which you didn't like and what you are going to substitute in tomorrow which you like your children should have. And honestly let me know how many of you thought this way, written this way program yourself and you have any paper in your possession at home or here where you have totally your self research has been done? Open your eyes. Now honestly raise your hands. One, two, three, four, five, six, seven, eight, nine, hey raise it falsely ten, eleven twelve that's more number, twelve fifteen twenty, that is that is more number and you are all cream of the age. You have gone through a very great spiritual revolution. We all should have that, your own papers not from anybody. For hours and hours and hours you should sit today, tomorrow, ten days from now and just think are you letting your child go to the dogs, wolves and the hyenas because they are young and innocent. And they need their youth, their meat, their food, outside in the society that is the possibility. I saw on discovery channel one day a situation these African those big horn buffalos they were just grazing and this pack of hyenas came they left, they left everything else but just circled around the buffalo which was going to deliver a baby and I saw that scene and I understood the nature. Then I saw once the reindeers were crossing the river and the pack of wolves were waiting, they only attacked the young and weak, now this is a natural law. If you are going to be parents you must understand your children are subject to the entire social and biological urge of a gangsterism and you may not even know it. And have you strongly trained yourself to train them for that tomorrow. Normally this is my experience of counseling we do not counsel our children we tell them what to do yes, no. We do not take the situation to sit with them and reason with them. And after eleven years if you have not developed a deep friendship with your children you have lost them doesn't matter how great you are. Sometime it can be a situation like you come from a country to another country and they are in a culture shock from one city to another city they are in a city shock. You must understand after seven years you children start becoming a group of friends and they are very important to them. You know what that means, they do not trust you anymore. Because it is nature biological nature they have develop themselves for tomorrow and if you do not develop them as friends and do not come from your pedestal down you have to pay the price. I paid a very heavy price. When my children came back from Indian school they brought two kilo bag of salt in their baggage, they thought our parents have become yogis they are going to live on air and may be in America salt is not available, so they brought salt. So when we checked their luggage and saw two bags of salt we understood it now United States salt is not available? Are you sure? For them there was no salt here. Today if I ask them is there salt or not? They know it is, they can have it. But that is how the shock was. When I went to Atlanta Pop festival and by mistake took Bibiji with me and she saw three thousand girls walking, running naked, she covered her face about two days.

She said, "What?"

And I said, "Honey, this is what we are going to see and deal with."

She never understood at that moment but that's what it was. So in this life where you are you have something which you do not look at. It is called challenge. There is two things which is called time and space, time and space. Time and space challenge u whether you like it or you don't like. There are three things will happen. Either you penetrate through it, or bypass it or fall under it. So long you live you advance in life the challenge want you to retreat and that is with every human being. That we sang that song yesterday, get up on the morning at ambrosial hour and have a cold shower so that capillaries may open, glandular system may get all the blood, blood can secrete back into the blood, so your blood chemistry is all right therefore your strength is all right. So you can face it.

Sometime you have money and you are comfortable or you have some perks you are very comfortable with them, like sometime you have professional obligations like me, I travel ruthlessly and it caught up with me. I do not scale it right, I was so much into my mission that I didn't spare one tour let us go, let us go, let's go there, let's go there, yeah, yeah it is true that we are all over the western hemisphere it is all true we have done great job, it is all true it is wonderful. But it is also true I need two people to get up, that's also true. It is also true that my feet swell up like I can't even face them. It is also true that I have lost my right kidney by over travel. It is also true by having just this going from Los Angeles across the zone of the

North pole and go through a heavy radiation I had my arteries blocked. It is all true. And every step of the way my doctors who are natural path, were telling me Yogiji please stop. I didn't stop then finally the D-day came, eagle landed it stopped me. So if you do not prepare yourself to face the challenge, challenge will face you. And today the course was designated to give you a bio rhythm, balance. And you did it. Idea is not that it is great today, idea is only we are fortunate but tomorrow in another twenty-five, thirty years it will be just all religion will be one religion, all people will be one people. We'll know too much we'll understand too much and in that rhythm a chemistry will develop, a life will come out of the humanity where the only thing we have to confront will be computer, computer will be our best friend and a best enemy, equal and opposite. Our all diseases and our weaknesses will be computer related as in the past couple hundred years our all diseases are vehicle related, travel related. Why should I travel now? In twenty years I can press a button I'll be in right in the other man's house, other man will be right in my house we'll talk. Even this you can play cards, face to face, you can play chess, you can play cards. I said in 1972 nobody is going to get Coco cola, you are going to press the button and coco cola bottle will pop up, all houses will be filled with supply lines with basic stores and everything will be computerized. I saw that house on the TV where a house of the future he buys grocery, that house buys, house buys you can't imagine. No, no, no house buys groceries, house select menu, house selects your office timing, house selects with your car movement when you come to the house, house identifies your entry, house open itself, house cooks itself, house serve the dish, house makes the drink and the little computer running says you have choice of three drinks you have Martinez, you want this, you want that and they are all ready, already mixed ready, he brings in to the man. Now what will be left of us? Majority of us who will not have a bio rhythm endurance will die, or will become invalid mentally to face. Other way. You are in the house you see, I have seen parents where children come in they bring school games and the computer with it, little bit, papa solve this thing, papa doesn't know one damn thing what to do with it.

(Student's laughter)

The world has become different it is going to become different and today we are very pleased in our heart that we have given you a new set of experience and in between the holy mother of all holy mothers Shakti parva which is sitting here will like to stand up it her birthday today.

(Students' clapping)

But for Shakti Parva there would not have been a 3HO, there would not have been kundalini yoga and there would not have been a Sikh Dharma. She worked. Shakti is very humorous well studied with all the religion, very aware of the American life. Went through all what anybody can go through and still survived. On this birthday of hers she has done a most marvelous work. It is kundalini yoga the flow of the eternal energy and easy guide to the yoga of awareness as taught by yogi Bhahaan Ph.D..

(Student's laughter)

And Shakti Parva Kaur Khalsa. In the back of this book there is a Shakti's picture in full bana, but she has been very kind has not hidden anything like a great mother she has also put another picture of me and her which is priceless. You can give it to your children and tell them from here you can become here and that is the diagonal way. I remember those great days when I came back in this country I never used to speak a word, I don't know what people are going to do? So I'll wait hours and hours till Shakti comes from work and can make a salad for me and I can eat. Shakti was very happy when he bought her new car Opel for eighteen hundred dollars?

Student: (...)

YB: Two thousand dollars and she used to take me to all the YMCAs and wherever I will teach a class and she will regularly after twenty minute either open the window or close the window as the temperature may be. But those days and many more who put their self into it that today we became a nation and all those who worked to survive through all this rage of drugs in which we were being drowned to give us a spiritual character, give us a face and a grace. So this is her book written in a very easy, humorous way. The toughest science of kundalini yoga has been well narrated. The delightful book is noted by Guru Charan Singh Khalsa well he wanted to put his name also, you know what I mean?

(Student's laughter)

When saints are marching on why not? This delightful scene, this...

(Student's laughter)

This delightful book takes you by the hand and tells you how to handle stress and improve your health overcome depression, feel more energetic enjoy your life, love your self. Shakti styles is to mix profound ideas with the humor and personal almost chatty conversation makes the journey fun and painless. From her first chapter to the last you travel to the heart center of living a better life with a true sense of yourself. I think this is commercial about it. And then says enjoy one of the best quickest introduction to this sacred science of human. I also wrote a note, and forgot but I know it is there. The kundalini experience does not mean that you have gone into a deep breathless trance and are beyond this , word, W O R L D, it indicates you more fully with reality and gives you a broader vision and sensitivity so that you can act more efficiently. It is by time capsule books and US twenty-one, poor Canadian twenty-nine, ninety-five. Well my problem is that what I feel that after all she has done very great job and taken so many things into account, because she started with me when I landed and put it together. Look at this, the choice, two things are inevitable they say, death and taxes you have to pay. Country to country tax may vary but does (?) you simply can't bury. It is only a body the soul is living behind so for a yogi it is a liberation of time.

That many good things, where you collected all that stuff?

Student: (...)

YB: You wrote it, it is her choice. What I said, I said. You make, she is a poet too you must understand it. Shakti is many things. One thing is from last twenty-six or some years and months whatever that may be she have never missed her sadhana.

(Students' clapping)

Even though the police came, yeah she used to live in a rented apartment now she lives in a house which she is the owner, master, she is the lord of it, she is the final power of this whole family. She is the executive secretary. She is the only one who can tell me no.

(Student's laughter)

And I never say them anything, no is no. Shakti says no, why not? It is no. But her sadhana and routine was so true and she chanted as she was given the chance so loud in the morning the neighbor brought the police. And when they understood her they left. Then we decided it is not right for the mother of this whole great family to be disturbed so we shifted the apartment. Then even she had to shift again, but she keeps to that old style, I think you can hear her at a distance in the morning and Shakti is chanting. It is amazing her discipline, her strength her humor and her age she is two months older than me. One day I got a very sad story, Dr, Soram was on the line Shakti's main artery to the brain is clogged up, it is just only one percent, we may have to operate immediately.

I said, "Go ahead, operate nothing is going to happen it is fine"

So they took her for check up they found out and the side artery has become the main artery. So Shakti also creates arteries.

(Student's laughter)

Isn't funny? And I joke with her, I couldn't create I have to go through operation you created it, you saved yourself. You are more than anything. But Shakti's body is a bio rhythm it's a living history, it's a human who was under all what you can say you go under stress and negativity and this word this and that. When I met Shakti I don't forget that.

She once asked me, "What do you want out of me? I don't want a spiritual teacher. I lost my husband I lost my home, I lost my son , I lost my vote they are all thieves," isn't that you said? They steal everything.

I said, "I don't want anything I tell you what I want. I'll compensate for all of them and so long this Earth will live and rotate you will be remembered and honored as one of the greatest woman of this age. I do not know yet I have lived up to this point or not but the circumstance in you here tell me that I have.

She actually came here to talk to you, I thought it will be great injustice to let her talk to you, you want her?

Student: Yes.

(Students' clapping)

This is Shakti Parva, executive secretary of all what is there.

(Students' clapping)

Student: (...)

(Student's laughter)

(Students' clapping)

YB: Remember this congregation used to be very small she used to come on her birthday and we will put rose petals on the ground to bring her in some of you might be remembering those scenes. How many of you remember all that? Oh yeah a lot. Anyway, but now her birthday comes and now we give her presents and silently look at her and say in our heart thank you. Because she protected us from going astray, doing any mistakes and this little thing, sometime digs in. I mean you don't understand she digs in really. And then she says no. And God nobody can say yes. Very recently she jumped at me, it is not long time ago and this is how her style is. Your holiness I don't think I should speak, but I think you are wrong.

(Student's laughter)

I said, "Could you give me a chance before you talk, I shall explain you see?"

She said, "No, you are wrong, that's it."

I said, "Okay, there will be no trouble."

So I think we should have a place situation over there so that people can see her how tall she is and how big she is all that. Today you have to do all that what people want not what you won't.

This is her very enchanted song. But she has all the teeth intact so if dental surgery is really not needed and watch her style I mean just watch. Here you go.

You know Rajneesh became from Acharya Rajneesh to Bhagvan Rajneesh and from he became oshu, Shakti become from oshu. She never knew her name, her name was oshu.

And instead of saying oshu she was saying oshu as they call me yogi Bhahaan it was Yogi Bhajan, yogi Bhahana from there the journey traveled her and make her to Shakti Parva Kaur Khalsa. Shakti Parva means on flow of the eternal power and she earned it. I will like, you ask for her, there she is.

(Students' clapping)

Student: Sat Nam everybody, as Siri Singh Sahib said yesterday, God bless you but I know you have been sitting a long time and I...

(Student's laughter)

I don't want to keep you too long.

YB: I am not going to let them before because they have to finish one thing more with me.

Student: I'll be quick.

YB: Watch it.

Student: Which is rare for me. But this is a very happy day for me, not only it is my birthday but the book actually is here for sale and some of you know the four and half years of intense labor that went through before this finally delivered and I wanted to honor and to publicly thank those people few of those who are here out of the many who have helped me with it, because I could have not done it alone. And it has made me even more aware of what an incredible family of selfless giving, loving human being this great soul has gathered together and so I wanted to bring those...

YB: Come on bring those books don't stop.

Student: Not in any particular order but doctor Satpal Khalsa who is our secretary of religion and my most dear friend.

(Students' clapping)

And an outstanding human being of tireless energy and compassion and...

YB: And she has one more quality she is sitting on a sex book which I have to finish and still stay sitting on it and all these people will look at, look at her folks. Look at her.

And there was another doctor Wahe Guru Singh, where is he/

Student: He had to go back to work.

YB: He is gone? His wife is here? I want that book of chiropractor to be brought to that lady and send by your instructions. God that's a marvelous book.

Number two?

Student: Have any of your received newsletter called the science of keeping up?

(Students' clapping)

Well without the help of Gobind Kaur Khalsa you wouldn't get it she has helped it..

YB: Hey Bineetha Gobindya,

Student: Gobind Kaur please come forward and she proofread and did this.

(Students' clapping)

I wouldn't even let her eat.

(Students' clapping)

I imprisoned her in the library at the secretariat.

YB: Look at this Canadian red face now, she is blushing.

Now.

Student: She drives Siri Singh Sahib, she is a great chauffeur she makes beautiful, there is nothing this woman cannot do.

YB: And just take right turn, just very right, left turn also very right.

Student: This thing is publicly I have to (?) now.

YB: She always says I carry most precious cargo no instruction can be given to me.

(Student's laughter)

Student: I would like to publicly complain because when she first came you let me have her as my assistant and then you took her away.

YB: Then I stole it? Yeah.

Student: She became the assistant secretary of the states.

YB: My old habit that's not something.

Student: I don't know if she is here now but I know she should be in the (?) later now Ik ong kaar Kuar Khalsa.

YB: She should be here.

Student: I don't think she is here, but she did a phenomenal job she did the index.

YB: And who else?

Student: This is a surprising one and he was surprised, but this book really happened it was ten years ago that Siri Singh Sahib told me to write it, you know how he tells you to do something and you can't think about it, so three years later I started it then I stopped and then I started, it was four and half years ago that Sardar Singh Khalsa let a workshop at the Khalsa council that (?) project how do you make it happen and in that workshop I have seen so much positive encouragement and I wanted to honor him and thank him for that.

(Students' clapping)

God bless you.

YB: You have to pay for it.

(Student's laughter)

Twenty-one dollar ninety-nine cents.

Sit down, sit down, not right now.

Student: You don't pay me you pay Siri Ved Singh, I don't sell them, I didn't think I could handle the wrapping and the mailing I don't have a secretary. Anyway...

(Student's laughter)

The word to the wise, I have another very, very good son and only because of his really caring and using all of his professional skills and determination to get this thing printed in an impossible amount of time, Hari Nam Singh from Toronto Canada who brought.

(Students' clapping)

Copies with him on the plane.

(Students' clapping)

So that we could have them for the teacher's conference.

YB: Hey you have to thank the entire sangath and the (?)

(Student's laughter)

Student: (...)

YB: No, no not that way, over there, address them in that language which your born mother tongue.

Student: (...) ask me to speak in English. (?)

YB: He is a good actor, watch.

Student: (...)

(Students' clapping)

Student: And this final one is just because its her birthday too and I know she doesn't get much attention as she asked for it, but one of the most beautiful young woman that I have known since she was thirteen and who I know is going to be a life in the world, Sat Nam Kaur Khalsa, birthday present.

(Students' clapping)

YB: Now finally she is married.

Student: Okay she is married.

Where is her husband? Where is your husband?

YB: Where is your husband?

Student: Stand up husband, let everybody know. Manjeet Singh Khalsa.

(Students' clapping)

YB: Now Shakti I don't want to challenge you because I have not authority, you said you don't have a secretary, the most beautiful, most noblest woman who just stood on the ground of self righteousness and took away the entire burden when the businesses were falling apart because I was not well they are two people here and she says she doesn't have a secretary. One is the (?) general who is teaching the tantric today and other is Siri Ram Kaur the skinny one. Where is she?

Are they there Oh there she is.

(Students' clapping)

She is assistance, executive secretary and that's a fact.

Student: She is assistant to you sir.

YB: I don't know, I don't agree.

(Student's laughter)

Student: I should have said personal secretary. But doesn't matter, God helps me, (?) my affairs.

YB: Sou purak who you saw here she must have ran out. There are lot of people who unfortunately have sacrificed in silence, we don't appreciate them. There is a staff of Sikh Dharma which is now present in Los Angeles or here will stand.

Shakti doesn't have any staff, you know she doesn't have secretary, stand up all of you.

(Students' clapping)

And all those who serve in the businesses will they please stand up too?

(Students' clapping)

And my apologies for those who are still working and carrying on the job. One of the hatched secretary Siri Karam she couldn't come among you because she has to do a hatched job up there North. I am not saying anything that there is something to appreciate and all that but I am saying when there was a need they didn't even ask a question I knew about Siri Karma from New Mexico she had to go after a very delightful divorce, she left she was posted in Los Angeles and from Los Angeles she built a house and had all backed up and then all of a sudden she was supposed to go to Oregon and person who has not forgiven me both of them as a set are very mad and angry will you volunteer yourself to stand up?

You know what I am referring to?

(Student's laughter)

(Students' clapping)

Her name is Sat Nam Kaur, she has nobody.....

Nobody except but be mad at me. But she is great, she is carrying all the responsibility, auntiji is always looking after her. And there is another couple very funny couple. What they call that Mukiya Singh Sahib something? He has a skinny wife.

(Student's laughter)

They were told they were having a holiday in Alaska, hahaha wait, wait, wait we are not going to...

They were having a holiday in Alaska and they were told they are shifted all the way to Los Angeles. They are still in that shock. Are they here somewhere? Sada Sat Singh and Kaur. She must be doing something, they are always doing something. These are kind of people who ditched in and put in what they have whenever it was needed. And in New Mexico you will be surprised where known and all the law and the firms and everything and his name is GG Khalsa can you stand up with your long beard?

(Students' clapping)

It doesn't matter life doesn't matter is the courage you bring to it and people with courage took stand and carried themselves. There is a one couple right and wrong you may not know it they had the privilege to see me once just said hello and I sent them to Alaska, will they stand up?

(Students' clapping)

And they are still there, and if you listen to the story of this couple you will freak out, they just went because I just said and how it got made up there and how they are happily there Anchorage looks absolutely not beautiful without them.

Student: (...)

YB: I know, lot of things I know. And they went by a car, what was this it is bug love, love bug what was it?

Student: Volkswagen car.

YB: What was the car you went all the way to there?

Student: White van.

YB: Some van through those roads, which are marked and unmarked they made it to Alaska and they are still there. And may I ask all those whom I said go and still they are there?

Will they stand up voluntarily then I will start listing it up. Taran Taran Singh and Kaur were shunted out in no time notice, go to Europe set it up get going this is the time. And still they are working. I know so Shakti you have something to say?

Student: Yes, I had already given a few.

YB: We are changing microphones.

Student: I have already given couple of copies to some of the other people who worked on the book but I see these are here, one of the hardest task of all in this whole book was to get pictures of me where I didn't look like a plate of mashed potatoes and Guru Amrit kaur, sardarni Guru Amrit kaur who is our secretary general took my camera and we did two evenings of frantic shooting with my camera till we got the back covered photos of me.

(Students' clapping)

So it's all of your moral support through the years and....

YB: How many of know Guru Amrit kaur? You know she is a saber champion of our college time? Fencing, you know that? Yeah, she is good at it. Came nineteen years old and asked me question three long hours, walking back and forth, back and forth. And she today walks tall stands tall by her own right she is the secretary general, after all that sad experience I and all of you went through she is still very tall, have you seen how tall she is? Stand up.

(Students' clapping)

Now finally she has agreed to travel to all round places and goes and inspires people she knows a lot. She is not the one among us. She is more than us. And many people even sometime do not understand, but she has a lot of wisdom, lot of determination, lot of knowledge and she holds her office with lot of grace and she keeps it going. There are lot of young people who are coming through. Where are those young people who have joined my program they call it learn and earn, are they here some of them?

I started a program with young people that they can go to college and also study and they are very bright kids, all four, three four plus whatever they call them. And we feel very honored by them because tomorrow when the batten will pass or you call it torch will pass it shall be very smooth. I don't see any big storm, but little disturbance is all right. Our present policy is that we must prepare second and third generation to carry on the job. We are also trying to, it's a very funny is Sat Beer here somewhere? And Karan?

(Students' clapping)

Now this guy, how old you are Karna?

Student: (...)

YB: Twenty-four he could have gone to Howard, he could have done he is a best golfer, he can have fun and he has a friend here somewhere, where is he?

Oh where are you? Oh stand up what is wrong with your legs?

(Students' clapping)

They followed each other in dharma and they follow each other in businesses, just like that and this guy is standing over there is a money making machine.

Student: I am not so sure she is here or not but the next little.

YB: (?) call?

Student: Siri Simran I have known her since she was eighteen months old and her mother brought her to this class in 19....

YB: Oh that my little thing? Oh come on little.

Student: Yes.

YB: I always still call her little.

(Students' clapping)

Isn't she pretty?

(Students' clapping)

Now you want to talk about her or I have to talk about her?

Student: I will talk about her first thing then you can talk about her, okay is that right?

YB: Okay go ahead.

Student: You see her serving the Siri Singh Sahib and the thing is that she is not only beautiful, but she is so smart, so intelligent. I started out serving him and it was a simple matter I used to carry his wash cloth and his water at the first summer solstice, I slept outside his tent as sevadar as security guard, now there is a book that is this big I don't if they are two volumes she had all of things support system to keep his physical body going.

YB: Oh yeah.

Student: And seventeen people to make the twelve thousand glasses of juicy drink (?) and she supervises the whole thing. She is married to Dr. Allen they both live, they both have given....

YB: No I live in their house, they live in my house, something like that.

Student: That's like, but anyway she posed for two solid days to try to, we wanted to get her as the model in books for the photographs. Sat Simran took the photographs that we finally used and she used her as a model, the film wouldn't work. The lights wouldn't work, everything went wrong I managed to get her in if you look in the book if you see somebody sitting with her back to you and hands behind the neck that's Siri Simran.

(Student's laughter)

And there is one where she is sitting in (?) cap I mean yeah spine flexes, you know what I mean.

YB: Well there is no long discussion, let me tell you something. When she was little I changed her diapers and now she changes mine. Simple thing.

(Student's laughter)

And all those who take care of me they love her very much but they are scared of her nothing can go wrong. Ms. Little perfect, we call her MLP, Miss, little military police. You will never find somebody if I have food in front of me and she said this is not according to the schedule, she picks up the plate that's the way it is. And she has kept the entire record on computer which will be a phenomenal history, but I am requesting her for a long time she is the only one who sat with every class of mine and took her own beautiful notes. After now is that come on let us print.

Student: (...)

(Student's laughter)

YB: No spare time, she doesn't have a spare time. So anyway these were the introductions of the day, anybody left?

Student: No, but I have one more announcement and then I will (?)

YB: Yeah, go ahead.

Student: It was my tradition in the last couple of years to bring just a little treat from morning sadhana Gurudwara and some of who were here and now that we have these little muffins made of spelt flowers because I don't wheat and they are sugar free and I kind of optimistically had six hundred of them made, well we have a few left up here, may be not enough so if you didn't get one this morning on your way out, because I don't have this many left, it is about three hundred, so I wanted to share with you.

YB: Oh the best way is to make four (?) of each we got twenty-four hundred you know what I mean?

Student: Sir you can split them and share it .

YB: Six hundred or six only.

Student; Pardon me?

YB: You have six hundred of them or six?

Student: Originally they were six hundred now they are probably about two hundred.

YB: And they ate in the morning?

Student: In the morning we gave about two hundred fifty.

YB: Why didn't you tell me?

(Student's laughter)

Today is the only first day when nobody told me that Shakti's birthday today.

Student: Except that this came.

YB: No, no then immediately we had to reimburse something. Let us go and give her present, come up and there was no dearth of selection but I thought she is a beautiful pearl of nature and pure water, water right. So we selected something coincidentally for that. But now is a time for us to experience something.

Student: Before I forget sir.

YB: No, you forget what you forget. Ah sit tight, sit straight for just few more minutes please.

That's a gift in Shakti's birthday honor. Sit tight and sit straight and sit looking towards me just as a straight angle. You can do it not bad. You have to sit you can't get it, it is standing because you have to lock the knees. Find place where you are and kindly sit. Now Sou Purak come here up there and you kindly understand you all suffer because of duality, right? You have done a day today just to seal it that it may not happen. Put your hands like this and put your chest out and take your hands as back as you can chin in to a point that you can't do it anymore. Push, you are not pushing that hard, I can see in your aura, I can understand, push that hard. Put that rib cage should come out about it can come and best gets inch and half, but in other cases at least minimum should come out half an inch just like this, put that back pressure, pressure it, chin in totally. That back blades must be as tight as sleeve. Close your eyes and just put that tape.

Ardas bhai musical side please...

(Student's laughter)

It is three minutes you have to understand don't laugh, push your blades tight, push the two finger Jupiter and Saturn across tight, every muscle should be steel tight, you want to have something to go on and say hi wow, now let us do it.

Tape is played in the class....

(Over the tape) You have to say nothing, just you have to whistle. Whistle. Tighten the shoulders we have only three minutes to get to it.

One minute over sing now.

The class sings now.

Loud from navel, from the navel. Pull the navel in. This is the last chance tighten it.

End of the tape.

Lock your hands in the back please tight and go back and bend sixty degrees tight. Tight, let the spine take its own course you don't have to do anything back. Inhale deep, pull the navel as powerfully you can, hold the breath and stretch as back as you can. Cannon fire breathe out. Inhale deep again, tight, pull, out. Last chance if you have cheated. Inhale deep, deep, deep, deep, stretch, stretch, stretch fire out, relax. We did it. Now I'll like to introduce you one of my best friend and a colleague and we have been together for a very long time in different walks of life but our children go to India in the (?) school he is the director, principal education trustee etc., etc., etc. And you know I didn't get the tape I was trying to get it Om jai jagadish harey you know that old song? And now I'll introduce you to Sardar Jagjeet Singh who is here among us as our guest.

(Students' clapping)

Now idea is there are lot of parents who have lot of appreciation and lot of complaints today is the day to get even with him.

(Student's laughter)

Please he will be available you can meet him talk to him and there is another wonderful thing which we want to inform you that Shiromani Gurudwara prabandak committee has given us finally yes, given us given us now we have it document that fifteen acres of land at cheta sahib and he has...

(Students' clapping)

So we are going to build meeri peeri academy for our children.

Students: Boley Sonihaal Sat siri Akaal

YB: And now Sardar Jagjeet Singh will stand up again he will be incharge of this.

(Students' clapping)

Construction, administration and discipline.

(Students' clapping)

And hopefully by not by chance, I think by next August we will have the academy plus (?) will remain four (?) somehow but it will tell to also something like that, is it possible?

Student: Yes.

YB: It is possible, we are trying to tell him and if God willing and Guru grace everything comes through you will have that kind of academy in every district, that will be gift to the Guru's land called Punjab because they brought the Siri Guru Granth on their shoulder up to these five hundred and twenty-five years and honoring that they made it to have it now just in dedication and honor we will give them the gift of education back in our humble way just from our heart we will say thank you. Whether they follow the system or not follow, they exist or not we shall remain as a spiritual Sovereign Khalsa Nation and we are sons and daughters of this land and we have to do what we have to do. Because systematically as a symbol we stand and hold today the spirit of those who have sacrificed ninety million of young American and Europeans who gave their life to bring the dream of the Age of Aquarius and the Woodstock nation and out of it we came as a stainless steel and you understand? And that's why we are here today remember this land also found us we came here and thus the temple of steel will come here and this is thousands and thousands and thousands years of land actually the Miami's who proceeded from here at the time of drought went down and found Mexico city their temple was exactly here where our temple is. So this is a very historical land if you want to understand all that. And with that great lecture of today and I am fixing you for couple hours and we have just correct you almost hours and hours. Now we'll ask you to just share few more minutes with Guru Singh and his guitar if the music is done.

(Students' clapping)

Where is he? Man called Guru Singh. Hey what the hell you do always sit late such a tall man hurry up you are wasting minutes. And what other musician were with him yesterday all are required to be on the stage quick in seconds. I do not know Ganesha, om Ganesha namo sohung, Ganesha

(Student's laughter)

I used to do that for sometime for charity. It used to look very good to go to a very great Hindu festival and chant all this in uniform, it used to very novel thing in India. That was a fun. I had to learn.

Oh by the way this is Shanti wife of Tyaga you understand that?

(Students' clapping)

Shakti says she helped in the book, I think everybody here helped in the book but for them they would not have been a book is that true? Let us give hand to our self, wow.

(Students' clapping)

You must sing that song perfect today, go.

Student: Yesterday.

YB: Yeah yesterday, what else? There is no yesterday in a Sikh's life. What is yesterday? Which we said S and put it in the tray and sent it out. Yes tray day.

Song is played in the class....

(Over the song) Everybody.

Now wait, wait, wait, this young man is a one young man when he didn't have any beard and all that stuff, he wrote a song let us take care of the golden temple and he sang that song twenty how many years ago?

Student: Twenty-seven.

YB: Twenty-seven he is accurate and he is going to sing that song and those of you are twenty-seven year old in the spiritual world try to sing with him.

Music is played in the class...

(Over the music) I mean there is no more better future prophecy then which came through him as a song.

Never trust a teacher God knows what he is going to say.

End of the song...

YB: Now I will tell you something very simple and then you go and eat your food and have a relaxed time. If you are ever in difficulty whether you believe or not I am not asking you to believe or not, trust it or not,

or know it or not, if you can do one favor without believing and without trusting and without understanding you are innocent, with understanding and all that what we know. And if you are in a difficulty which you cannot face just for a moment close your eyes as you can close them now and just bring before you the picture of golden temple I am not asking you what you are doing, you are a thief or you are a policeman you are a righteous man or you are wrong man, because in the will of God there is no polarity. With all your wrongs and right, with your disbelief and belief, with your difference and your acceptance before your eyes bring this crown jewel which is from the main artery of the psyche of this planet earth and your difficulty will dissolve. (?) before your eyes if that doesn't happen call me direct or collect or through Niranjan.

The class sings: May the long time sunshine upon you....

The class chants: Saaaaaaaaaaaaaaaaa Naam.....

Let there be a light, let there be a God let there be a soul let there be a self, let the piety and purity prevail, let us all win today onto the victory of the ultimate in the essence of definite life which is gift of God for this minute. May the strength of the Pavan Guru the lord of the prana and the true Guru the lord of the word guide us through the Age of Aquarius unto infinity as beautiful, bountiful and people with bliss walking with love, strength, courage, to serve all fellow human beings and all living things so that peace may prevail on this planet. May we have the strength of identity, personality, purity and power of the grace of God. Oh lord God of light thou who shines from the golden temple onto the entire humanity lord of miracles grace of God, come down in every heart and bless these individuals with thy grace. Do not look at our faults weaknesses, we ask thee for compassion and this is the moment you must hear us within us and may our tomorrow without sorrows and may our life be absolutely with that brightness. May we live in peace, and reach back to you with purity, with piety and we must have finish our time under the space with utmost and ultimate grace. Bless us, bless us, bless us. Thank you, Sat Nam.

Students: Sat Nam.

YB: This is only for an information this is not for commercial. I have twenty-one lyrics written which have been put to tapes and I am very grateful to our chief of staff Niranjan karu whom you might not have seen singing. Is she there here somewhere? Hey Niranjan could you come here? Wait, wait, one miracle you have never known. Don't run away. Niranjan pick up the guitar.

(Student's laughter)

Niranjan pick up the guitar. Now she is going to sing a song you all know the words and you are going to sing with it. Oh mean, mean man that's the best song I have ever heard. Come on quick hurry up, he will play, he will play, he will play, she will pretend, that's all right.

(Student's laughter)

Oh you will have fun with it. She is very good, come on oh, one, two, three go, hey...

Oh Guru Singh start singing, oh mean, mean man... come on, come on. Come on, come on quick.

Chal sing, sing doesn't matter. Everybody with it.

YB: See, see (?) stop, everything has to be correct. That's is why sometime you complain we didn't get the letter it has to be correct.

The student sings in the class.....

(Over the song) Everybody clap at least.

YB: Good night thank you very much God bless you.

(Students' clapping)

The class sings: Happy birthday.....

(Students' clapping)