

LA093 790319 MEDITATION ON THE PRANIC ENERGY the earth element balanced by the ether

**General Position:**

Sit in easy pose with a straight spine.

**Arms and Hands:**

Raise the arms with the elbows bent until the hands meet at the level of the chest. The forearms form a straight line parallel to the floor.

The palms face each other and the tips of the **thumbs press against the mounds at the base of the mercury finger (pinkie)**. The fingers point up and are extended and joined. Press the fingers of opposite hands together from the fingertips to the first knuckle. The thumb knuckles also press together. Press hard.

The knuckles will hurt, but it will give you a kind of joy and satisfaction.

**Legs:**

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground.

**Breath:**

**Inhale in eight equal sniffs, exhale completely through the mouth.**

**Eyes:**

Close the eyes nine-tenths, and look at the tip of the nose.

**Locks or other conditions:**

**When exhaling through the mouth, gently purse the lips almost as in a whistle.**

**Mantra:**

There is no mantra for this meditation.

In a class, the leader of the meditation can chant ONG ONG ONG ONG ONG ONG ONG ONG on the eight-stroke inhale.

**Length of time:**

Practice this kriya for **11 minutes only**.

**Comments:**

If all you understand is dollars, this is a million-dollar therapy. If the earth element in you is strong, and is not balanced out by the ether, you'll be stuck here. You don't belong to this earth anyway. You've got to go and you've got to know where to go and what to do. My idea about going is going with grace. It requires a little bit of work, a little bit of sacrifice, and a little bit of understanding that I AM, I am, my mind is my mind.



## LA093 790319 MEDITATION ON THE PRANIC ENERGY the earth element balanced by the ether - My Mind Is My Mind Part I

We do not know what brainwashing is. The brain is ugly; if it is washed it is okay. There is a lot of chaos. My mind is my mind. My mind has to think for me. I should not act for my mind. Do you understand the polarity? My mind should think for me. My mind should probe the pros and cons for me. But my mind should not be allowed to destroy my personality. The problem is that people who love their minds, who listen to their minds, and who follow their minds are all miserable. That's a law of nature. Because when you follow the servant, you are not you. You do not have the happiness of any factual fact that you are somebody. Without the feeling that you are somebody, you are not satisfied.

Just look at the situation. We are two hundred twenty million Americans. We police the whole world. We are the most powerful nation. We can destroy our enemies twenty times over. But we cannot control our own homes. We have broken homes, broken hearts. Our children run away. We do not know what we are doing. In ten years, we did experiment after experiment, and in the 3HO way of life. I am not talking of the Sikh people who do not follow the way of life. We have established cozy homes, sustenance in marriages and partnerships so that people have started feeling that they are human beings. They can trust each other. They can understand each other. This is the first time in ten years that we can boldly say that an American woman living in the United States of America knows that she can protect herself and she will not be exploited. Why? Because for the first time, the American woman has understood that her mind is to give her the higher values, her mind is not to give her the values in which she totally loses her identity, dignity, divinity, and personality.

Typically, woman is used as a piece of meat for exploitative purposes. Just understand, today, in the United States of America, it is being fought and discussed whether a woman can be a minister or not, whether a woman can be a rabbi or not, whether woman can be a woman or not. I understand that some women are working and making \$60,000 or \$100,000. But do you understand that that means nothing? Woman is sixteen times more intelligent in creativity than an ordinary man - the ordinary woman, by virtue of herself being a woman, her patience, her mechanism, her metabolism, her everything. She lives longer than a man. Why then is there no harmony between a male and a female today in America? Because there is no harmony at the mental level.

When minds do not coincide, then bodies do not mean anything. Bodies are plus and minus. Bodies are healthy and unhealthy. What do we mean by "body"? "Body" can mean the mental body; it can mean the spiritual flow of the spiritual body; it may mean an auric body, a subtle body, a cosmic body, or a pranic body. There are so many bodies. God, which body are you talking about? You bathe your body in the morning physically and you do not wash it mentally.

You know, when people drink, I do not dislike them. I like them. At least they are honest. They don't have any spirit, so they take "spirits" from outside. It's far out. What is the big deal? People who cannot meet eat meat. That's okay. To me, I don't feel there is any problem with anybody. I feel people have a certain frequency of Intelligence and they just act on that frequency. Until you change your frequency, you cannot act better. You cannot act best. If you have to help somebody and serve somebody, don't give him money; don't give him comfort; change his frequency. Let his thinking be widened. If the horizon of the thinking of the mental self of the body is not a little wider than what it is, the problem cannot be solved. You are being wrapped up in pattern after pattern, and you all know it is the same pattern, yet you follow the same pattern. There were people who were drug addicts; there were people who were this; there were people who were that. What happened to them? Their horizon changed. Their mental body started thinking differently, feeling differently, understanding what had changed. They became great people, great men of work. Admiration and self-confidence came. What is self-confidence? Self-respect is self-confidence. If you do not have self-respect you have no self-confidence.

Three things you should not do in America. Three things. Never talk against anybody; never act against anybody; and never think against anybody. One thing you should always do: be firm and be yourself in mind, body and spirit. You'll be successful wherever you are. When you are thinking against somebody, actually your mind is betraying you. When you're talking against somebody, you are doing a treachery against your own personality. You are causing the action to bring reaction. What for? You have your x-amount of pranic life energy with which to live. Is that why you want all this nonsense? Walk your way, keep going.

What is your beauty, what is your success? Money? Ha Ha.

Chhin maih raao rank kao karaee raao rank kar daare.

Guru Teg Bahadur, page 537

In an instant God makes a king a pauper and a pauper a king.

In the instant of time of a single glance, he makes the king a beggar and the beggar a king. There was the Shah of Iran. That ordinary mullah he threw out is now the ruler of Iran. The Shah doesn't know where to go. It all happened in one week's time. There was Jimmy Carter, a peanut farmer who is now president of the strongest nation of the world, the United States of America. It all happened in a couple of months.

When the mind serves a person, success comes and kisses his feet. That's what the scriptures say. Your mind must serve you, not the

surroundings. Your uniqueness is when you can say to all surroundings, unwanted habits and everything, "Adios." God goes with you. When you leave the past you can definitely be assured, and it is a divine law, that you'll have a future. Your past is an experience, which is meant to be analyzed, and from there you judge what your future should be. Until you know the depth, you will not know the height. Your past must allow you to turn around to grab the future and that is the meaning of the present. Life is a challenge and it is definite. Life is a challenge which definitely has to be confronted and your mind must give you the pros and cons of it all.

Some people say, "How do I look?" The answer is "How do you look to others, or how do you look to yourself?" I got a long distance phone call in Espanola. The lady was saying, "Yogiji, I really want to live the 3HO way of life, really, really." She said, "really" so grudgingly that it really went right deep into me and I said, "No, lady, I am sorry. This really has gone so deep that it has cramped the muscles of my stomach. Why do you then not really live it?" She said, "I have to really tell you the truth. I have to leave a lot." I said, "Do you mean to say that you have to leave nothing and gain everything? Is that the principle? You have to wear a crown on your head, diamond and gold studded with rubies and jewels, but you don't want to carry the weight? You think you can get away with things. No, no, no, no, no. That is not the way it is. You must pay the price because there is no liberty without labor and there is no freedom which is free."

What is wrong with America? Nothing. There is only one thing wrong with America. People do not know how to live a committed life. When you tell them to live a committed life and you provide them with the ways and means to live a committed life they think that they are being totally tortured, tortured, tortured. I'll tell you one torture. There was a fight between a husband and wife - a terrible fight. They both loved me. I called on both of them and I said, "You have an extension phone. Each of you get on a telephone. They said, "No, no, no. You talk to one first and then talk to the other." I said, "What is this baloney? I'm going to talk to you with straight language and want both of you to listen." First I asked them why they had fought. The answer they gave was, "We don't know." It took me fifteen minutes to know why they had fought. Do you want to know why they fought?

He said to her, "I am very tired. Give me a glass of yogi tea."

She said, "I cannot give you yogi tea; there is mint tea. Do you want to have it or not?"

He said to her, "To hell with you. I want yogi tea. Whenever I want yogi tea, you always give me mint tea."

She said to him, "Whenever you want yogi tea you always hate mint tea. What is wrong with mint tea?"

He said, "Mint tea is not yogi tea."

And that went on and on. Do you know what the end was? The mint tea went on the rug, and the mint tea went on his feet. It was pretty hot. Instead of having hot tea, he ended up having a blister on his foot. What a ridiculous way of fighting!

I said to them, "Were you drunk?"

They said, "No."

I said, "That I know. You were not drunk. But the way you fought, that is not sane in any way."

Why do we do that? Because we do not have a harmonious, accommodating, flexible, rational, equalizing, diagonal, searching mind. We have nothing wrong in America. America is absolutely great. Great spirit. Great body. Sick mind. Because we have not owned our mind. We have not trained our mind. We have not utilized our mind. We let our mind think not for us; it thinks for others. Our mind is a treachery. Our mind thinks for others. Our mind never thinks for ourselves. Can you believe that? My mind wants a hair-do which pleases others. My mind doesn't think which hair-do will please me. My mind says, "Don't go to Los Angeles. Remain in Washington." Then I have to coax my mind, "No, no, no, I have to go." One day my mind played a trick with me. It said, "Don't go and teach."

I said, "You shut up, you monkey. You are really a monkey. Are you going to play a trick with me? Am I not going to teach? Then what am I going to be?"

"You can say you are tired."

I said, "No."

"Or you have a fever."

I said, "Then what? Fever doesn't teach, I teach. When the fever will teach, I'll let the fever decide. Fever doesn't teach. I'll teach."

"Aren't you tired?"

I said, "No."

"Don't go today."

I said, "Why not?"

"Well just because I said it to you."

I mean, this monkey is so powerful it becomes a big, big, baboon. It just wants to talk to you and talk you into things, because that is the power of the mind. The mind is a computer. All these movies you see on the TV, where that computer becomes super-human are true. This is not a new concept. It is a very, very, old concept. Your mind can serve you, and your mind can destroy you. Any wrong you have ever done is the mischief of your own mind. What does it do? There is a channel, called a commanded path, a gaadee raah. A commanded path is an experienced path. It is a path of the Guru which means that through time and space, through the ages and sages, a certain principle has come through. Certain values have come through. Human beings have sacrificed in the laboratory of nature, and have found out that certain values will do this. Now what your mind does, instead of giving you support to follow that path, It destroys you. It converts you. It changes you. It makes you slip. Who is your enemy? Nobody is your enemy. Your own mind is your enemy. Why? Because the mind has the faculty of Infinity.

The mind has four essences to it, jaagarat, soopat, sakoopat, and tooree-aa. These are the four minds that you have got. Jaggarat is the awakened mind which sees. The sexual and sensual mind is called jaagarat mind. The subconscious mind is called soopat. It is the dreaming mind, which dreams during the day and dreams during the night. Do you know daydreaming and night dreaming? That part of the mind does this. Yeah, that is called soopat. Soopat does not only mean dreaming during the night. Dreams are also the imaginative mind, in the terms of psychology. It is the part which imagines everything for you. It lays down such a green thing. "Oh, I'll have an egg, I'll have a hen and then I'll have a poultry farm. Then I'll buy MacDonald's and then I'll do this." It carries you so far. God, a vegetarian was thinking that one-day. Sakoopat is a mindless state. Sakoopat is the state when you sleep at night, and you do not know if you are a male or a female. It is in the sakoopat state of consciousness that the yogi leaves the body. Whenever a yogi transforms himself through sakoopat, he leaves his body and enters into another mind-body. It knows all. It says nothing. Because it is a state of nothingness. Sakoopat. Then tooree-aa. Tooree-aa is when you know all in a physical form, when you have Infinity in the state of the finite. You know all the longitude and latitude, and you know that all they do is make a point. You know that all points have their answers in them. When you understand that, then in every question you will find the answer. All the person has to do is ask the question. There will be the answer. In every fear there is a strength. In every strength there is a fear. Minus or plus. That is what you have to decide. And for that you have to discipline your mind.

I remember a story. There was a son of mine in Florida. He and his wife were my friends. I visited them. They were doing a job. The man was getting about \$35,000; the woman was working; they had two children. One day, sitting with them, they said, "What is the purpose of life?"

I said, "Grow under the blessing and grow in grace."

They said, "No, that is not possible. We have these two children. If we do not live in grace, If we do not live in values, If we do not live in commitment, how can we expect our children to be committed? We have to work for these children."

They were no hippies. They were very successful people. It was a part of the discussion, but they made up their mind. The man started growing a little beard, a little more than one expected, and the owner told him, "Hey, you are keeping this goatee. That is kind of hairy, God."

He said, "Now I have decided to grow my beard."

He said, "Why?"

He said, "Just to look like a man. I never had my beard. I want to know what a beard means to me. Do you have any objection?"

He said, "I don't know. But if you grow your beard I'll be threatened."

He said, "Why?"

He said, "I don't know. Nobody has a beard. You should not have a beard."

He said, "Well, like it or not, I am going to have it."

He said, "Well, then you have one month's salary, and take it as notice. As your beard grows, your job diminishes."

So the job was out. Then his wife started working a better job, and they started compensating. One day I went, and I was shocked. I couldn't believe it. I said, "Why did you people do all that?"

They said, "We didn't do it because of you, or because of anybody. We have decided that we have to live new values and we think we have to pay a cost."

I said, "But you can't even exist! Look what you are going through, such a torture chamber."

They said, "No, we are in no torture. It looks like a torture. We are very happy. We are so glad that we are doing what we are doing. We understand." One year more passed and I understood. They were really under a guillotine. I went to visit them. I said, "My children, let us end this sacrifice. I have told you to keep going slowly, but you are growing poor too fast." I had some shares in some restaurant or something; I just transferred them to them. I said, "They don't mean anything to me. You go ahead and work it out." Today God has given them more than they need.

When I was speaking to them the last time, they said, "Ji, do you understand?"

They were telling me, "Ji, do you understand? You have got to sacrifice. There is no freedom which is free. Do you understand?"

I said, "Yeah, I definitely understand. I have seen it. I have learned it." Beautiful children. God bless them, and may they be inspired to be great. They are husband and wife. Can you believe how much they understand each other? It is a true story. She bought towel hangers which are very long and can be put with the gate. When she bought them she realized that they were too heavy for her and she said, "Well, God, why not have him come and pick them up and load them in the car? Why do I have to do it?" And something was happening to him, too. So he started searching. He walked into the store, and found her buying those things there. Such a telephatic telephone they have got. That is worthwhile. If you ever get married, be married that way. Don't yell and scream over simple things like yogi tea and mint tea.

Why do you fight? Why are you quarrelsome? Why are you angry at each other? I will tell you why. I am angry at many people. Do you know why I get mad? When, within the specific scope of the longitude and latitude of destiny, I find that the pranic energy cannot be exceeded more than an x-amount of time to achieve an x-amount of experience, so that this person will not be happy, I get very mad. I have to push the person, and the person says, "Why?" There is no why. There is not to reason why. There is but to do and die, rode the six hundred into the Valley of Death. Don't you hear that? Within an x-amount of time, an x-amount of space has to be covered on the state of the mental level to reach a frequency so as to tune him into a spiritual frequency of his own self. By lack of that discovery, you are not making full use of your mind. You are not yet brainwashed; you are plugged up with dirt. There is an amount of age and time in which you have to leave the earth, and before leaving the earth, you must know who you are, where you are going, and what is the relationship between you and your own Infinity. Otherwise it will be impossible to leave this earth in any direction. Is it too complicated to understand? You have to find the road map before going to San Francisco. You must know the address where the residence is. Otherwise, you'll go up one mountain, and come down the other. You will never find it.

In particular reference to your life, your life is a challenge to yourself, and to meet that challenge, you have to grow, and you have to grow with only one thing. That is the strength of your own spirit, and your spirit will not be with you, if your mind does not know the direction. Let your mind not be destructive. It should be constructive and it should be a fact-finding mind, not a fact-avoiding mind.

You don't belong to this earth anyway, you have got to go and you have got to know where to go and what to do. I am just trying to prepare you. My idea about going is going with grace. It requires a little bit of work and a little bit of sacrifice, and a little bit of understanding and a little bit of acknowledgement. I am, I am. My mind is my mind. We will talk about it tomorrow.