



NM249 971230 theorem of the Kundalini Yoga; control your micro&macro consciousness

Sat Nam Rasayan

Are you there? There is a report right here, which I would not like to read the whole lot, it says, the caption is the DSM is converting nearly all lives stress and bad habits in to mental disorder. You all know what is DSM? What is it?

Student: (----)

YB: Now we have to write our own DSM four and that it should be five. Dr. Sat Kaur is not here, you see what the hell you are doing to the world, I told you, didn't I tell you? Well, study says, brain may be void for religious beliefs. I am not making it up, you can see it is right there, I am just announcing it.

Actually, the problem is, the people do not know what brain is, and soon they are going to find out what a brain is, and they are going to be in trouble. Brain is the main... You know, wow, oh the lion walks with me, very beautiful music, well, folks, this is how it is. Somebody has a computer kind of thing, to you can multiply and subtract?

Student: Calculator.

YB: Calculator or whatever the damn thing is, we used to do it mentally, not, now I think you are all insane, you can't do it, so let's do it mechanically.

You know, eighteenth century we were totally mental, and our brain was sharp, and was used for a progression and projection at the same time. We had to calculate, coordinate and act. Now for everything we refer to mechanical, wow.

In one wink of the eye like one, two, three, four it is one second, so we normally wink four winks in a second, so  $4 \times 1$  is four, multiply by sixty seconds, comes to what?

Student: (-----)

YB: Right, and multiply by sixty again to make it a minute

Student: (----)

YB: Multiply by twenty four.

Student: (-----)

YB: Three hundred?

Student: Forty five thousand.

YB: Okay, multiply it by two per dreams and normally a person takes three dreams at night.

Student: (-----)

YB: And multiply nightmare and that is equal to ten thousand units. Let's calculate.

Student: (----)

YB: Huh? It's off the chart? Multiply it by thirty trillion, no, no, try to understand the brain, this is how the brain looks. **Shashra issues one thousand thoughts per wink of the eye, and that many thought and that many thought and each thought ultimately end, when it to a affects thirty trillion cells in the body and that's the total number you deal, with one thought, God is a thought, human is a thought, behavior is a thought, lie is a thought, truth is a thought, everything basically on this planet good and bad is a thought. So we have zillions and zillions of thoughts, then we have billions of feelings and then millions of emotions and then we have thousands of desires and we accomplish one or two or none. See how much vast this mind is given to human and how much shallow we use it.**

If all the people who go for a breakfast or for a dinner in a restaurant, understand how much mental energy they use, they will kill themselves. Because what you discuss with two people thoughts, you think you share love, no, there is a thought behind it, I am going to get this girl, there is a thought, I am to impress this girl, that is a thought, I am going to convince this girl, that is thought. Thought is always hidden, projective and and, you want to just hit the bull and you make the atmosphere, you know how much work you do, how ugly you are, and what a lie you live? You will never say, come my dear, I want to screw you, has anybody that guts? Can you do that? No, you will not say it, it is not polite, it is not systematic, it is not mannerful, it is not, whatever thoughts come and drowns you with it, you can't speak it, and the second thing is that you want to plan things and think about it and set about it, when you have not heard the word which Nanak said, think, think hundred, thousand thoughts will not do a thing to you, because you are thinking, okay, let us put it this way, A is thinking, right, about B, B is thinking about A, but there is no mutual between the two, your multimillion thoughts and their multimillion thoughts will make a big, huge, huge mountains and then it all becomes the avalanche and you will be wiped out off your feet.

You are all going to die if you do not adhere to the Age of Aquarius. It is a bad news but that's when the age changes. Symbolically, when the age change, the water came eighty one feet and wipe out the civilization. When the age changes, all the country around here, they are cities under the ocean, right here in Caribbean, they all went down, one, two, three, nobody took care of anybody. You go to Pompeii, you will see thousands and thousands of put together bodies, lava spread, the fire came through it and burnt everybody who was on the way and whole humanity was finished. Whole part of Africa is split, one became New Zealand, Australia, all that damn thing and one which come with all the force and struck the Asian plate became Himalayas and India behind it.

There is something you can call God, which you just, somebody asked me yesterday, "What is God? Have you seen it?" I said, "Yeah."

“Where?”

I said, “Go in the northern slopes of Canada, and see those lights at night in winter.”

What you call them? I know call them. There is a name for it.

Student: (-----)

YB: Yeah, that’s how the energy in the universe work. If you have seen that, without your seeing it, everybody who come into the contact of sight, touch, word, physical and that you create northern lights.

Some people are successful, some people are not. Why? They have damaged their caliber. Life is based on caliber, consciousness and character. If you have very strong character you cannot be dodged, you cannot be bent, and you cannot be wiped out. It’s the character which gives you courage, it is the character which gives you stability, it is the character which give people impression, it is the character on which people trust, not you. You are worth nothing.

Nanak said something very truthful,

“Karme apo apni ke nerai ke dur.”

Our action decide whether we are near or we are far away. Nobody else can decide for us. And what is a character? When you have casted yourself into a position yourself that you are made in God, you will remain made in God, and you will not touch, destroy or harm anything which is made in God.

Somebody said to me, “This mean person is very, very mean to me.” Now listen to this statement; “This mean person is very, very mean to me.”

I said, “What you did?”

“I just responded.”

I said, “This mean person is very, very mean to you and this person made you supreme, super mean.”

Do you know the laws? Guru said, “moorkhe na ulajiye,” don’t entangle with wrong things, wrong people, or wrong , there is no wrong people wants you, there is nothing wrong people want to oust you, there is nothing wrong people want to slander you, there is nothing, nothing is wrong, you are open in the test. You are just standing on the stake, everybody wants to put fire under. There is nothing wrong with it. Why? Because you have a infinity of perfection as individual, therefore you also have a destruction as individual. What road you choose, that is up to you. If you become united and tight within your character and feel good, then you are God, when you not, you are a loose cannon, God knows where you will end up, loose caboose, won’t work. Now about this religion, and about yoga and all that what you are learning so far, you have been sincerely taught but this is all does only one thing to built in a person character. It expands the prana in a human. **That’s all, what Kundalini Yoga is, it awakens the reserved force, the infinite force and makes a human worthy of the cause of one’s own life.**

Somebody once said, “I have to go.”

I said, “Where?”

He said, “I have to go in a place in the middle of the ocean to work on those rigs, you know and I can make lot of money.”

“Have you ever been to oceans?”

He said, “Never.”

I said, “What you are going to do on the rigs, it is all in the middle of the ocean.”

He said, “No, no driving force money was the purpose.”

So when you stand on rigs, sometime when you are free, and there are waves, you understand? Ocean waves. He has never seen waves in his life and third, fourth day he got totally insanely bewitched by those waves and end up jumping from the rig. Thank God! God granted him a life. He injured himself, I asked him a question again, “What was it?”

He said, “I don’t know, I thought, huge waves are coming.”

I said, “They were one not that day, that’s a record.”

“But they are huge.”

I said, “No, you disconnected from conscious to totally unconscious thoughts, why you never went to ocean? And those little waves totally blew your mind, you thought is coming.”

He said, “Yeah, it looked like that. I thought there is a wall of water coming to me and I jumped.”

**Why these things happen to you? Because you have not built a character to be you. It is not how important you are, the most important thing of you is you. Go and eat salad with somebody but be you, go and sleep with somebody but be you, go and kill yourself but be you. This is very, very important, and it is also very important, do not leave a trail behind you, where you can be judged as a neurotic.**

I remember once a person, she brought a puppy, puppy become a dog, dog got trained, but one thing dog used to do. Doesn’t matter where the dog is, he will come in the living room and poop. Doesn’t matter where it is. She tolerated about two weeks and then she realized perhaps it’s a accident, she went to a doctor, she went to vet, she went to a animal psychologist, all that stuff. Then finally doctor said, “This dog has to be put to sleep.”

That habit can make that much impact. People put you into sleep, they don’t talk to you, they don’t smile with you, they don’t shake hand with you, they avoid you, it’s all your action but you do not want to live to even check yourself what you are doing. You are very important. You don’t like hard discipline, I agree, I agree.

**‘Jinee Naam Dhyiaa, Gaye Masakat Khaal.’**

**Those who have elementarily identified their identity in themselves and have done this hard labor, Nanak they are free, they are bright and beautiful.**

It's not right to get up in the morning and leave your body and go to the whole universe, it's not, why should I do that? What right I have got? Let people die, what do I know. I get two times meal, I can sleep. Now when you belong to people, then when people long for you, then you take your subtle body and then you leave. And then you heal, and then you comfort. You fight for each one for you. If somebody give you a present you put it in altar and you pray, otherwise nobody will give you a present.

If somebody comes and ask you for blessing and you bless, it's a part of you is gone that minute. You think two hundred people love a person, oh! My God! What a macho thing, twenty thousand people love to you, macho thing, no my dear, twenty thousand people love you and you have to take care of it shepherd, you have to divide yourself into twenty thousand parts to reach out.

**Twenty thousand parts, that's the human. If you love million people, you divide yourself into a million parts and still keep yourself you. You learn the habit to keep yourself you, doesn't matter what. You can bifurcate yourself into thirty million, that's what, Sat Nam Rasayan is about. What is Sat Nam Rasayan? It is the meditative personality which affects thirty trillion cells in the body and still a person lives, because he controls the tattvas, anyone who learns that meditation and becomes, becomes great automatically and what a fun is that? You just feel and heal.**

There is a lot of good process of life which is not worth drifting and conflicting in life, so luckily we have started a standard life in which we try to become human. Because your birth is as human to become universe, become infinite, so you can merge in infinity, anybody can guarantee you, that you with your emotions, feelings and your cries and all that stuff, you can merge in God, you are wrong. Human lifespan is given to you not to distance from your destiny but cover the distance to your destiny and become everyday an experience of infinity.

This is what a human character should be. My life is my life, which is given to me as a gift and I must process myself, nothing should bother me. Pair of the opposite doesn't affect a yogi, praise and slander doesn't affect a yogi. Right and wrong doesn't affect a yogi, no, it doesn't. You can't get into the fire, you cannot run away from it. You can stand in life firm. Once you stand in life firm, then mother nature will change for you.

I was in Florida and I was talking to Sampuran. And I said, "Sampuran, you can save these two children."

He said, "No, no, we did everything and we were very kind and all that, we did everything, we can't."

I said, "No, they will."

I called them, I said, "You are from this day personal sevadars and you will be paid."

That's it, life changed.

Was there a rat? The same thing. Huh?

Students: (---)

YB: Well, first of all, now because people don't come to the lecture, mouse and rats have started coming. Why not? It is okay, leave the life as it is, let them enjoy it. They must have been sometime missed some lectures, so they are making it out.

**Tonight we are going through eleven minutes of a technical situation in which I would like you to appreciate yourself and it is my feeling that you shall survive and this happened to be the last class of the year and it is Mars which is living many, many people for a change, so next God willing, few years will be calm and quiet and peace, because houses get changed like twelve houses with a different period but next year ninety eight is a very aggressive year. And every aggressive thing is going to be facing, but in the aggressive if you just become calm, you become wealthy. In a aggressive year, if you become aggressive you will lose.**

**You know, on eighth of January things will change, from onwards be calm, quiet, peaceful and this exercise is very simple, can you do it? (24,41)**

**11 minutes:** Take your left hand please and put it at your navel point very nicely and watch my this right hand, this is parallel to the ground and this is up, this is you have to do, it will be very fast. Hey put that tape, "Har" tape, one every sound "Har" it must complete up and down.

(Tape "Har..." is played")

YB (talks over tape): Double stroke...

(Tape "Har..." is stopped)

**Inhale, now watch those who have done, those who have not done,**

**(34,38) 9 minutes:** take that right hand on your forehead and meditate,



watch what exercise can do to you and when you don't participate how much less you get out of it and now meditate and feel that your spine has become just like a light, tube light, an don't have any other thought...

Steady, keep your spine straight... (43,12) inhale deep... hold the breath, fire out... inhale deep... deep and with very powerful let it go... again inhale deep, inhale more and steady your body and synchronize so that all the poison can come through bloodstream, give yourself a time, so you do it

in, right now. Cannon fire, relax.



HAR ...HAR

**It doesn't take much time to become great, it depends upon how much prana you consume in your body, and what are your habits. People who are emotional, depressed and feeling negative and nonsense and can't face the life, they have a shallow breath. People who face lot of sicknesses are those who do not take cold showers because it is too cold for them, and that doesn't give their capillaries clarity and they have a problem. Though she has a disease, this, Catherine.**

Students: (---)

**YB: Now she swims in a cold ocean and she takes cold shower and she is remaining fit because cold and you are very fortunate who live in Espanola, here water is really cold, it is very funny when under cold water you can beat the cold, you will not get cold, you will not get many, many problems because the blood comes out to your skin to protect you and that rush open up all calories(capillaries) and everything else.**

**So there are lot of things to do, we have released the book on mind, and master touch and many other things for the tool. What I am preparing you for is that I don't know where you are coming from but it is just another sixteen years when people will seek and you have a technology to be useful.**

Yesterday somebody was yelling and screaming on the telephone, "Why don't you publish your book? Dr. Chopra did it."

I said, "Dr. Chopra is a book publisher, I am a teacher, we'll publish when we can and when we want, we don't live off books and tapes, our books and tapes are for the new age, they are not something we want to make money of."

They are being published, Dr. Sat Kirpal Kaur is working day in and day out, I mean to say she is working hard, what more you expect, but we are not PR people by PR system, we have public relation by character and some people don't like us for this, my friends yell and scream at me and they don't understand why, why? We have shared knowledge, we have spoken truth, one day it will be valued, let time hit us. What is the idea when people do not know how to...

Okay I give you a question, now listen, you are all educated, you are cream of the world, now listen to this line of mine. In mini, micro to maxi of that macro into the micro consciousness in that elevation projection if you have infinity over theta and you cannot change to alpha you are insane, write it down, discuss it at home and that's what qualifying factor is. From all that infinity you have to become finite and from all finite you have to become infinity. And how to project and process that your life. And that's a basic question what you call it is theorem of the Kundalini Yoga.

You don't control your thoughts, you control your micro consciousness and macro existence. You apply thirty trillion controls on you.

Hey, stand up, yeah, you know, who else I can say so, what about the book on Rajani?

I tell you what process is, she is going to leave when? Third? Oh yeah? Good and then, I am going to go on third, right? I will be back here on what? Whatever your orders are, meet with the book right at the airport Albuquerque. If I come out alive and you are not there book in your hand, forget it. Nobody has disobeyed me that bad. Huh? Done? Say it loud.

Student: Done.

YB: Thank you, sit down, then we'll deal on the day I come. See it is not only you Sadhana which is after him, me too. Not bad. This guy has this karma. Put the tape.

(Tape "On this day..." is played)

(Tape "On this day..." is stopped)

Blessed are those who fulfill their destiny to fall in love with their character, their conditions and their environments. Such is the wisdom of God and such people on the path of prosperity are there to share and care others those who need. In this lonely life, in our individuality we are at fixed point and we radiate and shine like stars in the sky with each one, and we are the beauty of the heavens on earth. May our consciousness become clear and we must serve very dearly the gift of life which God has given us. May there be peace forever between all living beings with grace, tranquility and excellence and ecstasy. May God bless us, in this calendar year He has come us through, those of our comrades and friends and relatives which have fallen, we fall in prayer for them and ask all Purkh to give them the liberty of their soul so they reach their own ecstasy of consciousness, to merge with that infinite power of God. We also pray for all the sick so that they can be healed, we also pray for our self that we may be exalted. May Guru bless us and guide and God bestow on us the honor and give us the strength and courage we need. Sat Nam.

Students: Sat Nam.

YB: Well, Amarta has Sunderta that news you all must have read, huh? We have a baby girl now. Yeah, anybody knows? Everybody knows. Now it is a moral order and cursed will be those who do not obey this kind of human moral order that you must visit that girl.

Each one of you in the community is under that order and we are going to watch, and if somebody has found out has disobeyed it, we will not do anything but never visit that person again. Yeah, forty days are applicable to only her, not to you guys, you go and mark your presence, don't jump on her, but you know, reach her, send her may be a one flower, pick it up one leaf or something just show her, you exist, you are not dead, don't act as a dead community, you understand? What did I say?

Student: (-----)

YB: Reach out and touch her, not this way. I don't want her to lose ribs, already poor girl is in trouble. So everybody who is not listening here, you just see that you have that. There is a little baby girl and she might be very good if you send her few clothes. You do not know the pain of the single mother, I know, I am a single father, I raised thousands of my children. You know, I know the pain more than anybody knows. And sometime my staff gets tired, they say, "Why she is sitting here?"

I say, "She is sitting here because she wants to sit, what are you talking about it? Because she want to sit, it is our father's house, what is wrong with that?"

Sometime I don't get time to go bathroom, I don't go to bathroom, what should I do? If I get up, everybody gets up, why should, I don't get up, I keep sitting, everybody is enjoying, that's enough, God will take care of things.

So what is the resolution of this last day? Last but one day right? Everybody will visit and give some gift to Sunderta, that is her name. Everybody, every egomaniac who doesn't even want to spare even five cents shall break the taboo and the rule and shall do it. Is that understood?

Students: Yes sir.

YB: Hari Nam.

Hari Nam: Yes sir.

YB: Take some money from me tomorrow and buy some baby clothes and deliver it on my behalf. I am a Mahan Tantric, I can't visit her, but on fortieth day remind me, I will take care of it. And all of you who wants to be prosperous and macho and rich, , not like that, be there and we will keep a record, tell those who are there, people are doing, every person who visit there should what time, name, .

Student: (----).

YB: I am not asking you to spend, if you are poor, you want to remain poor, take a leaf, mark your presence, God will give you, nobody give you for this. When a child is born, angel is born, she doesn't know who are you, it is your love which will connect and it's your moral, ethical, personal responsibility, to help a single mother, no nonsense. Is that clear? Burn a candles and light and praying and doing all this nonsense , super nonsense , supreme nonsense, this is a light in your family, in this your community, you got it? Welcome it, don't go empty hand. Good enough, yeah make her feel that she will never be forgotten, she is welcome, she is very beautiful, she is loved and you are there for her. Jathedar, stand up you are too tall to be ignored, see the community martialts about it. Guru Tej, write a report her arrival and birth in poetry, these are orders, tomorrow you will read that poems in Gurdwara. Her name is Sunderta, that mean beauty, what is that Sunderta in Christianity they call it? That most beautiful lady , you remember that .

Student: Isabella.

YB: Isabella. I am just few words...