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SUMMARY MEDITATION:

Love is the essence of God. Love is the source of the spirit. Love is the feeling of peace, tranquil. Love is the identity of joy and happiness. Love is the status. Love is not a bunch of emotions, feeling, and love does not mean that your penis gets hard and your clitoris get hard. That is not love. That is a pituitary adjustment of secretion of the glandular system, and that is the act of the testicles, and if you understand total life, that is all the life is, you cannot go by those two balls, then these eyeballs will never see the reality of your own life and you will nothing but live in pure bane. Your life will be nothing but a drawn phonography in which there will be absolutely no reality that you will find your own self within your self. What is love? The game of mucus. What you have drawn love to? To a certain physical few minutes action, in which the psychi sucks itself. If that psychi sucks itself and keeps the unison as that very love between two people become divine. It can be constant consistent communication in which no word has to be said, no sign has to be made. Have you not seen sometimes, you pick up the phone and phone rings, "Hi! I was going to call you. I am on the line. Let's talk." Have you not understood that something has communicated beyond these wires. Have you not understood somebody has gone, and 18:53  
Have you not understood somebody has gone and somebody has come home and you say what happened?  
I, felt, I should come back. I dare not but I thought you should come back.  
Two psyches communicate without any sound, any sign and any possible acknowledgeable system.

The birds, the animals, the human is psyche became one and we who acknowledge do not have the knowledge to become one and neither we have knowledge to become one with one. So to night we will **meditate to that tip, depth within us with eight stroke of breath.**



Please raise this finger like this and take this finger like this. You understand the difference and put your eyes at the tip of the nose and eight stroke. .... Please go. **(Meditation) 18 minutes:**

**Eight stroke inhaled, one exhale, meditate on the tip of the nose. Move....**

Do it right, today there is a birthday, you will be served cookies and there should be a great poem available.

YB: Inhale deep. Hold. Stretch the spine upwards, please from bottom to up, Stretch it tight, take your shoulders and all that you have. Stretch it. Exhale. Inhale again. Do the same. Put your chest forward and stretch it upward. Stretch your neck up. Let it go. Inhale again

deep. Hold tight. Stretch it right the same way you have done. Relax. All feel O.K.

LECTURE

Aristotle already said man is a social animal. There is a society. There is society and it has rules. Man started working in the caves but became a cave man unit with the neighboring understanding he developed self to a clan, developed self to a drive, developed self to a nation, and today we have United Nation. Now, we are world community, but the basic reality is the same. Man is a social animal. Man understood that it is not possible to have all things to itself so it became a live give and take. Then was an era when it was decided all right the divine right of the game a man is born with supreme right and everybody surrendered to that. Man and state got into an agreement that man will get protection of the state, will pay revenue and a man will create environment to protect the man and the state. The man who had was authorized with this was called king and the state was called the domain. It was not that that man was very powerful sometime or great, sometimes that man was only a one-day-old child, but still a board of regent worked for that man. This era continued to this day when every man has equal rights that means no man has any right. Society interlocked self from day one to day, exactly from the time immemorial to day the spiritual world understood that man has variance, as the social and economic world and political world understood man has variety, different men are different, some are strong, some are weak, some are beautiful, some ugly, some are handicapped, some are powerful, so there has to be a sense of justice. Just means just. The basic elementary thing is called just. So the word just came from and the word justice came that anybody shall have elementary right, so nobody can live in a way they want to, there

shall be mutual understanding, but along with that line, there was another development that justice cannot be done if the variance of man within his own society that is his body, mind and spirit is not created. That justice is not possible, so there has to be elementary understanding between man's head, heart, and self. That was also considered as a criteria worth looking into. Different schools of thoughts worked on it. The world has produced so far six great masters, who lead six great houses and they taught as they deemed fit. Under those circumstances, we human are developing our self. Today is the age of aquarius, is a craze of knowledge, it shall not obey all the rules so far we have been practicing because this shall be the age of knowledge. **Here man shall find his spirit, his soul, his capacity, and shall control his mind, "man jeethe jag jeeth" and will deal with the society of the world around him socially, economically, and politically, and deal with the social structure of his self between his head, heart, and self by pure understanding, and that understanding is what we need. You can have relationship because you feel lonely. You can have relationship with the whole world but when your soul is lonely your entire social life will be up side down because there is a tremendous loneliness by which this body leaves the spirit of the soul is feeling lonely. Sometimes the soul is so lonely it remains dormant like a man who does not want to see the world, confine himself to a room and never comes out. That is the state of every soul that is dormant.** The feeble voice of consciousness never has awakened the self because it cannot penetrate beyond ego. A person who has developed his ego to the extent that that is the dominant factor in life is actually a living prostitute which lives around moment to moment and emotion to emotion and commotion to commotion, and feeling to feeling, and this person is nothing but a slave of desire. Desires are continuous process in project and every man has absolutely no authority of self release. Because once a desire is there, you work for it and when it is complete by then there are other three desires on the way. It is a continuous belt system on which thoughts, feelings, emotions, desires continuously are given by the intellect. Intellect will never stop giving you those thoughts and all thoughts never become desires and all desires fulfilled never have any idea. What is the main desire if there is any desire that is to acquire the knowledge of your own spirit, \_\_\_ your self. You will meet people in society, you can see in their eyes no light. You say something and there is instead of bright light there comes fear. Sometimes you will find somebody smiling and on a certain sign on you part that person becomes terrified, and all that fluctuation and variation happens that only shows one thing there is no self control, and then when you find a person changing statement and making excuses and trying to say things and trying to go out of this and get into that it does not mean anything, all it means there is no self respect. When there is no self confidence, no self respect, no self understanding. Now, what is self, a structural statue which will either walk into any territory to rape or being raped. That is why the life is so gross and so mundane that nothing is true. It is not even "maya." Maya has some charm, reality, it is the guidance of God. It is the shadow of "maya." They call it "chaya." Sex is a great thing. Appreciate it. Without sex you cannot produce children. Without sex there will be no humanity, but sex you can never like. You cannot \_\_\_ put an honest about it. Why? Because you do not know what it is. It is an adjustment of your pituitary gland, the command center. Sex is not in the second chakra. Sex is in the sixth chakra. It is amazing what produces you through which you grow, which you want, which you always want to sneak into and peep for and whole thing. You do not have the moral, ethical, social, and personal courage to talk about it. Why?" Because you are ashamed of your birth and you never knew the sacredness of your birth. Nobody told you: You are by the grace of God. You are told: You sinned. Baba adam sinned. Adam means when breath was given to man. Dum means breath. Aa means when breath came, so they call him baba adam. Maa hava means mother air. So father breath and mother air created the universe because they ate an apple and snake was there already nothing else. It told Eve to do the thing. When these kind of stories become basic religious understanding, there is no better curse on the mankind than this kind of scriptures, and then God was so unkind and merciless, stupid as he is always, he threw them out, but thank God for that moment we had sex today and he threw us out that we can do it here and create our own little garden of edens, who wants God's garden of eden, have you even understood it, but the fact psychologically, sociologically, and biologically is so much on the mankind's brain that there is nothing man can understand other than that because it is in grinded in you are born in sin and you live in sin and everything is a guilt to the hilt you can never be right. That kind of negativity when is pushed religiously, socially, economically, personally, it had no other meaning but these divine rights of kings are those who wanted to rule us used this false non-reality, nonspiritual garbage to keep man so man cannot find his own spirit, his own soul, and can rise. Resurrection became erection and humanity became subject to that \_\_\_\_\_ of those few individuals. Even still today when you saw Nixon's being saying goodbye and all which was there, that was the America's elite brainless garbage. That was the America's nonbranded imperial family in which \_\_\_\_\_ the most professional thief was the part of honorable guest and one who never paid any c\_\_\_\_\_ in life, was \_\_\_ personal friend was also there. What I am trying to explain to you, when you read the constitution you read the paper but you have to read it after putting a read paper in your eyes, but you are told that is not what it is. You know, it is very funny, you get married, is a great idea, it is a great idea, isn't it, so just think of getting before marriage which woman you are marrying, after marriage which woman you have married, before pregnancy which woman you have married, after pregnancy which woman you have married, with children which woman you have married, when children leave home which woman you have married and think of men how much you were in love with him when you saw him first day and three years later how much you hated that you had to put dark, dark glasses you cannot face it. Do you understand what is going on? Because what we have learnt all our life and with dirt of spirituality we have been taught only to \_\_\_ only on surface and nobody has been asked to go to one's depth the reality, the love. **Love is the essence of God. Love is the source of the spirit. Love is the feeling of peace, tranquil. Love is the identity of joy and happiness. Love is the status. Love is not a bunch of emotions, feeling, and love does not mean that your penis gets hard and your clitoris get hard.**

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**Have you not understood somebody has gone and somebody has come home and you say what happened?**

**I, felt, I should come back. I dare not but I thought you should come back.**

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But it seems so real. And it is not only the man between man and woman and man between man and man between child and child between man whatever you want to call it. Between birds, between fish.

I developed a kind of habit when I was washing the floors of the Golden Temple. I had a, there was a man with a small hotel. And I liked to ask him to get some chapathis and daal. Sometimes I was hungry and I will eat it and I sometime won't. So I decided few chapathis to put to the fish in the tank. And to my surprise, at a certain time when I will be eating, sitting or enjoying myself, a fish will come. I couldn't recognize fish between fish but this fish has a gold ring in his nostril, I think has somebody has put in there. It became such a friendly situation that that fish shall be there until I do not give it a piece of bread. So it became a kind of compulsory slavery on my part to buy at that time, leave my work, go there, see it is there and I see it is there doing pur pur pur. And I then put few pieces of the bread and it will eat and will go away. This friendship continued about three years.

I was in the late , tell somebody of mine. Go and I am not going to go, I was on tour. You go at such and such hours, there will come a fish. It has a gold ring in the put that little food there.

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Please raise this finger like this and take this finger like this. You understand the difference and put your eyes at the tip of the nose and eight stroke. .... Please go.

**(Meditation) 18 minutes:**

**Eight stroke inhaled, one exhale, meditate on the tip of the nose. Move....**

Do it right, today there is a birthday, you will be served cookies and there should be a great poem available.

(Meditation)

YB: Inhale deep. Hold. Stretch the spine upwards, please from bottom to up, Stretch it tight, take your shoulders and all that you have. Stretch it. Exhale.

Inhale again. Do the same. Put your chest forward and stretch it upward. Stretch your neck up. Let it go. Inhale again deep. Hold tight. Stretch it right the same way you have done. Relax. All feel O.K.

Gurtej, would you mind reading the poem.

You didn't bring the poem, 'Doubt'.

Student: (....)

YB: O.K. come on, then it is right here whatever it is. It shows how I started. Where is the other one?

Student: (....)

YB: I know, I know.

Student: (...)

YB: No no you can read it both.

Student: This is a true story.

It's called, "How I began."

This is the story of when I started to walk this path with the open heart, there were rocks festivals were began. To learn the science of Kundalini and (...) myself from a space (...) What all I wanted was to hear the bands. So I started out with a bunch of fools to rock and roll and break the roof but by the Yoga term (.....)

That first morning was a Yoga class which I walked into but mental peace and that experience on my mind was stamped. They said, "The Yogi who speaks that night, our hearts and minds he would delight." And I should be there to know the truth. I planned to go for that whole day but then a few (...) well my mind was loose.

To the Yoga tent I made my way to hear what the Yogi had to say. But there was a Yoga class. Yoga and drugs don't really mix and by the end I was in a fix. My heart and mind were running fast. All my clothes were (...)

Now I was thinking that to bath which is the only place where I could be talked down. Then the Yogi began to speak and I truly began to freak. I will never that incredible sound.

He said, "You have come to lose your fears."

I heard with my mind and not with my ears and "Drugs will destroy your heart and soul."

Then my eagle screamed into my brain, "Run you fool, don't bear this pain."

So I turned and tried to find a hole. I crawled away on hands and knees to the edge where I could see thousands of aimless people on the strand and I knew that in that raging sea, it was not where I was meant to be, the time would come for me to take a stand. Then I understood I had found the door to what I prayed my life for. I had to go back and take it like a man. Then softly I began to cry as my eagle began to die. One of my tears rolled on to the sand. I turned again and followed the sound back to my little piece of ground on my hands and knees, I returned.

He said, "Now, it's the time to grow. Forget these drugs and let them go. This opportunity you have earned."

And in my self I felt the deep peace for my fears had been released. I had faced my self and seen my soul.

So that's how it began for me to walk this path of victory but that was many long years ago.

YB: It was a very beautiful poem called "Doubt". You will read it next time.

That was a fun. Ah, where is he? Is that person a boy here. Hey, stand up.

Students: (Sing)

YB: Blessing. Blessing.

Students: (Sing)

YB: Is it three birthdays today, two.

Students: (Sing)

YB: May GOD bless them all and the find peace in your heart.

Thank you very much. Good night.

Sat Nam.