Under the Blue Skies Of New Mexico

with

Siri Singh Sahib Harbhajan Singh Yogiji
Yogi Bhajan

From Workshops in the Techniques

of *KUNDALINI YOGA*, the yoga of awareness;

the Science of Humanology;

and the Art of Interpersonal

Relationships

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THE GREATEST LINK

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Let us first know how to be democratic. You know democracy? Onnnnnggg Naammoooo Guru Dev Namo (jokingly). Have you seen those students? Do you understand they are very uptight and very ritualistic. You know, it is like a sword happening, and they are in a guillotine. Do you understand that kind of doing? Now, what we are trying to do every summer is to teach, instead of going and wasting time in Europe and having a lot of fun. Now we would like to teach people the practical aspects of Kundalini Yoga. This yoga has never been taught in India, it just came from person to person. It doesn't belong to the the world. Therefore it is very important to prepare the ground for it. The first law is to give people individual powers which they practice so that they can grow. Do you understand what I am saying? Now, you create a music, and people start moving with those vibrations. They get into it. You talk to somebody, and somebody wants to listen to you.

The greatest problem on this earth is the mother. A mother who does not know Nad is a failure. Period. That is what is said in the scriptures, and that is what I say. Nad, Nad is the only power of the being, as Alap is the only power of the musician. This science of Nad existed in its total purity, and it exists even today. What is a Nad without the vibratory interaction? Nad is the vibratory inter-action. "The greatest link" between two people is sound. You may deny what I say, but I know when I am speaking it is going right through your heart. When the sound becomes resound and increases, then the mind of another person is locked, and that is the start of yoga.

The Patanjali Yoga Sutra messed up the whole thing. It rewrote it. If you ever want to read How to Know God, read it from the last book and come to the first book. It is written as the Japji is written. The Japji has forty steps. The first step is Ek Ong Kar Sat Nam Karta Purkh. That is not for you; that was for Nanak. Nanak was with the God and (as he spoke) God came down. But what is the last of the Japji?Jini Nam Dheyaya Gae Masakat Ghal Nanak Te Mukhujale Kati Chuti Nal, those who have meditated and have done that hard labor, Nanak they are free, they are radiant faced, and they have done their job." Now if you read from that point and go all the way to the top, Ek Ong Kar, you have made it.

There is the Patanjali Shastra and the Grend Shastra. The Grend Shastra is written from top to bottom, but the Patanjali Shastra goes in reverse. So when you say "this is yoga" that is the last thing Patanjali said. Or Abhe, Fearless, Abind, Formless, Abhe Abind, that is also yoga.

You must understand how very powerful an interlock is. After

four years, you remember what somebody said to you. You are immediately locked beyond space and time with what somebody said to you. What was said? Four years ago at a different place, a thing was said. Right? Four years after, at a different place you remember what was said. You are locked and interlocked. The personality has no polarity in case of the Sum, the Shabad. Actually, what you say to anybody is just carving on the mind of that person. It doesn't effect him, because you don't know how to say it. In you there is no power. Sex starts from where? From the word. Relationship starts from the word. Divorce, word; business, word; argument, word; position, word; music, word; you, word; what is there beyond that? Nothing. There is absolutely nothing. Beyond the word, for any thing which can come out of you is a word.

You know, you must understand the Japji in a practical way. The essence of all scriptures of the world as they were and shall be is all melted down in Japji. One who knows the 40 paudis of Japji, he can beat out left and right without stopping. Now what does Japji say? Listen to this, you might have read it every day as a daily routine, but I want you to listen to this now. After, I will explain to you. "Countless are Thy Names" no, no, no, this is not the way. Speak like a saint. "Countless are Thy Names". The more clean and elevated your speech the more imprint and effect it will have. When you speak "countless" you have to feel countess in countless, otherwise, countless does not mean a thing to you. When you say "countless" then you should become countless; then utter it. Otherwise; countless will never have a countless effect on anybody. The mind should be processed to become the word, and word should become the mind. Your mind should become the word and your word should become the mind, as you read "countless are Thy Names" "Countless are Thy Names" It has a pun in it. Do you understand? Do you understand alap? Now he is reading it, but it is dry. It has no rhythm with it. and when you utter a word which does not have rhythm you don't reach the other person. You may be speaking English, but he thinks it is French. Have you seen somebody on the telephone putting the telephone away from the ear? Do you know this posture? Now this happens to everybody. "Countless are" Now don't sink in the ground. They all want to hear that "Countless." "Countless are Thy Names, and countless are Thy places. Countless the spheres beyond all comprehension. O count there could never be. Thy Name is formed out of the letter of Thy word. With words we name Thee and hymn Thee." Wait. With words we name Thee. There is infinite, and the word is explanatory of infinity; therefore, the word has to have an impact on it. You say the word (tone changes) and you have done it. It is the word. It is like the whole globe coming into your mouth. You know, you kiss with lips. Right? Do you remember that? Are you going to tell me that you never kiss anybody? For being so celibate, thank you and congratulations. But sometimes in dreams you might have done. Or in a previous incarnation you

might have experienced how to kiss, right? Now do you holy people understand why we use lips and why they are not tough? The most sensitive organ and membrane which is affectively nearest to the brain is the lips. Whatever your brain thinks, imagines, talks, or understands, it depends upon the movement of the lips. Any mismanagement of the word in the lips can make a person sick and diseased. By wrong Alap sickness comes, by right Alap health comes. It is true. Ahhhhhhhhhhhh. Now you can catch it where I am wrong. I am just creating a normal, layman sound. But on the way I will break the rhythm, and you will feel where the rhythm is gone. Ahhhhhhhhhhhh. It is a constant sound, but when it will not have the circumvence it will look hollow. You will feel it is out of tune. The power of the word is an exact power. How? Read further. "With words we name Thee, hymn Thee". With words we name Thee, Thee is infinite, you are limiting that Thee. Read from the heart center; you are reading from here, you are using the sixth center. Use your fourth center, and read it. You will read differently. "With words we name Thee. With words we count Thee." We read this everyday. There are many ways to read it. "Countless are Thy names and countless are Thy places. Countless the spheres beyond all comprehension." You have to be it. I am talking of the note. I am telling you the effectiveness of it. "O count there could never be." It is all vibration, and every word has a vibratory effect. The impact of vibratory effect is not in the constant harmony of the molecules, which are created through the effectiveness of the atom of the sound, and the combination of air and ether, whatever you are saying you are saying wrong. You may be saying the truth, but the other person does not understand it as truth, what he or she understands is totally false. That's why we don't communicate. Ninety percent, we guess. Ninety percent we guess what the other man is saying. Is it not insanity? You misunderstand ninety percent of what people tell you and you take different meanings. Why? The rhythm of the impact is not right. And any human, any man who cannot impact the word is useless. He doesn't make any dent. With words we name Thee, hymn Thee. With words we relate all knowledge, all praise and song. With words we speak and write journals of Thee. With words we read on man's brow his destiny. Destiny. Now destiny cannot be said as destiny. (Tone changes). It can't be infinite, because it is finite. Destiny is defined, and what is not defined is infinity. Destiny can be written and rewritten. Infinity can do it. It is the power of infinity which you must understand makes you know the infinite. It does not matter what you say and it doesn't matter how you say it what matters is how much your mind is in what you say. And that is the art I want to teach you. Understand? All right, each one, let us say "Laaa." You understand the sound? If you ever say it "la," you have done it. It has to have the entire rhythm of interlock in it. "Laa." You see that? It is on the side. It is on this tooth. "Llll llll." What is the fun? These are mantras which can give you power, which can give you deal and

wheel with God. That's why this summer I wanted you to be with me. We can sit, talk, and practice. I can't teach these things in lectures and I can't teach these things in classes. Peace is what they call it, from one heart it is given to another heart. It is a family heritage. This is your heritage, you own it now so have it. That will give you the power. (Sound of paper ripping) See what a good actress she is? She tore off a paper and created a sound. That sound brought everybody's attention to her. Because she wanted the attention. If people can create a sound that draws the attention of the audience what heavens can a man not create when he speaks? What in the heavens can man not create with sound? "La, lll, lll." It is a very powerful thing, it can put any child to silence. Didn't Mohammed say Al lah al lah? Al lah al lah. There is no such thing as Al lah. Al is no word. It is lah allah. La allah, la allah, la who creates, allah. That's it. Allah allah allah means nothing. It is la allah, Allah. When any vibrative effect of sound has come, it is got "allll lah!" You go through the entire Muslim world and you will not see a single person who can pronounce it right. That is why nothing happens around them. Alll alll/" You know, these things that are a little advanced? What do they call? The rough place under the plate which the tongue can touch. If you take the base of it and just touch the tongue with the base, then the sound will be great. Alll alll allllllll Al lah, al lah al lah. Don't you feel a choke here? Now what is this? Thyroid. And anything that stimulates thyroid makes a person young, healthy and powerful. What's the big deal. What is an allah? If correctly chanted, my God you can't believe how it can stimulate the thyroid. Just do it. Alll lah. Alll lah alll lah. Inhale. Now this is what allah is. It is surprising and amazing. They do not know what the word is nor what the sound of the word is, and they call themselves allah. We are after Allah. And they call it allah, allah, allah, lalalalalal. What is this? So, these are the sounds, they call it Nad.

Sa Re Ga Ma Pa Da Ni Sa, Sa Re Ga Ma Pa Da Ni Sa .... Everybody, alert yourself into this posture and practice it. These things nobody will teach. You cannot get them in a class or in a book. They are practices. They go from heart to heart, and they are the heritage of the family. Start. Sa Re Ga Ma Pa Da Ni Sa, Sa Ni Da Pa Ma Ga Re Sa .... Inhale. Now I can tell you one secret. You all can sing right. Now, if you sing it in the central nerve, concentrate here, and the entire universe will become an instrument; that is the Sidhi, that is the power, that is the power of the house of Guru Nanak. Whosoever shall sing the Sargam scales unto God in the Sushmana or the central nerve, the entire world will play like a music around him. Who doesn't want this? We all want it. This is a beautiful evening and we are all one family. There is no distraction in the mind or heart of us. Let us create this sound. Close our eyes and concentrate between the root of the eyebrows and the root of the nose. It is known as Shambhagvat Than, Shambu, Shiva Ji; the Lord of death sits here. When the Lord of death sits here in you,

then death does not come to you. But you have to do it correctly; you have to understand it correctly, and you have to practice it correctly. Why is this practice essential? When you speak with the rhythm, you speak with Sargum, then the other person hears it ten times more because it has the harmony of the music in it. Without rhythm you sound like mumbling noises; very obnoxious, unpleasant and ineffective talking. Or sometime you go round and round. All you want to say is "Yogiji, I need ten dollars." No, you are not going to say that. You'll go round and round. How is the financial position of 3HO? Here you start that way and go around 28 miles, and then say "well is it possible somebody can get in the tent?" Do you understand what I mean? You're just beating around the bush. When you are an expert in talking 28 miles for just ten dollars, you might have to go six trillion miles when you ask God for the entire universe. Your pattern of talking is not direct and straight, you're not exact and positive, and you are not real and truthful. Why should your prayers be listened at all? Words are the key to everything.

Practice: all set, spine straight, concentrate in the central nerve system. Go ahead. SA RE GA MA PA DA NI SA, SA NI DA PA MA GA RE SA .... Inhale, exhale, relax. Now you have seen in this, it goes in a circle. When you project SA RE GA MA PA DA NI SA then it comes back. So it is like a tidal wave. It goes and comes and that is what they call rhythm. You have seen a musical sound created sometime and the child which is crying becomes silent. You created a musical sound and that attracted the attention of the child and the harmony of that sound made the child stop crying. Why couldn't that musical sound be created in your own voice? Why is it missing? Why is it not there? This is crudeness of talking. It is not what you say, but how you say it, how I hear it, and how it sounds to me. I don't care what is said. What matters is how it sounds to me. And that is how the life is made and the life is marred.

The power of the word is most powerful because it can bring God into your clutches. What is Shiv? What is Sat Nam? What is Ram? What is Allah? Nothing. The word. The word is the key to bringing the Creator of this world into your clutches. It is infinite power. If you ever call your man or husband with a respectable name, he will never be in a position to insult you. In case you find and face the most angry person, just speak two or three words of great reverence to him. I personally remember, once there was a clerk of an embassy. Something happened wrong and he got upset, and while upset he started creating a hell of a time to everybody. One day they told me that this guy seems to have gone mad and he is just shouting and yelling and it is not good for public relations. So the public relations officer couldn't handle him and I went there. He said,"now, you have come." I said, "no my excellency, I have just presented myself to you." He said, "What?" I said, "your excellency I have presented myself to you. I think these honorary government officials have done a tremendous error but if your kindness can

just walk with me and we can sit and we can talk about it." He said, "that's nice!" And when I brought him in a room I made him sit down and told him "you are under arrest." Do you understand what I mean? He said, "what!" I said, "If you now utter a word, we will tie you to the ceiling fan until you are bailed out." And I sat down opposite and he said, "you talked to me as I as was an Ambassador." I said, "I knew you were a clerk. I have to raise you to the Ambassador so that you can behave like an Ambassador. And that made you silently follow me and come in this room. Now we know who you are, and want to let you know who we are." That is the power of sound. You can control the mind of anyone with sound. There is no defense before God, before word. God is totally an impudent lethergy. He is an impudent lethargy before a man of word. If you know how to keep the word, and if you know how to live by the word, and if you know how to honor the word, this has no alternative than to live by you, honor you and give you grace. And this is what we must fundamentally understand.

What is a yoga? Yoga is a union. Union of mind, union of body, union of spirit. But who does the job? The word. What is Yoga? That which unites. What is a bogi? That which separates. Bogi is the one who separates.Bhag, bhag means when you cut, divide. Bhag means when you divide... This is my Bhag. This is my area. This is your area. Then it is a divided area, it is a territorized area. It is a Bhag. One who practices to divide is a Bogi. One who practices to unite is a yogi.

And what separates and what unites is nothing but word. So your power of word is what it is. I love you my Lord. He says "what?""I love you Lord!" It is the same thing, but it has two different meanings. Therefore, the practice and the rhythm says what ever it is. When you are depressed, how do I know you are depressed? Your words are very depressed. When you are high, how do we know you are high? Because the words you utter are high. When you want to hit somebody's head with the word, you actually mess yourself up. Therefore, intellectual communication is always a ridiculous result. Intellectual conversation will always give you ridiculous results, and wise conversation will always give you an experience. Do you know that? When I talk wise, you will listen and you will not talk back with me at all. There will be no communication. Therefore, it is a law that when you talk to somebody, talk at that person's level first. Establish the communication. Don't start putting out the shastras as though you are the only one who knows that nonsense. It doesn't made any sense to the other guy. When you meet somebody don't talk about him or her. Feel him or her. Come down to him or her. Open your heart to him or her. Then you will find the other person back in your heart.

Without Nad Shudi, the mantra does not bring fruit home. That is why all Nad mantras in Kundalini Yoga are ashtang mantras. They have their interrelated link. Such as, Guru Gaetri. Gobinde Mukhande Udare Apare Haring Karing Nirname Akame. This is a

mantra that has the power of the four Vedas. Read the four Vedas, six Puranas and 36 Simritis. Everything is equal to one gaetri. Only the person who has been initiated by a guru can chant gaetri. Now you have to find first a guru. He should have that God consciousness, he should initiate you, and then you are entitled to chant gaetri. That is why Guru Gobind Singh recited Guru Gaetri. That is why this is known as Guru Gaetri. Whosoever shall chant it, the Adi Shakti will guard that being. Now is it a small gift? And you can continuously chant it. Gobinde, Mukande, Udhare, Apare, Haring, Karing, Nirname, Akame. Wait a minute. I'll tell you where the trick is. In this whole Guru Gaetri there is a trick. There is a key. Key is when you go to the last and the breath comes in, breath going out and breath coming in is like tide coming out and tide going back. You know what that creates? That is called Mitna. When the lingum goes back and forth in the yoni it is known as Mitna. It is gross, it is a physical level. We call it intercourse. But at Nad there is intercourse in the mantra too; that is when one pranic breath goes back and other comes in. It is very clear. Where? Gobinde, Mukande, Udhare, Apare, Haring, Karing, Nirname, Akame. When that goes out, then the breath must go in to let you create the rhythm again. That is where Mitna takes place. Where it takes place? In the Cunt chakra. When this chakra is initiated, the power of the man becomes the power of the Guru. As simple as that. That is why it is called Guru Gaitri. When this is initiated by infinity, the Cunt chakra is initiated by infinity, the man's words become the words of the Guru, period. And Guru is the teacher, the guide. When you say Akame, let it go to the last of breath and then powerfully inhale the breath. They call it pranayam. This is one of the most subtle and highest pranayams practiced by a human. Prana goes out and comes back. Do you remember the sound? When you were a little child, two months, three months old and lying down, that is the sound. You remember the kids doing that? You say it is grouling. The central nervous system, the Shushumna creates the improvement of the sound so that the length of the breath and the structure can fit it into the universal cosmic essence. That is why children do that. Do you remember that sound? Some of you must have seen little kids doing that, little babies. That is where the reverse of the prana is. That is what makes them more energetic, more cosmic, more powerful.

The most powerful life-aspect or asset or decoration or gift in your life is how you feel. Your words can make and mar the situation. Some people ask me. "Well, these people are spoiled, why you are hassling with them, why?" I say, "What is why?" I know what I know. All I am trying to do is wait for that time when they will start listening to me and following and talking like me. It is most powerful. The most powerful in you is how you say things. That saves manship.

Now Mul mantra, Ek Ong Kar. Why not Om? Why Ek? The problem is, very few people know how to chant Om. Chant through the central nerve. In the back of the nose there is a cavity.

The sound should be created in that central cavity and the air should come out of the nose. And fire-like air will come out of the nose, when you chant like this. Get to the back of the cavity. Om is infinite. It cannot be said, it cannot be written, it cannot be read. Why? It is the sound of the central nervous system, the Sushmana. For a little practice, it will make you automatically rhythmic.

You know sometimes I give a lecture, you don't hear a word I say, you don't understand a thing, but you all become still. Why? It is that rhythm in that sound which bewitches the mind, and the mind understands everything. You may not be in a position to reproduce my word. You may not be understanding what detail I said; but essence you understand. And that is the power of the Nad. Already people are suffering today because they don't know even the Mul mantra or root mantra. Guru Nanak produced thirty-two counts,sixteen in double. Sixteen return to catch the circle of the second. The Mul mantra was not produced for a Sikh, a Hindu, or a Muslim. Men of God produce things for God and for those who want to walk on the path of God. We don't teach yoga to become a Sikh. The Shakti in us invoked the power to seek and we became seekers. And every seeker must become a Guru. Lenasad became Angad, Guru. Amar Das Sat became Guru Amar Das. What is Mul mantra? Very simple. Just see. Ek Ong Kar. Sat Nam, Karta Purkh,Nir Bhao, Nir Ver, just chant it, and see what the tip of the tongue does. Imagine these words have been selected. Your lips, the tip of your tongue, and all the nervous system have to co-relate in interrelationship. What is the yoni? What is the uterus? The mouth. What is the lingum? The tongue. What is the intercouse? Right there. Tongue rotates in between and creates a meridian stimulation. Now this in intercourse of a yogi. How does he go about it? Ek Ong Kar, Sat Nam, Karta Purkh, Nir Bhao, Nir Ver, Akal Moort, Ajuni Sai Bung, Gur Prasad, Jap, Ad Such, Jugad Such, Hebi Such, Nanak Hosi Bi Such. When you vibrate that way you move your lips, you move your tongue, you move your entire pranic energy and you say the word which Guru Nanak said. There is no difference at that time between you and Guru Nanak. If Guru Nanak would say it he would say it the same way as you said it. What is the difference? What is the law? If imprint is there, reality is there. There is a one copy original and there is a second copy right under it. It is also reality, because it is the exact duplicate of the One. One is infinite and duplicate is finite. It is the duplicate of the One. As many duplicates as can be, they will be exactly of the One. That is why when we chant the word of the Guru, we become the Guru. There is no two opinions about it. I am not a fool when I ask you to read Gurmukhi. I know what you can do with it. I Know, when you will pronounce exactly as Guru Arjun pronounced, you will be exactly what Guru Arjun was, or is, or shall be.

When in those words you will put your mind, then the level of consciousness will be as though you are going... Arjun went at 30,000 feet. You might be just at 22,000 feet, but you'll

almost be there. And then you will enjoy the reverse essence of it. Ejaculation. Bindu. When the bindu drops in physical gross intercourse, you ejaculate. In sound, when you ejaculate it is the same ejaculation. There are no two states. Sing after me, exactly in that style: Ek Ong Kar, Sat Nam, Karta Purkh, Nir Bhao, Nir Ver. Not only say it, just feel that God has those facets. Personify the infinite. Now I tell you the trick of it. Everything has a trick, that is the problem. They said, Guru Bin Gean Na Hoi, no knowledge can come without the Guru, because everywhere there is a little key. A lock of fifty tons can be open with a one ounce key, but the key has to be there. Because the key sets and resets the lever.

Ek Ong Kar, Sat Nam, Karta Purkh, Nir Bhao, Nir Ver, Akal Moort, Ajuni, Sai Bung, Gur Prasad, Jap, Ad Such, Jugad Such, Hebi Such, Nanak Hosi Bi Such. The problem is, without Bhakti there cannot be Shakti. Without Shakti, there cannot be Bhakti. You must have a spirit to be a devotee. When you will be a devotee you will have the spirit. The yellow represents the spirit. White represents Bhagati.

I am asking you this evening to understand. It doesn't matter how many years you are living in your own misunderstanding; this doesn't confirm how many things you are talking or relating to. It is also not evidence how you pass your time and how shall pass your time. But if you know the art to speak, then your words become the words of the infinite. Now to gain that power of infinity, we have to have a Guru mantra or some root. We have to have a seed. The seed must sprout, and it can't sprout if it doesn't have a root. In the the whole world scriptures you will not find a root mantra. You will find a seed mantra, you will find a Doi mantra, you will find a Guru mantra. You'll find everything, but nobody will tell you this is a Mul mantra. I'm not putting down any scripture; my apologies, don't misunderstand me. All I can say is that they never knew about it. Why they never knew about it? Because there was a time when there were physical gurus. So all the exercises are Guru mantra. It was the Jagat guru for the guru of this universe. Guru Nanak knew that a commoner could not afford a Guru, but that Guru could afford the commoner. Idiot cannot afford a Guru, but Guru can afford the idiot. Unwise, unintelligent, and incapable may not be in a position to get to Guru. But Guru can always get to them. That is why Guru Nanak recited his first mantra.

You people are very funny sometimes. "My child is sick, I am this, I am that," you know, you have the smallest mantra. You do everything ring-a-bring. Whatever you want to twist and trout, you can do it. Do you know what is that mantra? Tell me. Sat Nam is Big Mantra. Wahe Guru is Guru Mantra. There is no, "who should chant what" Wahe Guru is Guru Mantra; it is a mantra of ecstasy of consciousness. Sat Nam will give you power and identity to give you protection and grace. It will give you what you need, because it will put you on the path of righteousness.

But there is one mantra in whose honor Siri Guru Granth is there. It is Ek. Chant with me, Ek Ong Kar, Sat Gur Prasad. Ek Ong Kar, Sat Gur Prasad. The second, Ek Ong Kar, Sat Nam.

The power of this Ek Ong Kar Sat Gur Prasad is so great... There was a person who used to keep his hands like this.

He used to chant Ek Ong kar, Sat Gur Prasad. He was doing it just to keep himself busy. The he started seeing in his hands the whole universe. He saw what was happening. He couldn't believe it. What he started doing as fun became a total reality. The power of the mantra is actually what ultimate power is in the word. And it is in that rhythm that you have the power. If I give you a guitar, music, and everything, and I do not tell you the notes, what can be done with it? Nothing.

Gobinde, Mukande, Udare, Apare, Haring, Karing, Nirname, Akame. This mantra is call Guru Gaetri mantra. The power of this mantra is countless power. Under the very feet and root of it came all these Bidhis, Sidhis, which are explained in yoga.

There are two things which a yogi is supposed to avoid. A yogi is not supposed to master Ridha, Sidhi, and he is not supposed to create a miracle. If he does it, he may call himself a yogi, but he is not. He is not united with God. He is creating insult of it to show himself, not God. When I create something to show myself, I am not showing whom I am united with. Yogi talks about God, and God shows for yogi. That is the ying, yang of the relationship. Man of God prays, and God fulfills. That is the relationship. Relationship is not give me, give me, give me, give me.

It is my power over you, if I can produce a pigeon right here. If I can produce a pigeon in my hand and you can't then I am separate. I am the one who produces the pigeon, and you are the one who can't. Whenever a man of God shows the power of God, he separates himself from it. We now find swamis, teachers, and yogis who can do miracles. In every scripture of yoga it is written, "Ye shall not practice miracles." Somebody asked me once, "What is the greatest miracle." I said, "The greatest miracle is when you can create a miracle and you don't." He said, "What is God?" And Premka was walking with me and I put my hand on her and said, "This is God." Once one of our student-teachers

named Paul went with me to see Senator Hatfield. Senator Hatfield was a very kind and very pure person. Even though he is a politician, he is a great man. He was making a cup of tea for Paul. While making tea he asked, "What has yoga done for you?" And Paul said, "Senator, you are offering me a cup of tea, otherwise, right down stairs a cop would have been beating me. Had I not been practicing yoga and had I not come with a yogi, you would not have made a cup of tea for me. That is what yoga has done for me, I am sitting as equal to you, as friends."

Sky covers everyone, sky loves everyone, sky is over everybody. When we rupture with our ego, we just show our own foolishness. When you want A to love B and C and C not to love A, you are a fool One who knows love, loves everybody, and one who loves some loves none, he pretends. One who loves A and not B or C and not D has not yet learned what love is... He is simply acting. And if you want to take an actor as a lover, then you are just unfortunate. One who is beautiful is beautiful. And it is for all. Beautiful is for all. It does not belong to the one, it belongs to all. One who loves, loves all. One who loves all does not love just the one. When you love all, the one loves you, because you love it. Learn to love, and love has no territory. He who has territory, has not learned love. Because, how can the unlimited become limited? Love is God, my dear. God is love. And God and love cannot be separated. With love you find God. How can you be limited and be God? God is unlimited. But in our limited life with our jeolousies and insecurities, we want to be loved alone. We want to be respected alone, but only those shall be respected who respect all. Those shall be loved who love all. Those shall be given who give all. Those will have the share who share with all. But there is one trick; in dedication and devotion you have to be the one, and not to the all.

When you dedicate, devote, or commit and surrender, you don't surrender to all, you surrender to One. Then whatever all may say, you are the One. Then all and one are subject to you, because you are the infinite object.

You know, I was laughing one day, there was a very wise man, our guest here, who stayed here for 5 days. The first 2 days he wanted to talk about God. Nobody got interested in him. Third day he changed the trip, he started to talk about stars, horoscope, actions and reactions, and then he was the most needed man. And I was one day mischieviously smiling and someone asked me what is going on? I said, "The people who can change the stars are asking about stars. These are those people who cannot only change their own destiny and stars but can change anybody's stars. Do you know how much it takes? Mantra Shudhi, Shudh Ibavana, Shudhi Tehtait.

If you have a perfection or mantra and your Bavana, intentions, your intentions are also Shudh, then you can clean the destiny like a suck, and you can make your way. These things now have to be learned, have to be practiced; how to energize yourself and how

to energize who you want to energize? The practical application of divine science we will be practicing here. I have heard you are in great trouble, because you don't get ice cream, and French toasts and are sleeping alone without your husbands. There are lots of problems. No one caters to your ego. No one tell you you are a sweet darling when you get distressed. I know all but also I know your strength. Why should I lean on your weaknesses, when I can lean on your strengths? You believe in God, believe in Guru, you have faith and you have come here to learn to improve yourself. It doesn't matter what the circumstances are, we are great. I wanted to give you this summer the gift of God, the science which I am carrying in my chest for years and years, which after my death no one will even know about. I believe it belongs to my family, therefore I should share it with you. My intention to collect you was only this. Somebody once was kind to me, he was merciful to me, and he was great to me. In my innocence and ignorance, I never knew why he wanted to pick me up and teach me this. I just had faith that this was a good man, and I followed him. I never understood what a priceless thing I had. After all you are my children, and I want to give this to you. You can give it to your children, so that this priceless thing which we have goes on and on many generations. So we will be practicing lots of things. And one thing I want to assure everybody is that this is our camp. Don't look to anybody for any remedy, just do it yourself. When you blame anybody, you actually don't blame anybody, you just expose your weaknesses. I didn't get food today; then you were not capable of getting it, period. Perhaps subconsciously you wanted to fast. You are laying a blame on consciousness, but perhaps subconsciously you wanted to fast. My dear egos, you have come here to learn. This is a house of Guru Ram Das. Blessed be those who live in humility; they will be fulfilled. Blessed be those who have come here to serve and do Simran. Seva or service, Simran or meditation, gian or knowledge. These three will be coming to you, provided you empty yourself and make yourself capable of receiving them. Therefore don't waist your time. Come with me as I came with somebody. I can carry it, so that you can carry it. Infect with me, so that our youth can carry this infection.

You should become infectious with the divine Name. Carry it, so wherever you go, you can infect it. As the bacterias and the germs carry the disease, you carry the ease and comfort of every heart. That will make you priceless. You should be so priceless and radiant that people see somewhere this white dress and should think that God has come, they should think that angels have come on this earth. They should think you are a living divinity. That can only happen if you practice. It is the privilege of the practitioner to have the reward. It says countless the ways of recitation, countless the ways of devotion, countless the ways of worship, and countless this and countless that.

Let every person hear it effectively, now this is how you should do it, first say "Ad Gureh Nameh, Jugad Gureh Nameh, Sat Gureh Nameh, Siri Guru Deve Nameh." Mentally get the Gurus in attendance and then start. Where can you fail?

"Countless the ways of recitation, countless the ways of devotion, countless the ways of worship, countless the austerities and their hardships, countless the yogis in meditative trance, countless more are thy devotees in pursuit of thy knowledge and virtue, countless the pious men, countless the devotees contemplating Thee in silent meditation, countless the heros who face the one sword, how powerless am I to tell Thy excellences o Lord. I can not even once be a sacrifice unto Thee, what pleases thee is the only good done Oh Thou eternal and formless One.

Countless are the fools who wander in the blackness of ignorance, countless are the trespassers and thieves. Countless the rulers who force their own way. Countless the murdering cut throats and countless the sinners whom sin engages. Countless the liers who wander in falsehood, countless the wretches with filth as ration. Countless the slanderers bearing their burden of sin, Nanak himself describes the lowly, I cannot even once be a sacrifice unto Thee, what pleases Thee is the only good done, Oh Thou eternal and formless one. Countless are thy names and countless are thy places. Countless the spheres beyond all comprehension, oh count there never could be, the Name is formed out of the letter of Thy word, with words we name Thee, hymn Thee, with words relate all knowledge, praise and song; with words we speak and write journals of Thee, with words we read on man's brow his destiny. Not bound by the words Thou wrote it is only we who receive whatever Thy will be. Thy greatness is witnessed by thy creation. By what power could I tell what Thy excellences be, I cannot even once be a sacrifice unto Thee, what pleases Thee is the only good done, oh Thou eternal and formless one."

Now repeat that last line into a mantra. This is the 17th, 18th and 19th verses of Japji. The power of this part of Japji is that one who knows to recite it and recite it as a practice, can give the dead the life. What more does a person need on this earth? It takes a practitioner's practice.

We intend to talk about God, but before we talk about God we want to know how to talk to God. And if you know how to talk to God, you know also how to talk about God. The ineffective and effective power of your word is that molecule which, out of the vibratory atomic stimulation, creates a counterreaction in your own existence correlative and co-bound with the bondage of affectionate existence. We call it love, and that is a stimulation of the entire psyche, which you effectively create intuitively into the vibratory effect of the other person who is the recipient of your extension which is the word. Therefore, in stimulation of an imprint of yourself on the very basic foundation and print of the other person, you have the power. But it comes only to those in the entire universe of consciousness who can consciously manipulate the rhythmic existence of the creative power, the prana. The prana, which creates the word of the Infinite, pleases the Pranapati, the God. It is as simple as that.

MENTAL LIMIT
July 10, 1975
Espanola, New Mexico

We will be talking about mental limits. After all, you are a mind. You are body and mind, mind and body. The soul is alright. And everybody has a body but the problem is an inner problem,of the mind. It is a human instinct to find unity with any thought pattern. If you can convince yourself you are limited, you have goofed. You will go through depression and you will go through convulsions. You have to rescue yourself, and in certain instances it has taken a whole incarnation to get out of it. I don't care if you want to talk about God or not, but I want to tell you that you have to find yourself. What you think is your Self is not you. That is the biggest mystery and the biggest joke. What you think you are, you are not. Your mind is a part of the universal mind; it will come through. There is nothing in this world that can block you. What blocks you is you. You think you are miserable . You think. The other person may not be thinking you are miserable, then you tell him you are miserable. You lay a tantrum to show that you are a fool. Psychologically and logically you feel limited, and you feel lonely. When you feel lonely, you want attention, and to draw attention you lay a tantrum. When you lay a tantrum, then other people mock you, when others mock you, you lay other tantrums. It is such a vicious and unending cycle, but in this world there are very few jumans who have found the secret of how to get out of it.

One of them was Nanak. Nanak literally means Na Nak, where there is no ego, or where there is no "no." That's why fundamentally, in the house of Nanak, we say there's no "no." What is "yes?" Now, yes and no are not two different things; it is the state of mind that determines. If ever your mind says it is wrong, cut it; it will then become plus and become right. It is your mind which tells you it is wrong. It is your mind which tells you it is right. Actually we are the game of the mind, and we play it. We think we need friends. We think we have enemies. We think we are either holy or unholy. Everything that we are is our thinking. You think and you forget that you think. It is not true that everybody is thinking what you are thinking. Your problem is that you think everybody is thinking the same thing as you. That is not true. Sometime you may think you are very ugly, and the other man may think you are most beautiful. He tells you that you are very beautiful, and you say,"Shutup, you blankety blank, etc."

I remember the case of a very beautiful man. I sent him out to do a job. After five or six days he finished the job and telephoned me. I was very happy. He came home a day earlier, and his wife was not ready to receive him.As soon as she knew that he was home she said she didn't like his arriving one day early. They had a fight. He asked her, "What is it that makes coming early so crazy?" She replied that she couldn't receive him. It was terrible, and she hurt him. She said: "Yogiji tells you to come back and you came back. Why didn't you tell me?" He said, "What do I have to tell you? What is this makeup between you and me? 'He come back, I come back' - you should receive me anyway." She couldn't

understand it. Naturally he called me, and I said, "Well, don't belittle yourself with her belittlement. It's not worth it. Lots of things that you do in your life are not worth anything. They don't add anything to your personality, and they take away most of your personality." Unfortunately, when we don't know anything better, we cater our own negativity. Whatever plant that grows, if you don't water it, it will die. Any person who is miserable or who goes into a depression, he is the one who feeds it. Your body and your world is miserable because of"this, this and this." You feed your own misery, and that's why it is there.

I have a blood relative. I am now 46. I have known him for 40 years. It is a long time, isn't it? I have never seen that man other than miserable. In his happiest moments he feels miserable to himself. When you feel misery, a misery will grow. And there is another problem. You feel misery unto your own self, and then you blame others. They react because they are innocent. You feed your misery so you become fat with misery. I will give you an example I will say, "So and so, go and do that job."" All right, ji, I will do it." Then later I will say, "SO and so, did you do that job?" His reaction will be, "Do I say yes or not?" His brain will start thinking, "How do I get out of it?" I know the job is not done, and he knows that the job is not done. Just say, "We are trying to do it, and the moment that we can handle it we will." But no, there will be an argument. What is an argument? An argument is feeding indirect misery to yourself. You cannot face yourself. The job is not done. "Not done - what is that, and what does that mean?

Now we have come here, and there are some people among us who will just complain. I am not saying whether or not the complaint is genuine or not genuine. It is an example. Suppose you complain that you are miserable. All right, yes the arrangements are miserable. What do you want me to do? Whose arrangements are these? They are your arrangements. Who did it? You did it. For whom? For yourself. To whom are you complaining? To you. Against whom you are complaining? Against yourself. So you are totally unaware. It is like a hypoglycemic person who has to eat every two hours, and he wants somebody to put a banana in his mouth. Nobody can do that. And this is our mental tendency. Why does it happen to us? We are all sick, diseased with it, and it is called maya. An attitude of ungratefulness is maya. An attitude of gratitude is divinity. These two decide the whole thing. You may learn something or not, but if you have learned an attitude of gratitude you are not near God, you are God. And when you are miserable and ungrateful, what have you provided? Guru Arjun says it in the Sukhmani Sahib. It is very clearly written there. (Yogiji speaks in GURMUKHI. To be translated for final book.) If God doesn't provide you even the one, then He took away the 10 you had, what can you do? There is a very beautiful saying, (GURMUKHI. To be translated for final book.)

There is one who has got one son , and there is one who has got sons; there are those who have grandsons, and those who have a daughter; there are those who have daughters, and those who have

grand daughters. But suppose we have one and that one dies. Who can go and petition God as to why he took away the one and left six with another person? Do you have the right to petition God? Then at that time, standing on the graveyard, we say, "It is the will of God." Why do you believe in the will of God then, why not from the very first day? You think, and that is your problem. And the first Guru, Guru Nanak, said, "SOCHE SOCH NA HOVI JE SOCHE LAC VAR CHUPE CHUP HA HOV JAY LAYI RAHA LIV TAR. SAHAS SIANAPA LAK HOI TA IK NA CHELE NAL." What else are we to do? Give me Peace Lagoon. It is at the very openeing of this book. "...By maintainig silence he can not be known, the consciousness must still be united with Him. If one were to gather up all the goods of the world still the hunger of the hungry could not be appeased. Even though a man may possess hundreds and thousands of skills, still not one will go with him into the court of the Lord. Then how can a man dispel the veil of illusion? When by His grace a man's destiny is perfect and he lives in His will, the veil of illusion is dispelled." It is His will. His will is the one which rotates this earth to make day and night. One who makes these four seasons, and the one who made you. It is His will. He is the one who can just shake this earth like a ball, You call it an earthquake. You won't get to him, if you try getting Him by your ego. By your ego you get yourself, which is very earthly and very limited. But whenever you want to get to your own unlimited self, at that moment you are to relate with gratitude.

I have seen one amazing thing in this country. When you speak direct truth to a person, he does not want to listen. It is the saddest thing in a country or in a nation, when people can not stand truth. It means the soul has gone totally weird, and the mind has become totally incapable of holding to the light on reflection of truth in consciousness. That is what sex, sensuality, and materialism has made us believe. You know, "I can divorce him and marry them, I can divorce that and marry that, I can sleep with that, I can live with that, I can do that, I can do this." All these arrangements, "I can do this and this," they are limited to this earth. But you are not a permanent resident of this earth; you are an alien here. You have not yet found out where to go, or with whom to go. That's why we are trying to find it out. Who are we? Are we the food? Are we the soup and the salad? Are we the bed and the bed sheet and the pillows? Are we the kiss and the hug? Are we the promises and the lectures? Are we the scriptures and non-scriptures? Who are we? We are we, and everything exists for us. So, what is existence for us? We have to come straight to existence. When you tie a slave to a slave, you will never become a master. These things were given to you. This earth was given to you, and your body was given to you. You should come here to experience God in the brotherhood of mankind.

Why do we call God the father? The father doesn't have a creative nature. The father can only seed. We are a soul and a part of that whole great soul which is the seed in us. That is why we call God the father. Creativity of sustenance and deliverance comes to the mother, and that is why we call the universe the mother. Sometimes the woman's life is very confusing.

They want to call God the mother; God does not have that faculty. God has a polarity as a mother, it is the universe. A woman has to be like that universe. When a woman has a limited consciousness, she is living in her own mess. What is outside is inside, and what is inside is outside. The universe is outside, and we are inside of the outside, so each woman must have that universal nature. To nurture is the nature of the woman. This nature around us, the vasness of it, the unlimited creativity of it, the unlimited productivity of it, the unlimited resources of it, that is a woman. But when a woman limits herself, there is no peace. That's why in my consciousness I understood the psychological deficiency of the woman in this country. I saw the failures, and I didn't accept those failures. I am not willing to make those failures a part of my life. I know divorce is a must, but I don't want to accept it. The only way we can get out of the tragedy of divorce is to accept God, our unknown potential. Sometimes you think that God is a big guy in the sky with 30 hands and 40 legs who does everything. That is not true. Whatever your known is, that is you. Whatever your unknown is, that is God.

I remember a mother whose child was sick and barely alive. Three years the child remained sick and barely alive. There was nothing we could do. They tried every doctor everywhere they went. It didn't work. One day she, as ill luck would have it, came for my council. I said, "Ill luck would have it." I wish she would not have come. "Yogiji, three years have gone by and my child is still sick." I said, "Well, you know the child is sick because of you?" She said, "What?" I said, "You are the cause of your child's sickness. You are a miserable mother. You are the worst rotten worm that God produced on this earth." "What? What? What are you saying, Yogiji?" "I am telling you what you do not want to hear." I know you don't want to hear this, but you are the biggest culprit of this earth; to obtain the attention of your husband, you are subconsciously making the child sick. Is this the way to keep your husband, with this nonsense?" The mother asks, "Am I doing it?" "Yes. And it is the worst way you can draw attention from your husband." Mother asks, "What should I do?" "Give the child to an aunt or somebody and the child will be OK in a month." And it's true; it happened so. In one month after leaving the house, the child was fine and without any medicine. Can you believe it? What happened? That spell broke. The mental spell that she was focusing on the child broke. Why? Because she became sick and tired of taking care of a sick child. Her mental pattern wanted to change, and so help came. I was very direct. The moment she understood she was caught, she gave up. It worked.

Some of you may not be understanding about this course. We are all women. The men are gone. I want to tell you something. Men have no values, women give the values. Every man is a tragedy of a woman. It is amazing how easily the woman can play the man, directly and indirectly, like a fool. I am not talking of the men of God consciousness who can know the play of the woman. Guru Gobind Singh wrote the tricks of the woman in the Dasam Granth, with the 440 tricks a woman plays. It's such a

sexy thing, you can't believe it. The Sikhs deny it, they say it is not Guru Gobind Singh's at all. As Guru Gobind Singh was a celibate, he never knew what is what. I can't understand that kind of scene, but I have to go along with it because Guru Gobind Singh is great and these little fellows don't want to hear him talk like that. He is so great that he said, "I am like you and you are like me." "You are my shape and form, and I live in thee. He could have said that His greatness was unlimited, but we are very limited. So he wrote certain things for us psychologically and logically. And he wrote 440 subconscious tricks of a woman, which the Sikhs deny. They say it isn't his, but the fact is, it is his. And his mother asked, "My son, what is this? I am a woman too. And you say there are 440 subconscious tricks of a woman." He said, "Momma, you may have only 439, because you are the Guru's mother and you are exempted by one."

If you ever talk to these Hindus they will tell you one thing - Lord Shiva has everything. But they call him, POLINAD. He is a NAD, he is a master. He is the owner of everything, he is innocent, because it is the mother divine, the consort of Lord Shiva, who does everything. He doesn't do anything; he sits and watches. That's why they call him POLINAD. This is a simple phenomenon of a philosophy which has about 50-100 years of human experimentation. And then they made the mythology, the drama, and the stories so it could be understood. They even made Lord Shiva with a deer cloth around his thing and dust on his body, and a snake hanging out of his neck over his body. It means that he is tied down. All he can do is to get angry and dance. Have you seen your husband sometimes doing that, "AHHHH. I can't stand it! Oh God, shutup and call Yogiji." I have heard those things on telephone. That is Lord Shiva dancing or ready to dance. He can't stand to hear anything; all he wants to do is DAAAAADAAAAA and get out. Who does it to him? The little, free simple, untouchable, sweet, white, humble shakti. All she has to do is say a half-sentence, not a full one. If a woman wants to kill you, she will use a half-sentence. And still they are very humble, and they are very full, they don't know a thing, yet they carry your child for 9 months, and suffer for you. They are in terrible shape, still they are the only ones who are rotating the earth, and nothing happens without them. And the man believes it. That is the problem of the whole thing. Man needs a harmony with a woman so badly you don't believe it, and woman doesn't even care. The trick to have a harmony with a woman is to want it when she wants a harmony, not when the man wants a harmony. Never ask for harmony with a woman who doesn't want harmony. The greatest way to control a woman is to become still; don't utter a word, don't commit yourself. No woman can stand it. If you really want to kill a woman, just become silent. And if you can do that once successfully, all your life you will have, combined in her, and unpaid slave and a servant. Nothing else in the world works with a woman. Nothing. No trick. No money. No gift. No sex. No nothing. You give her everything, or you give her nothing, it doesn't mean a thing. But when you have to be, or should be silent, and you speak at that time, you have lost the battle even before beginning. A woman can not stand silence. If she says, "I know you, you son etc." just pocket it. Just become silent, and

within two days she will ask you something very beautiful. Just reply, "I, son of etc." and then walk away. The heavens are not going to fall, and she will not commit suicide. She will only threaten you. Women never die; they create life. Suicide for a woman is a very rare thing. The only way a woman may commit suicide is if she is trying to pretend and it becomes real. A woman uses this tactic. She puts the threat into reality, because she is the mother principle, and therefore her voice has a kind of a feeling which they call ALAP. Projectivity of the words of a mother has a power and spell on any man, whether she is your wife, girlfriend, neighbor, enemy, or anything. Attraction? It is not true that man is attracted to a woman for sex. This is a fundamentally wrong study of a man and a woman. Man is bound by the spell and the sound of the shabd of every woman, because the first word the man hears is the word of the mother. She is the first thing he can relate to for security, and he doesn't forget that. Do you know why you please a man and cater to a man? This is because a woman doesn't want to let a man know her, so she wears a makeup.Camouflage is the instinct of woman. Do you know why? Because each one of you is a mother. You make this donkey take the whole load and take care of you, and then you take 50% of everything and that too is because you are a mother. A woman has nothing else to protect but her motherhood. And she doesn't want the man to know about it. That is why you will find every woman catering to the ego of the man. She has a job to do, and she has a job to get done. Woman is a subtle diplomatic individual who has the subtlety of the mother and still wants to be a partner. You know, she tells the husband, "I love you, you love me; it's totally rotten .." Woman has the faculty to use the man at a level so that he will go on creating and catering, and she can fulfill herself as a woman and become a complete mother. And now she sees that the man understands her game, and she wants to be independent. She wants the man at her level of consciousness to cater to her fulfillment. That is why they call the the better half. Half she takes away anyway, and the better half she also takes. There is not a single man who is not controlled at least 75% by one or more women. Even the one who is a faggot and who hates woman and sexual relationships are controlled by a woman. He is the one who got frustrated at one time, and all he is doing is letting his anger against woman boil. But who is the culprit again in the whole thing? It is the woman. If somebody chases the woman or if somebody hates the woman, the game is the woman's. The axel is the woman. If you want to understand the problems of the man, then you must understand the woman who is behind him, otherwise you cannot understand him. Therefore, my dear, all Gods and Goddesses and all prophets and peers, they all bowed to woman. They said to her, "You are Adi Shakti; you are the primal force." They always say that man can know himself, but (as he is born of woman) the only thing he can know about woman is just to be graceful. What is graceful about something? Let it go. Just let it go. And if you are a clever man and you let it go, you will be surprised to see that the woman is always for you. Man does not know that. Whenever a man has a feeling for a woman, he can not let it go. It is a basic instinct. And that is her hook, and this is a yoga which God has created. He created woman as a hook to man, and man as a hook to woman. Both must exist, in hatred or in

love, but it doesn't matter. That is why Nanak says, "When you can not come out of the cycle of polarity, there is only one escape - give yourself to the Guru. (GURMUKHI. To be translated for final book.)

Try to live daily: Live for the sake of Guru. If the woman says we have to go to movie, the man says we must move to the Guru's house. She will be helpless. If any woman is afraid of something, it is the Guru. If a man can prove that he has a Guru, then woman can have no help against him, and every woman knows it by heart. If you can convince your woman that you have somebody you will consult before saying yes and no, then your woman will never hassle you. That is why all these kings who used to be married to 200 wives had a Raj Guru. It was required in that economy. When a woman starts playing games and hassles- then the Lord goes to the Raj Guru. The poor Raj Guru (with 20 princes and 30 things and all of that) will just be having a tent around him all the time and ask the questions, "When the stars are favorable, then the king is going to call them." So he will see them one by one and say, "Your stars are favorable, your stars are favorable, etc." This keeps the life of that man going. It is surprising in psychology what happens when a woman knows that the man listens to her. The moment she knows that the man listens to her she becomes a mother. All you have to do is convince a woman that you really listen to her, and she thinks you are a child. Is she wrong? No. It's her basic faculty. A successful man is he who keeps the mother of the woman away within the woman and only deals with the womanly part. Otherwise there is no chance. No woman can ever be happy if she does not feel that she is the creative nature. Therefore woman has to have a universal faculty. This universal faculty is only responsible to keep great men through the darkness. That is why behind every great man there must be a woman.

There is the case of Mary. Jesus was born to her under any circumstances, but to complicate the question, "Who is my father?" she convinced him that God is the father. She taught him. She brought in him the faith that God is the father. They even put him on the cross, and he didn't budge an inch. Guru Nanak, great Guru Nanak, in whose house there is no "no", who inspired him? The sister, Nanaki , inspired him. It will be surprising to you what you can do. You can make and mar the life of another person. You can make the life, for you have infinite spirit. You can mar the life, then you have finite spirit. That is why, when we think he is my child, we ruin the whole game. We limit the thing. The woman who says this child is a gift from God has opened the door of blessings.

When we say we belong to God and Guru, we represent our own infinity. What is fear? Fear is your own limitation. When you apply the brake on your soul with your own limitation, that is fear. And if fear saturates one's self, it becomes frustration. When frustration goes further, it becomes anger. Then anger is followed by insane actions. This is the cycle. But it starts from where? From your own finite application of consciousness. So you say, "I want this." Then you definitely see that there is nothing else which you want. You limit yourself. Who knows what God

wants to give you? That is why the Sikh prayer is, "NANAK NAM CHERDI KALA, TERI BHANI SABUT DAPALA.

A Sikh never asks for himself, never. He is not a Sikh who asks for himself. The Guru is there to work for him; why should he aks? What does a Sikh say? "NANAK NAM CHERDI KALA." Oh, God, says Lord Nanak, whatever thy name is, that I have chanted, for that I want to be had in spirit, and for thy sake everybody should be exalted." "Everybody" - you know, you are included in everybody. If everybody has to be exalted, then first will be you, because you asked for it. God is not that bad in mathematics. It is a funny thing when I see devotion and nadi coming to attend my class (dogs), and I think of those who are staying in their tents, it makes me wonder what God wants to do. It is surprising. I used to teach a yoga class at Melrose, and there was a dog in the neighborhood. Exactly at the time I chanted, you would find him at the gate. In three years everything might have changed, but not his visit. One day I said to one of my yogis, "Why don't you go and check this dog out? He has a clock somewhere, he's always on time." And the person looked around and said, "Yogiji, I don't find any watch on him." I said, "He is better than me and you." Now the soul is the same that you have, and the dog has and the cat has, and the tree has. The structure of life is the same. The tree has structure in which it grows, I have structure, and dogs grow in a structure too. We eat, live, sleep, and enjoy all in our own languages. We have our own languages, communication, friendships, society and world. One thing is different and that is the consciousness to relate to infinity. Trees are under time, animals are under time with their mating season. They are bound by time and space and you are not. That is the only difference. You are bound by time and space, but you have a faculty. You think that these dogs and cats that are here in the house of the Guru are here by accident? They are here by a definite plan. One day you may recognize who they are.

Guru Gobind Singh was one day sitting and somebody came with a bear who danced and showed tricks and everything. The Guru was very happy and the guy thought he was going to get a lot of money. But prasad was then distributed, and they gave some prasad to the bear. The moment the bear ate the prasad, Sat Nam, he died. It is right in the Macauliffe's book, you might have read it. So the man said, "My God, you are a man of God, you are Guru, and here I gave you all this entertainment so I would have a lot of money. I never thought I would lose my bear with which I earned. You gave him poisoned prasad." Guru said, "Just wait." He asked the cashier to go and bring a bag of gold pieces, and give the man more than he could even imagine. The man became very happy, but the Sikhs were not happy. They said, "We can't believe that prasad can kill a bear."

Some Americans think that if you give prasad with the hand it is infectious. About infections I will tell you something. Whenever you visit Harimandar, there is a place where you wash your feet. I think it the dirtiest place on the earth. Everybody washes their feet. People with wounds wash their feet; people with

diseases whash their feet. I used to visit Harimandar; it was my dialy routine. One day at about 2 o'clock (I had a temperature of about 105 degrees); I came home and looked around. I lay down and was feeling hazy, dazzy and miserable. At five O'clock I got up, it was a routine, and I had the urge of going. So I asked my wife and she says- "Don't go." And she called the doctor and he said not to go, and then she got mad at me. She called my officer and he came running and said, "What, are you trying to kill yourself? Sit on the bed; I order you." I said, "I am all right, I won't go. You go now." So the moment he went, I got up, and I said, "Inderjit, if you don't go with me to the Golden Tmeple, man, you aren't going to live. You make any more calls and it's the end of you, so you better help me to go." So, sometimes she is very very good, and she understood it. I was seeing two doors instead of one, so we took the richsha and we sat down in it (you know that thing which two people can ride in). I went to that place and washed my feet and then I took a little water and put it in my mouth. That infectious water. Just at that time, there was a man who was very sick washing his wounds in the same place. I saw it, and I drank it. (Dog growls.) No, don't touch her. She will make you all get out of here. Nadi, come here. Silence applies to you, too. From that I came home and the doctor called and asked how I felt. I said OK. He said, "What happened?" I said, "I went to the Golden Temple; I am all right." He said, "Oh, my medicine worked?" I said, "No, it is in the bottle. I have not opened it yet."

People forget that prayer has the power. People forget what God is. In their limited minds, they gorget who they are. To a Sikh, where there is a sangat there is a God. And where there is a God, man, there is no disease. Just imagine, you take many incarnations to find a Guru. And sometimes as a human you may not even find a Guru, or you may find a Guru who is bogus. They are not worth anything. The blind will take you to the pitch of darkness of death. But look at the Sikh. He is conceived in the womb of the mother and the Siri Guru Granth is outside waiting for him. You cannot be a Sikh and be a NIRGURA. The Guru is given to you, and to your seed, and to your conception. Later on, you may accept it or not. But never will you be witohout the Guru. When someone asks, "Who is your Guru?" You say, "Siri Guru Granth." "Sat Nam." He can't question you. Because it's the word. It was the word of those who were on earth and there is no parallel to it. There is no parallel to it. That's why they call it Siri Guru Granth. GUR - FORMULA, Guru the active formula, Sat Guru - the essence of the truth of the formula, Siri Guru - the universality of the applied consciousness of that formula. So, less that Wha Guru is Siri Guru, and it's Siri Guru Granth. All that Guru Granth means is that it's tied down. It is not a Guru, it is a Granth. All the Gurus are tied in. No escape. When you recite Japji, you become Guru Nanak, because Guru Nanak recited it. You don't have to find Guru Nanak. You want to find Guru Nanak? This is how Guru Nanak spoke, and this is how you speak. When you say, "Ek Ong Kar Sat Nam Karta Purkh Nir Bhao Nir Ver Akal Moort Ajuni Saibung Gur Prasad Jap Ad Sach Jugad Sach Hebi Sach Nanak Hosi Bi Sach." Is Guru Nanak separate? Did Guru Nanak have two mouths and 6 tongues? Was he different from you? No, he was

different only in what he spoke, and what he spoke we can speak, too. (Yogiji recites last stanza of Japji Sahib.) Is there a difference between Nanak and you? Is there a difference between you and Guru Arjun when you say, "TERA KETA JATO NAHI MANO JOGA KITOI MAN NIRGUN HARE APE TEREPIOI..." Guru Arjun spoke exactly like that. His mouth moved the same way as my mouth moved. His tonge moved the same way as my tongue moved. His prana created the same shabd as my prana created. This is the first time on this planet earth that the word has presided over man, and man has bowed to the word. There is no middle man. Vedas can be God, but not Guru. Bible can be holy scripture, but not Guru. Mahabarata can be the greatest philosophy, but not Guru. The only scriptures which got to Guruhood is the Siri Guru Granth. You will not find any scriptuew addressed on this planet as a Guru. We are Sikhs, and the seeker cannot live without Guru. The seeker is never without Guru, and Guru must be for the seeker. Oh, friend, without Guru there is no knowledge. Then find Guru. Where? You don't know?

We were fortunate, Nanak found the Guru for us. What Guru? The Guru, as he found it, was the word. The word was his Guru. He gave us the word too. Amazing. The work Khalsa has no gender. There is one Indian Sikh who married a 3HO girl. Now he is an Indian Sikh. He doesn't want double turban and convinced her that the turban was not for woman and because of that they betrayed Guru Gobind Singh right on the spot. He convinced her, for a woman there is no turban. And now she is an amritdari Sikh, she is a Khals And one day I said, "What happened to your head?" She said, "What?" I said, "It has become a canteloupe. Somebody has messed you up. You were all right." She said, "I am GIANI." She wanted to please me in Gurmukhi. GINANI means I am a woman. I said, "From Khalsa you have become a woman. Who applied the reverse gear?" She said, "I don't understand." I said, "In Khalsa, there is no woman. There is no woman, and there is no man. It is the purity of God. It is the form and shape of Guru Gobind Singh, as he saw in his divinity." I said, "What happened to the Guru? You substituted your man against Guru. What has gone wrong with you?" This is the ego of that Indian. He like the type of woman in her sensuality. It is sexuality. It is the limit.

You know the little germs in the himan stool? They just curl around for a while and then they die. And that is the life of a NIRGURA. On this earth, you will never find a man of infinity who has not done something to promote the Guru's cause. All the 12 disciples of Jesus praised him, and they became praiseworthy. All the prophets, they praised the God, and they became praiseworthy. Those who praise the infinite, they become praiseworthy. But how to elevate the soul? For that, Nank said, "Oh, my mind, you were given to me to find the infinite." (GURMUKHI. To be translated.) "Oh, my eyes, don't see anything beyond God. Daily you are supposed to read the song of bliss." (GURMUKHI.) "Oh, my ears, you have been made to hear God's praise. You listen all day to gossip. Oh, my eyes, you are supposed to see God; instead you see all that

hodgepodge. Oh, tongue, you are supposed to exalt God and instead you do MINDIA - SLUTAGE. The sacrifice of prana is when you talk negative. The sacrilege of divinity is when you think negative. There is only one person on this earth who is supposed to talk negative, and that is because he is like a surgeon. That is the teacher to student. No other man is exempt. There is one man on earth for whom it is all right to cut you through, and that is the surgeon. He does it to save you. When the mind pattern is negative, you cut it with a shabd. When the thoughts go negative, start chanting Sat Nam, Wahe Guru. You will find that negative thoughts get beaten out. It is your privilege to use the shabd. Why do we get up in the morning and meditate? Not to gain anything. Whenever we become negative, we do our sadhana. All your life, my friend, you have a sadhana. You slander others and you talk ill of others; you have always based your personality on sensuality and sexuality. How many boyfriends have I got? Now, think how many angels do you have with you to support you? How many dresses do you have? Now, how many divine covers do you have? Your wardrobe is not your cloth.

"On your karma, on your actions a sheet will spread, and the gate of God will be seen to you, Nanak says, those who rise in the morning and meditate on God."

"Nanak says, 'This is the only way. God is ever truthful. Now this is confirmatory.' Nanak says to his people as he sees God."

"Early morning is the true time. Rise and praise the God. On your actions you will be covered, and you will see the gate of God."

He didn't lie. He didn't lie throughout his life, why should he lie to us? Guru Gobind Singh says, God or ained me as his son, and he told me to do this. (Now as Guru Gobind Rai.) Guru Gobind Singh is the 10th Guru and the first Guru of the Khalsa. Second Guru of the Khalsa is Siri Guru Granth. Khalsa has two gurus. Now, let us talk legally. Guru Govind Rai was ordained by the Khalsa as a Guru. And he became Guru Gobind Singh. That's why they say, "Wha Wha Gobinda Singh Apey Guru Chela." Guru Gobind RAi was the tenth Guru. He started at the age of nine. He became Guru Gobind Singh much later. He was installed by the Khalsa. Look at the purity and power of spirituality given to the Khalsa that they can install a Guru like Gobind Singh. Gurus have disciples, and disciples had never become so pure that they could install a Guru. And sometimes you ask me, "Why do we wear a sword?" Guru Gobind Singh was the most wise human. He is the one wise human on this planet, who knew not only the psychology the instinct of the human. If you are made to worship the arm, then you also know how to respect it. You will never misuse it. He made it binding on you to wear a kirpan. When you become a Khalsa, it is subjective. It is a symbol, and symbolically you must wear a kirpan. Sword is the symbol of all arms. When you worship the sword, then you will be subconsciously the last person to use an arm. You will be most restrictive. You cannot madly play with something. Have you

ever seen any man in his madness throw his altar out of the window? Never. And when a person can do that, he is not a human. He gave you kara, a bangle. On your right hand he gave you a sign of slavery and freedom. He made you slave to God, so that you can be free of everything. He gave you the keshas, the hair. If a person, from birth to the end,does not ruin the antenna of his hair, then insanity cannot come near that person under any circumstances. He told you to keep it intact. He told you, because there is some reason in God's scheme. There is some play this hair sitting on the crown of the head has to play. He knew otherwise that you will go impotent at 35 or 40. He knew men. He made you wear underwear so that the polarity of second chakra in the movement of the second chakra correlative to the nostrils, ida and pingala, can be maintained by itself. He designed the underwear purposefully, so that you can have your own air pocket around your genitals. Those tiny, tiny underwear you wear on that area is just like a fig leaf on you, but he took you out of the fig leaf and made you to wear the kachera. The kachera is designed so that when you walk it presses an area called the calcium area. It creates its own air pocket. Tie that know anywhere and the four first vertebrae will always be in that air pocket. A man must enjoy his creative energy in life.

Guru Gobind Singh was the most scientific of all scientists. He gave you the wooden comb so that you could create your own electric energy for your brain by combing with wood. When the sun is up, tie this kundal, this kundalini which Samson talks about in the Bible. Tie this three and a half circles on the crown of you. At night, let it come down and it will come down to your base. So the Kundalini rises in the morning and in the evening it goes to the base and controls his Nab and his Keshas of the hair. Kundal, lock of the hair. You may have short hair, you may have long hair, you may have a crew cut or you may have any cut; but when you want to go and meet someone you always comb your hair. Man can get out of hair consciousness, take it as fact. Those who have bald head, they want hair to grow. Those who have thick hair, they want to cut it. Something is going on. For instance women, they do not understand what those tiny, tiny hairs on their legs do for them. They only know they are bad things. You know how the legs move, right? On both sides of the legs there are hairs. Those hairs create an electromagnetic field which balances the movement of the pituitary. You shave it and it is your problem. Why should I say you should not shave it? More insane you will be and the more students I will have. This is very good for us. They do everything which can make them insane and we do everything which can make them sane. So, turbans will be the fashion.

The question today is not who, but how many are their in the race of humanity? How many creative men are in the world? One question is, "Why are the Sikhs who have the prosperity loosing their prospects?" I have the answer to that. Because they have forgotten the great secret practices that were given to them. Why are we, out of total insanity, becoming totally creative? We are practicing those practices and that is all. Whom do you please? Fashion? A barber? Sometimes you cut this way, sometimes you cut that way,

sometimes you do it this way, sometimes you do it that way. I used to know a man who was 72 and used to color his hair and beard. He looked very young to himself. I said, "I just said 80 to confirm it, I knew you were about 70 so 72 is fine." Then I said, "You want to know something? You are very sick." He didn't like to hear that he was very sick. He was rich and had all that paraphenalia. He said, "How come?" I said, "In 72 years you have not learned that you are very fine and wise." He said, "I know I am wise." I said, "Then why do you blacken your face?" I said,"It has taken me 45 years to get grey. It is 45 years of doing to become grey and you are 72 and are still black." "That is true," he said, "it is just a matter of habit." I said, "In 72 years you don't have the wisdom to break this filthy habit? Whom are you telling by blackening your hair that you are young? Your wife? She knows how impotent you are. Your children? They know you very well. Your neighbors? They know you very well by your stick in your hand." Then he asked me, "Whom am I telling?" I said, "You are telling your fear which you have not surmounted. You have to quit and you have to quit gracefully and you won't quit this earth gracefully."

Our limited mind is our enemy and our unlimited mind is our best friend. When you will become the slave of the mind, it will limit you. When you use it, it will bring you the whole universe. That is why we practiced today the Sargam. You must understand that it is Gur Prasad. Nanak is Gur Prasad. You may try to learn something, but if you don't have Gur Prasad you won't get there. Everything is so timed.

Once I invited a friend of mine to dinner and I told him, "My dear friend, let us say a prayer that God should allow us to eat." He said to me, "Yogi Baba, you are a government servant, but you are just a fake." I said, "What wrong have I said? Food is already set on the table, servants are ready to serve, and it is time for us to come and eat. It is warm, it is beautiful, why not eat it? Let us say the prayer. Sometimes we can't eat." He said, "I don't care, prayer or no prayer, I will not eat." He went and took his plate. Meanwhile, I had started saying the prayer. When I finished the prayer, they came and told me that I should call the ambulance immediately. I said, "What happened?" They said, "He took the plate out and his son wanted to jump and he couldn't hold him because of his plate of food. His son fell and broke his arm. His plate was left lying on a table." I said to him, "Why didn't you eat?" He said, "This tragedy has happened." I said, "I knew a tragedy could happen and that is why I said 'let us pray'." He said, "What can a prayer do?" I said, "It gives us the power to be in gratitude." Have you seen a moose? When he becomes grateful after eating he takes his mouth up and takes his nose up and says mmmmm. Have you seen that? You will see it. See animals, they raise their noses upwards and they look toward the sky and they only will do it when they are well fed. That is their virtue. Even they thank God. Only the human forgets it.

Do you know, some of the teacher's wives are calling their husbands and telling them they are miserable here. You must understand

that your husbands can't help you. They have been told that you are neurotic and you are trying to pretend and play the game of insecurity, and they have been told to keep off of that idiotic self. Most of the time they please you left and right, but they have the instructions not to. Please don't pay a lot of money to the telephone company. It can be used for many other purposes. Some of the ashrams don't want collect calls. One of the teachers even complained to me in Los Angeles, He said, "Yogiji, when she was around me she never used to call me but since she is in Espanola everyday there is two telephones ringing. What is going on?" I said "Nothing, I don't know what is going on in Espanola, I am in L.A." If you can't do anything to your husband, at least you can do one thing, you can tell them you are becoming divine. And divinity also lies in silence. You have come here to do Sadhana. You have been asked to come here and relate to nature and divinity. You have been taken away from those capsuls and been exposed so that you can learn and when you go back there he can feel how God has been grateful to you.

An attitude of gratitude is yoga. The rest is a hodge podge of human intellect. Nothing else matters. Whenever you meet a yogi, one thing you will know, he will always be grateful to God. Those are not yogis who do miracles. Those who relate to human powers or even divine powers are not yogis, nor have they found yoga. Yoga is when you are united with God, and that is what we said yesterday. What did we say when we sang that sentence? Do you remember? "What pleases Thee is the only good done, Oh Thou eternal and formless One." That is the mental state of a yogi. That is a confirmed state of mind of a yogi. The Sikh who says there is nothing between yoga and the Sikh way of life is totally ignorant. Forgive them for their ignorance. The law of yoga is not explained, but the state of mind of a yogi is explained. What is it? "What pleases Thee is the only good done, oh Thou eternal and formless One." To whom you are saying it? You, in form, have the privilege to talk to the formless. Who was Guru Nanak? Through words, his words. Who is Hari Singh? He who will answer. Who is Nanak? He who has words. Who proves what Nanak is? Nanak proves through words. Bani is Guru because it is Guru Bani and all nectars are in it. Don't learn anything as mythology, learn it as a science. What a heritage Guru Nanak gave you. He gave it to you himself and he gave it to you free so that you can become it. By chanting Japji in the morning, you become Guru Nanak. No confusion, no disbelief, no difference exists. When you read the Siri Guru Granth, who reads? You. Who reads in you? You. For whom do you read? It is you. There is no middleman. Right before you the Guru sits. You talk through you. When you read the Siri Guru Granth, you become your own Guru. Do you know that? When I read this: Without doing I cannot estimate Oh Lord, you made it possible for me. You made me befitting for it. I am without merits, I have no merits at all. You became kind to me. Not only you became kind to me but you filled me with the bliss. You made me to meet a true Guru and a true guide. When God becomes merciful, He takes you to a man of guidance, mercy is not known through anything else. Everything else is false.--then I get Nam. My body should become ever lasting green, happiness and radiance

should come to you.

We have been hippies, drug addicts who used to do shoplifting and use bogus cards. We have taken money and all those funny things, remember? The moment we met the Guru and bowed to Siri Guru Granth, then we belonged to the nectar, we became baptised, we became Khalsa. In one of the courts of Canada, in Ottawa, there was a case. A person was trafficing in drugs and the charges were there and he got apprehended. He was produced before the majestrate who wrote in judgement. He said, "Law exists to transform a person. Right before me a man is standing who has adopted a religion which does not practice any kind of drug traffic. He is now reformed. How can the correction department reform him? Therefore, I acquit him." It is on the records. And that is the essence of life.

Without your essence of life, you cannot find gratitude. Without gratitude, which has an attitude and a habit, you cannot find God. Then you'll negate. Then negate yourself in a way that has you correct it. When you are negating, ask yourself, "Shutup, that is not the human job. I am a creative being, I can work better." My habit to be positive and inspiring and playful is so terrible and it has become such a habit, that even when I become mad and talk to my staff they say it is a virgo trip. They brush it right away, they don't care what I am saying. They say, "Oh yea, he is on a virgo trip, he is going to say for a few minutes, he doesn't mean it, it's just like breaking plates, don't worry."

Where to wear, where to eat, and where to live--these certain things must be together, only then can friendship continue. Friendship is not recognizable. We are Sikhs and Indians are Sikhs. We belong to the same Guru. And why Siri Guru Granth is a Guru? Because the vibratory effect can inspire the man to God. Somebody once asked, "What can this book do to you?" I said, "It can make me tell you it is not a book." He said, "What is it?" I said, "It is my Isht, it is my Guru." He said, "What can this Guru do to you?" I said, "It made me bow to infinity. When I bow to the Siri Guru Granth, it makes me bow to infinity. There is no where in any religion that this practice is available." He said, "What can it make me do?" I said, "It can make you bow to infinity." We forget God because we think our limit is this earth. That is our limiting mind which we apply. In reality we are to experience the infinity.

My topic is one in this course; I want to emphasize certain languages and teach certain ways of language with the Nad. Then you can have the effective power of the word. To bring you to that point, I am trying to relate all that we go through. But I ask you one thing. Many of you are miserable; but just don't repeat any negative words and you will be blessed with many positive virtues by God and Guru himself. Just be on vacation from negative talking for two weeks or four weeks or however long you stay. It will add a very beautiful chaper to your consciousness and soul. Too much worry.

Too much intellectual nuisance and too much insecurity are the worst diseases. They may not affect now, but ultimately they will

make your mind and body both sick. Our idea in keeping you here for all these days is to be with you, and to tell you, and to remind you, and to asure you that the House of the Guru is a house for all. Make it beautiful. Do some karma yoga here. Just clean it and just beautify it. Just put a plant somewhere here. You have come to the House of the Guru to learn. Learn to give so that your generations can take back; so that your sons and grandsons can know, "Well my mom used to study here, and this is the tree she planted. Well my mom and my dad used to come here and this is the service they did." Leave some mark in the House of Guru so in the garden of the heavens you can be taken care of.

I don't want to sell you something. I'm asking your consciousness. God consciousness is the consciousness of the giver, and by the act of giving only, God is found in you. Taking is for beggars. Anything that you take, from million dollars to one cent is begging. Have nothing to do with it. A million dollar beggar or a trillion dollar beggar or whatever nonsense it is, is all the same. Giving is the grace. They call it surrender, or giving with no return. It multiplies. Do karma yoga; you are not guests here. This is your home. This is your Isht; this is your place where prayer is done for you.

Wherever the Khalsa live, God Divine, thy protection and thy mercy be with them. Deg Teg Fathe. Be a victory of righteousness then, and may we all be blessed with food. You are a part of that brotherhood. You will take eight million days to say eight million prayers, unless each day eight million people pray for you. You are part of that great rotary. It is a gift of Guru Nanak to you. It is a blessing of Guru Ram Das with you. It is a miracle which Guru Gobind Singh could produce. That is the Khalsa, and the brotherhood of Khalsa to which you belong. You are not well and your kids are not well, because you don't do good service to the house of the Guru. Rise up. You have come here to clean your karma. I will tell you this story.

There was a woman and circumstances forced her to become a prostitute. Old age came nearby and she knew that she had no value to sell her body. She got worried, she got upset. Her clientel fell, expenses were more, income was less, and all of that American hassle. How to pay the bills? She was a wonderful dancer, but because the body lost the charm, things were not happening right. One day she went to a man of God and she said to him, "I am a prostitute. I don't even deserve that you will advise me or not, but I am not afraid." And that man of God laughed. He said, "Oh my dear, you have better chances to be with God than me." She said, "What?" He said, "When you want to please a man and you want to trip him, what do you do?" She said, "I am a very good dancer." He said, "When you dance very well, then what do you do?" She said, "The man becomes very happy, and we feed each other very well." He said, "What happens?" She said, "And then intercourse." He said, "What happens?" She said, "In the morning he is gone. I am there and he leaves a lot of money." He said, "You have been through all these years of this experience?" She said, "Yes." He said, "Do the same thing." She said, "Whaaa, what do you mean?" She thought perhaps

he had bad intentions. Normally, when you talk to somebody who has gone through something, she thinks that same thing is happening. She thought, "Ohhh, I have come to the wrong man. He's not holy because he wants to test my second chakra." And he saw it and said, "Wait a minute, just give me a chance to explain to you." She said, "What?" He said, "You know there is a temple here?" She said,"Yes." He said, "Go and dance there." She said, "What will happen?" He said, "People will feed you and God will be your intercourse, but he will never leave the next morning, ever." She trusted him, as professional as she was. She should only wear simple, beautiful clothes. She went into the yard of the temple and she danced. It became a miracle. People were saying, "That prostitute turned to be a Dhasi, God's servant. She has left her profession. She has become almost like Yogi Bhajan."

It is no different. It is the same proceedure. When I used to talk about law, I was a terror to the people. All I did was stop talking about the law and start talking about the law giver, the God. I became the beloved. The proceedure and technology are exactly the same, no difference. I used to run in the planes, now I still run in planes. I used to eat in airplanes, and still I eat in airplanes. I used to have a lot of stuff around me, and I still have a lot of stuff around me. I never used to find lonely times, and I don't find lonely times even now. There is no difference at all. I used to be in a uniform, and I wear a uniform now. I used to wear it like this, and I wear it like this now. I assure you, don't misunderstand, there is no difference at all. I used to care for family, and I care for family now. I t is a little big now. I was the answer to every problem, and I am the answer to every problem now. What difference is there? Tell me, is there any difference? My servants used to mess up my kitchen, they mess up even now. I used to end up telling the drivers to maintain the cars, and I do exactly the same job now. I used to see that boards and billboards and all that were all right, and now all light arrangements and all security arrangements are perfect.

I have been after Wha Guru Singh for the last week. You see those two lights that got put up? They would have never got there. I didn't put them up, but I at least participated in the House of Guru. It is the Hacienda de Guru Ram Das. What darkness, what nonsense is this? Oh Wha Guru, please put some light in it. And I was hasseling with him to put up a signboard. They only dug one hole, that's it. Eight hours, four people, a solid job. And you can't say a word to them. It is Mexico time. I said, "Wha Guru, get some help." He said, "What should I do? There are only girls, all women?" I said, "What do you mean? W-O-MAN. Thank God they are woman. They can dig a ditch for the House of Guru's board. They won't say no. They can produce a Guru-like person."

Kripta, woman could give birth to Nanak. If a woman can produce a man like Nanak, she cannot produce a little hole where she can fit a little wood to put her board? Mybago could take 40 people and defeat an entire army. These 40 had betrayed the Guru, and had put in writing, "we are not your Sikhs; you are not our Guru." She said, "No, no Nigura. No one should die as Nigura. What have you

done?" The men said, " What can we do now?" She said, "Come with me." The war was hot. On one side all 40 attacked, and it turned the war. On one side arrows came by the handfull at the Guru's people, and on the other side these 40 attacked. Guru asked the Khalsa, he said, "Wait a minute. What happened from that side? Someone go check." And they found faces, and they knew those faces. When they came to Ketterdar, the leader, his last breath was there. The Guru said, "Can I do anything?" He said, "Tear it." The Guru took that paper out and tore it with his hands. Muksar Nirvana, the salvation, Guru Gobind Singh named that place as Guru Gobind Singh's rest. The one who will come here, he will find freedom.

It is the consciousness. You have been told you are chicks. You started believing you are chicks. Now you are not, you are Kaurs. Kaur must know the art of life, and she is the princess in possession of the faculty of life. Let no nonsense make sense out of it. Be here with that devotion and with that purity, so that that yantra or visitation will not limit your mind. Don't be here because you have been sent here. Be here because it will add to your grace and to your spirit and to your soul. That is the path of the seeker of the truth. Make best use of it. Be here as much as you can. Serve this house, and your generations will be served. The tracks that walk towards sadhana, the feet that visit the sadhana, they avoid the journey to visit the hospital. A little giving in service and devotion to the house of the Guru can open for you the doors to heaven and unlimited virtues. Seva and Simran are the two legs on which God walks because man of God can reach that state. If you have come here, do Seva. Do karma yoga. Do it with your hands, do it with your mind, do it with your soul, do it with your money, do it with your Self and your Self will be exalted. And do Simran. This is the time for you to meditate and learn meditation. Do not waste a minute in your life. There is a chance now and let us avail this chance. I have waited six years to make this dream true, to sit down one of the summers and give what I have to my own family. I waited only for this dream, and when it has become reality, let us take advantage of it. Therefore we have to take a roll call; it is unfortunate. If you all were there, there would be no need of a roll call. Let us listen to the call of consciousness and God. Don't avoid, don't be negative, don't run away from these lectures. I know you. If in the house of the Guru you feel you have to walk with the clouds of negativity over you, your generations will pay for it. You have come here to be positive, you have come here to be pure, you have come here to give your time to consciousness and to rise above time and space. You have been asked to come here to gain. Gain it all the way through. You have been asked here to make yourself healthy, happy, and holy. Just act, and it will happen. It is a chance we wanted to provide and we have provided. Avail it or not, it is your consciousness.

And now I would like to see how you have practiced that sargam. Start. Sa Re Ga Ma Pa Da Ni Sa. Understand one thing, and that is the greatest secret. I speak to you of the greatest secret of God. A human who has no rhythm in his voice cannot sustain virtues. In other words, a rhythmless human is a virtueless being. That is why the entire Siri Guru Granth is in rhythm. It is in Rag and in scale. The Guru knew that people would be virtueful. That is why I am

emphasizing to you the learning of rhythm, so that your voice will be rhythmic. Once your voice becomes rhythmic you become virtuous. Have you seen some people? They go, "Kaa, kaa, kaa, kaa, kaa." And the other guy goes, "What?" Just one word from that other person neutralizes him. What neutralizes in that? Rhythm. Repeat it again. Sa Re Ga Ma Pa Da Ni Sa. Now, use the same rhythm in a mantra. Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru. Remember, sometimes we do it mistakingly with no rhythm. Wahe Guru has to be separated but kept in the link. Wahe Guru creates that sound in the ashtang rhythm cycle. It is your personal. Inhale and start. Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru. Listen, there is a secret in it. It creates prosperity. This mantra is a mantra of bewitchment of God creativity. It is an ashtang mantra of infinity, and it has to come like water comes. Wave after wave it comes, but it keeps the rhythm because it must do the Mitna. Any mantra which does not do the Mitna does not produce the fruit. Remember that law. And without fruit, the tree is of no use. It must have some fruit. Shade is fruit with some use. That's why we say that the ashtang mantra which we have controls the eight facets of divinity. God is considered to be eight facets. Yoga is an ashtang science. It makes and enables you to control eight facets. The mantra controls it. Yog and Bhajan are two secrets. Union and mantra.Yog gives you the power and mantra does it. Therefore, learn how to chant the correct mantra, and chanting it correctly will do the trick.

Inhale. Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Sat Nam Wahe Guru. Now remember one thing. All these various nerves are around this area of the mouth. They also interlink with the tongue. Why were these various nerves not tied down with the knees? It is a simple scientific question and a simple scientific answer. Your thinking pattern is based on what you normally speak. If you speak the word of God, your thinking patterns will become divine. These nerves by the movements of the tongue, create the patterns of the brain function.

Someone asked me once, "Yogiji you have done a great job; you have given these people sainthood, but sometimes you are really rude and very harsh and very bitter in your language. Why?" I said, "I am a gardener. Planting, transplanting, and trimming is my job. You are talking of a flower shop. I deal with flowers, but I am a gardener. You have experience of a flower shop. The flower shop salesman is an employee who creates only the sale. He is nothing but sweet, he wears dirtless things and the shop is dirtless. It has to be that way because then the sale is good. A gardener is not that way. A carpenter has to have around him little pieces of wood. But when the carved wood comes to the shop, have you seen tools? No. When you have to chisel a perfect human out of a human, it takes a lot of effort, it takes a lot of cutting, chiseling and filing. It requires infinite patience. It requires talent. It requires kindness, and also it requires bruteness. It is a hodgepodge of everything. Fortunate are those who went to the workshop, got tuned up and cleaned out. That is why you are here. You are here to work on yourselves in the shop of the Guru. Everybody is an instrument, everybody is a help to the other. They can make you God right now.

July 10, 1975

If anybody is down in the spirit, just raise it. It will become raised, and you will become Nanak. Give hope to those who don't have hope, give love to those who don't understand, give food to those who have not eaten, and give comfort to the uncomfortable. It's all divinity. Try to be what you have to be. Worry not about me my men, I'll be teaching yoga even in hell. But there are not a lot of jobs for yoga teachers in hell. Therefore, try to find the heavens, so that you may not end up unemployed.

Use energy in some way. Dedicate your time and energy so that you can recall some time. And so that you can recall it, we will talk tomorrow about the mind's limitations and how to get out of it. Thank you.

LISTEN
July 11, 1975
Espanola, New Mexico

Today we are talking about a very simple thing which is "Nad" in Laya. First of all you must understand; Laya Yoga is not a yoga of books, nor is there any scripture about it. It goes from person to person. And it cannot be taught other than in a family. It took me six years to make a family. I can call it a family inspite of the fact that sometimes you become negative to me and what I am doing. I am doing a very simple and honest effort. I am trying to provide a filter, so that whatever we have suffered should stop here. And it should not pass on to our generations. As in simple saying in scripture, "whatever weed eats away my seed, I don't want in my land." Simple. It is a simple theory: that which made us suffer, that which made us today what we are, has to stop here. It must not be allowed to pass on to our generation, and there are only three generations we can clean in. It doesn't take the first generation. The first generation suffers, pioneers. The second finds it easy because they find experiment in things. And the third knows the value and then it passes on. You must understand one thing. To make a family with reputation and environment, it takes you about 100 years. It takes a nation 1000 years. And one individual can just throw a matchstick to the whole 100 year job done. It can go away.

Now, this universe around me and around you, is ours. I can say a thing and it can trigger the universe to act. Each one of you has the same capacity. As a human, if you relate to the human mechanism, you will be miserable. That's a law. But if you relate to ether and live on the earth, you will be happy. There's no two opinions about that. With head in the ether and feet on the earth, things are all right. With head on the earth and feet in ether, things are topsy-turvy. Never plan a thing; never think a thing; never imagine a thing; never allow a pattern, which does not take you beyond this earth. I'll give you the basic secret. Anything you plan, plan for here and hereafter. It doesn't matter what you are to plan in life. Plan; think; imagine; talk about, but always understand, it is here and here-after. Anything which you plan here is not complete because every here has a here-after.

All right, today we are good. Let's eat it up. But what about tomorrow? Every tomorrow is based on today. Neither has yoga any value, nor does God have any value, nor do you have any value, nor does wealth have any value. Neither Brahma, nor Parabrahma, nor Paramesura, nor the God, the infinite himself, nor whatever this earth has, have any value. It doesn't mean a thing if you do not have your own security.

It is right in Japji. In the entire scientific world, in the entire philosophy, in the entire scriptures, in the entire gyan, there's no gyan like that. In that one little thing, Guru Nanak put the entire knowledge of the universe. Entire: not any left out. All right, now you read it. Now listen carefully.

"If a man were to live for ages four
Or for tens of yugas more
With his fame spread across the nine continents,
Being followed, honored and sought by all,
Yet if he were to fall from His Grace,
He would be counted as a worm among worms,
And even sinners will blame him.
O Nanak, God grants virtue to the non-virtuous,
He bestows piety upon the pious.
There is no one who has anything to bestow upon him.

By the hearing of God's Name
A man becomes a Siddha, a Pir, a spiritual hero and a great yogi.
By hearing God's Name, the Ultimate Reality is known.
The earth and its supporting Bull are revealed.
And the heavens too are seen.
By the hearing of God's Name
Man comes to know the continents, the worlds and the nether regions.
By the hearing of God's Name
Man is free from the torment of death
O Nanak, a Devotee is ever in bliss:
By hearing the Lord's Name,
His pain and sin are destroyed."

Now it is by hearing only. You know how much it costs? $150.00 for a tape recorder, $50.00 for a watch, I give you the estimate. $150.00 for a tape recorder, $50.00 for a watch, and just time it at 2:30. Exactly at 2:30, the time will strike. At 2:30, the tape will start Ek On Kar Sat Nam, whatever you want to say. You can just listen. Actually, today I want to tell you one of the greatest secrets: man is born as animal to listen. This is one secret which, if you will never learn, you will never have the essence of life. It is man's basic quality: a being who listens. You will be surprised at one thing: when I speak, I also listen. I speak to listen. Sometimes something tells you, and whatever something tells you, you listen and then you act.

When some of you stop listening, you don't want to listen. That is the time when you make the greatest mistake of your life because your constitution, your construction, your building, your faculty, your power, is in listening. There is a great gimmick going on in the world. They say "jappa jap." They make a lot of fools of us. Jappa jap is when the mantra becomes a mantra, and you don't chant that mantra, you listen to that in the atmosphere. When the Wha Guru Mantra becomes siddha, when you perfectly have the Wha Guru Mantra within you, then you won't chant the mantra. This entire universe will make you listen.

If there's any difficulty in your life, are you

not accustomed to saying,"Hey, Jesus!" You know you just say it out of a pun or a spun, or whatever you want to call it. You may be a Jew, you may be a Christian, you may be anything. Everybody, "Oh, Jesus! What is happening?" Now why do you say that? What is Jesus to you? In the subconscious mind, in the universe, a thought has been sent that Jesus is a savior. Whenever there is a difficulty, you utter "Jesus" or when you feel astonished, as we say "Wha Guru". The ecstacy, wow! That surprise. What is that surprise? It is something beyond you. The greatest tragedy of a human being is when the human being stops listening. That's why Guru Nanak said: "One who listens is the purest. One who says is just pure." That is why a teacher is never saved by his actions. A teacher is always saved by the students. The law of universal consciousness is, if you become a teacher and you don't arouse the student to the power of his estimated purity, you have goofed. Your next incarnation is a cockroach. It's true. If the Guru is blind, he takes the disciple to that darkness. Then in the next life, he lives in the dark dungeon of his own residue. That's why I never kill a cockroach. Maybe a poor swami or ex-yogi might be around, who never knew better. The power of listening is so much.

I went to a part of the Himalayan range which is filled with fire, volcanos and those kind of things. There I met a man. He was Nirgura. He never had a guru, but he was a holy man. So I camped in that dark bungalow, which was a government residence for the staying of visiting officers. Early in the morning, I saw some thought going out. I never knew why my orderly was hassling somebody. I couldn't understand it. So out of curiousity, I came out and I saw a very beautiful man standing and asking my orderly that he wanted to see me. And this man was saying, "Look, he will see anybody. The court starts at 10:00, so you've got to wait. And he is meditating..."

He said--I have nothing to do with his court and his meditation. I want to talk with him. So that man was doing his duty: he was stopping him. This man was doing his duty: He wanted to get in. So I thought that voice out and I didn't feel harmony, so I went out. I said--what is the matter? He said--I have to see you. I said--Well, then come in.

At that, my orderly looked at me like, you know, what am I doing? So I told him--come in. I got in to my room. I sat down with him. I said--What do you want? He said--You know, I listen to the wind. And this morning I listened to the wind and I don't have a guru. And the wind told me to find you here. You be my guru. I said--What? Wind told you? You listen to wind? Which wind? You know, I was taken aback, to be very honest with you. Now the guy wants me to guru and I don't know what he's talking about. I listen very patiently, but I couldn't make out anything. I said--To which wind do you listen? He said--This wind. I said--What does it say to you? It says a lot of things to me.

Now, I looked at his aura, and I found him all right, but what he was talking about, I couldn't make out anything. I said--Ji, let me know what your problem is. He said to me--You are here for a government job, right? Now you are playing fool with me. But you are a holy man. I said--Who told you? I am just a man. I am not a holy man. What holiness do you see around me? He said--My wind tells me.

Now what can you do? What can you do against his wind? He said--I got up this morning. I could locate you. I was from five to seven miles, whatever the time distance was. I rise early in the morning and you are the man. You will tell me how to be God's man. Then I told him--In age, you are more; in experience, you are more. Man, you can listen to the wind. I even don't know where it blows. So you tell me how to listen to the wind, and I will tell you then what you want.

You will be all shocked. We saw a sound of human speaking right in that room. We just sat down still and he started meditating and I could start listening to beautiful music. I couldn't believe it myself. And I said--Well, I agree you listen to the wind. I agree what you listen to. He said--Did you listen too? I said--Sure. That's what I said; I agree. Now what do you want? He said--Well, you be my guru. I said--I can't be your guru. He said--But something you have to do. I don't care who you are, but my wind tells me...

And now I also know that the wind tells him. So now fighting was useless. It was a lie to fight. So I asked him--What do you want? He said--I want a mantra. So I said--Well, I can share with you the mantra. I can share with you.

As a human, you can only share, you can't initiate. That's the most wrong thing. Money making is a different process. A man cannot initiate a man. You know, getting sixty-five bucks, and thirty bucks and a hundred bucks, that's a good gimmick to initiate a person and do a little ceremony and do a thing. But a man cannot initiate a man. My Creator and your creator are the same creator. He initiated us in life and he initiated us through the orbit of life. How can I initiate you? How can you initiate me? But we can share.

I said--I can share with you my mantra. And he told me, he said--Give me a small one. I still remember his exact words and this is how he said it-I need a small one, not a big one.

I want to tell you how people have the grace. And I assure you, at that time I was not known as a yogi. I was known as a Baba who runs around, who fixes people, and who knows things. There were a lot of things said about me, but it was not classified. You understand? I was not a classified holy man. I always avoided it. Till it came on me like a thing. So in my consciousness I said--All right. I can share with you. He said--Fine.

He sat down. I also sat down, and he said--You can't do that. You sit there. I said--Why? He said--I have to get, you have to

give. You have agreed now to share, now share gracefully. I said--Jesus, he's a difficult man. It was in my mind to get rid of him. So I sat down. I said--Say Sat Nam! He said--No not this way. My wind tells me that you are angry at me. I said--I am not angry at you but you are very fussy with me. I said--My fires tell me that you just want to listen to what you want to listen to. He said--No. You chant the mantra, and I will listen. And my wind will tell me, because my wind has brought me here. And I said--By saying "Sat Nam" we can get rid of the whole thing. So I said--All right. This is how we chant. Saaaaaaat Nam. He said--No. I said--All right, we also say, "Sat Nam, Wahe Guru. He said--No. I said--Ek Ong Kar, Sat Nam, Karta Purkh... He said--Wait a minute; that's not what you are to say. It was a very curious situation and I never knew what to do. Now his wind has to tell him and then I can do my job.

Finally, not finding the way, I said--Man, really you want to share with me what God has with me? He said--Yes. I said--Well, sit down then and let us all chant the same way. Okay? Sa-Ta-Na-Ma. There is a key in it. There is a trick in it, folks. Watch out. It's not as simple as we chant every day. Now watch my sound. There is a little trick in it. There is a trick that even if the death wants to get you, it can't get you if you know that little key in it. This Sa-Ta-Na-Ma is total universe. So long as you will greet each other, talk to each other, chant it, meditate on it, the God on his own confidence has to stand by you.

It's a panj shabad. These are the five sounds which God accepted. Now listen to the sound which I want to share with you. Sa-Ta-Na-Ma, Sa-Ta-Na...This Na, in sound is thin, but in this chant, Na is thick. NA. It is not na, it is NA. (nasal) There is a little vibratory affect, you may not even sometimes look at it, but it is most important. na means death. NA means one who never dies. Sat Siri Akal: Sat means the Truth, Siri means great, Akal means that which does not die. But when you say "Kal" it means death. Akal; which does not know death. na and NA. They are two opposites. He said--Yes, my wind tells me it's all right, thank you. Sa-Ta-Na-Ma, and he left. I never saw him again.

The power of you is the power of your sound. Whatever you say is not that power, but that you listen to what you say. Not that I listen to what you say. Mostly, you don't listen to what you say. That's why the world around you is a mess. Say it, but when you say it, also listen to what you are saying. It is the most powerful human situation. When you chant, listen to what you chant, because your liberation, your achievement, is in listening, not in saying. In your listening is your power. And if you can say something, and you can listen to the same thing, your impact will be perfect. It doesn't matter, my friend, what you say. It matters how you say it. How you say it is the way you want to listen. You are angry, you say "Hey Godsake!" Now you have said God, and you have said sake. God sake is a very good word, but as you say it!

It is so surprising, and I do it very often. When there are people in my presence, I start talking about something. I don't

mean a thing, you know. And they get upset. Then they run away. Now they can't catch me because I have not said something very unusual. I say a very common thing, but the way I say it, I know they can't stand it. I know it. They know it too. And you know how I decide? I say six words. If on the third word, the aura changes to zero, (I'm not saying what zero) then I understand the retaining and sustaining power of this individual is at risk. If he listens to the full sentence and then reacts, it's a normal case. When in the half of the sentence he reacts, he's an abnormal case and we have to work harder and faster. And sometimes I even look and people freak out. This is normal. Sound pervades among us. Sound is us. We are just like an instrument of sound. If our sound has rhythm, we have success. If our sound doesn't have rhythm...

Some people always say,"What have I said?" you have said nothing. It was a rhythmless saying. It was filled with the filth of ego and anger. It was a deceitful saying. It was a saying to penetrate and crush the other man's territory of ego. It was said to put in the other man the duality, the insecurity. It was a kind of a blame that you said. You put all twenty tons of poison in it, but you cover it with beautiful words. It will effect the way you have said it, the way you wanted it. Your word, a cover of thin sheet you put out, is not effective. You are speaking from the sickest karma of your personality, and you are putting out the sweetest word. My dear, sickness will catch, words won't mean anything. You put a potassium cyanide in a capsule, and you give it to the guy and you think he's not going to die? Forget it. Poison will be a poison, how you put it doesn't matter. Don't ask what you have said, listen to what you have said. When you listen to what you say, you cannot say the wrong thing. If you ever want to say the right thing, just listen to what you are saying. Your own self will stop you.

It is one of the most surprising things, the theory of tantrums. When you lay a tantrum, basically you lay it when you are insecure, when your faith is weak, when you are unable to communicate and when you want to either insult or disrespect another person. There are six basic needs of a person to lay a tantrum on another person. Those six are: just to insult, to upset, to bring anger, to create a fear complex, to try to create a separation and to produce death. These are the six evidences on which a person lays a tantrum. Otherwise you communicate. And tantrum is only laid down by an individual when this individual thinks this is his or her territory and he or she feels the threat of the territory. Tantrum is an outlet for the threat to ego. Try to understand the basic action. Whenever there is a threat to your ego, there is no love in you. And whatever you say out of love is acceptable. Whatever you say out of ego will never be acceptable no matter how wise you may be and how well you say it.

That is the way we mess up each other's lives. We don't talk straight. Why don't we talk? Because we don't want to listen to what we say. We know we are angry; we know we are at fault; we know we are a nuisance; therefore we live around with a swollen

face. Now if God would not have given a human mind the patience, the human relationship could not go more than one day. The sickening effect of the whole topic is, when you lay a tantrum, another man cannot adjust himself. Suppose he reacts in tantrum, what will happen to you? A person who does not listen is the only one who can do it. A person who can listen can't do that, because the impolite, disrespectful words are worse than anything which can happen to you. This is serious: cut of the word you can never stitch. Cut of the sword is repairable. Loss or damage to the material is repairable. But cut of the word is irreparable. Man may forget it, forgive it, but the scar shall be always there. What is the difference between the two sentences? One sentence has a rhythm, the other doesn't. A sentence which does not have a rhythm will cut through, and you will never be forgiven for that, whomever you may be. That is bhoge, bhoga, bhagh, separation. Any word of language uttered in which there is no rhythm, will kill the friendship. It will kill the communication, It will just separate. And any language, or anything said which has a rhythm, will unite you. That is yoga and bhoga right there. If you are speaking to somebody from the state of compassion, love respect, grace, communication, you will bring two people together. But when you speak from your angle of selfishness and ego, you would separate the matter. That is why friends become enemies and enemies become friends. Therefore, it is very essential to know to whom you are speaking. It is most important.

The man whose words are innocent and whose tongue chants to God, will never be brought to anger. That's why they say that whenever you go to a holy man, whenever you go to a wise man, when you want to go to a good man; never go empty handed. Why they say? Now I tell you the trick. Trick is, when you give somebody the gift, it doesn't matter what his mood is, he is going to look at the gift. Whatever the mood is, comes and materializes in that focus. Do you understand? If you are there, then that focus is you.

Once there was a very proud king. He and his queen didn't have a child. They went to the House of the Guru to serve, and they started serving in the kitchen. They were doing a good job; more than good. One day they heard--Oh my beloved friend, whatever God has written on your forehead cannot go away: The wife said to the husband--Now in our life, if no child is written, what is the Guru going to do? He said--Well, something he must do. She said--What something? We'll go and ask him. He'll say it's not written on our forehead and that's it. And then we will have heard it. He said--Listen. There has to be something, some trick about it. I don't agree. After all, I am a king. I have to run my government and I know things go around some way. In God also the same thing must be. So don't worry about it, something will happen.

One day they were serving in the kitchen. Guru walked in and said--You people have served very well. You have served the House of Guru. See me tomorrow. So the husband said--Thank you sir, we

will. And the husband said--See? See? She said--What? He's just going to tell you there's nothing written on your forehead, that's all. So tomorrow you are going to get a "No". He said--Well, it doesn't matter, no or yes, we will see tomorrow. Don't worry.

He had faith. He had tremendous faith. The next morning, they went and Guru said--What can I do for you people? King said--Sir, you are to do nothing, just don't tell us anything. She said--Just don't tell us anything. We don't want to hear anything. We just want to see you, thank you. King said--We are all right. You know everything. You are everything. God listens to you, but don't tell us anything. Guru said--What is going on? What is happening? And she said--No, no, no, he's all right. We know. We'll serve your house. We'll be all right. We'll be good. Don't tell us anything.

The Guru knew what was happening. He closed his eyes, concentrated, meditated, and said--Oh king, you have served the House of Guru and you have washed the plate of a Sikh; therefore, all your karma has been washed. Now go back with your queen to your kingdom and be blessed with a son. One, two, three. Tears came in the eyes of the king and he said--Sat Guru, we never did so well. One was enough. One, two, three, just because of washing that one plate? Guru said-- It was enough you came all the way from top to the bottom of yourself. Then you served and you served the one who nobody could have served except God.

Narad, the greatest disciple of Narian the God, one day asked God, Ji, I am very good. God said--No. He said--Listen God, all the time I do Narian, Narian, I don't do anything else, you are so happy with me and you say--No? Narian said--Look, you have no guru. Narad said--I have you. He said--No. I'm not your guru. I'm your God. Find the Guru.

Now Narad said to himself--This is a puzzle. God is telling me to find a guru. Narad said to Nirian--What has made you to say so? Narian said--Without Guru, knowledge is not there. You are a devotee. You are perfect, but you are not a man with knowledge because you don't have a Guru. Narad said--All right Narian. You are the Lord of Universe, you are my Creator, you are Creator of the whole thing, tell me where I find the Guru. He said--Go to the earth. Gurus are available on earth. He said--how shall I find him? He said--First man that you meet in the morning, just get him for Guru and you'll be ok.

Narad came to earth, slept for a night, got up the next morning, and found a man who was going with a fishing net. He said--Oh God, I am Brahman. This is a fisherman. I can't accept him as a Guru. So he came back. He said--God what is the joke? God said--What joke? Narad said--I went to find a guru and I found a fisherman. Fishermen are never gurus. Narian said--You will not learn the Satva. You disobeyed me. Now you will go through eighty-four lacs of incarnations. Go back to the earth!

Narad went back. Now he was in fear. The next morning, he got up and saw the fisherman again. He grabbed him, put his net around him, and took him back to where he was staying. He said--Look, first I did a mistake and I got cursed. Now you are my Guru. You tell me how to get out of that curse. The fisherman said--Narad, what's the curse? Narad said--Well, Narian told me I don't have a Guru, so I came on earth to find Guru. His order was to find the first man and he would have been Guru. I found you, a fisherman. I disliked you. So I went to God, Narian, and He put a curse on me. Now I don't want to go through those eighty-four lacs. Now you are my Guru. Before I will believe you are my Guru, tell me how to get out of it. The fisherman said--It's very easy. Narad said--Easy? God's word? That curse? I won't go through those lacs? The fisherman said--Surely not. You won't. Narad said--How? That fisherman spoke in his ears something. Narad went again to Narian--Narian, Narian, Narian! God said--You have not to go through those eighty-four times of birth, did he tell you the trick? Narad said--Yes, I am all right. Narian said--My curse won't work? --No, it's not going to work at all. --How do you know? Narad said--My Guru told me. Narian said--Well, how come? --First of all, your curse is not complete. Narian said--How is it not complete? --You say I'll go through eighty-four lacs. You never prescribed how I have to start: as a donkey, a monkey, an elephant? You never prescribed how I have to start. And you never prescribed time. Punishment which has no system and time, is not a punishment.

Narian said--I am not going to spare you. Narad said--Sir, wait a minute. Write down how I will go through it. Narian started writing.--First you will be atom, then molecule, then tree, then flower, then this flower...all eighty-four lacs,you know is a long list. When it was written, Narad said--Sir, is this ok? --Perfect. --Now, since I am going to go away from you and I have to go through all this, can you do me a little favor? Just a little. I won't ask more than a little. Narian said--Sure, sure. --Sir, you know this paper. Just tear it in half. Narian said--Narad, your order of punishment is written. Narad said--You wrote it, you can tear it up. That's it. It will be done. It's enough you wrote it. Now, do you want to grant me what I said or not? --What did you say? --I told you to tear it in half. So Narian tore it in a square way, and said--All right. Narad said--Sir, it is not torn half way, it must be torn this way so the curse won't be good. And Narian said--Was that fisherman your Guru? Then Narad couldn't hold. He grabbed and said--How did you know that? And the moment he touched Narian, he felt the feeling that he felt with the fisherman.

The word, the wisdom, the power of God, is not in this of in that; here or there. It is there where it is. That is why whenever you say something, you should listen to it. And when you listen to it, then you will know if it is good or bad. If it is bad, then why do you want to distribute it.

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The word good is g-o-o-d. The word God is G-o-d. You have to become God to become good. There is additional "o". Life is not a ritual, my friends. Life is a reality. Give your life a chance, give your life a guidance. Allow your life to live. At least if you are a mess, your life may not be. Allow it to live. You are the only one who can give your life a chance to live. God did His job. He gave you life. God gave you instrument, the human body, to live the life, and God gave you the orbit of life. Now how do you want to live it? With depression, with tantrums, with insecurities? This wolf cry is not only a deadly thing, but it is a living of the cursed ones.

That is why in Ardas, the prayer of the Sikh,"Nanak Nam, Chardi Kala, Tere Bani, Sarbat Kabala." Nanak Nam; Nanak, by virtue of chanting the Nam, spirit is elevated, and then, man wishes good to all. One who wishes good to all, wishes good to himself. When you want to limit the good, then you get the curse of God. Let the good flow, let the kindness flow. It can come to you when your words, the shabad, have the rhythm in them; harmony, harmonious words.

You can say it loudly, or you can say it slowly, that doesn't mean a thing; but the listener should be tuned in to listening. When you are angry, it doesn't matter whether you are a saint, you are going to irritate a man. When you are insecure, you are going to irritate a secure man. You have a bow and you want to shoot it, and you say that the other person will not be hurt. You are just a nuisance. It will never make sense. Five times, ten times. twenty times, the people from the village will come to save you; but one day, they will decide not to. That day the real wolf will eat you.

Some people are not grateful for the kindness of God. They are not grateful because they do not know how great they are. If you do not know how filled you are with greatness, how can you be grateful? You always count your defects, you never count your merits. Count your merits, and leave the deficiencies. They are meant to be filled in with your efficiency. That's all it takes. When you don't give to your deficiency, it is your efficiency. You are not a sinner, you are deficient. Just keep up, and you'll be efficient. That's all it takes. When you don't give to your deficiency, it is your efficiency, and it will carry you through. That's all, it's a secret of life. Nobody's perfect.

As a human, if you are innocent, you will never be punished. When you don't know anything, you are innocent. Why you want to know your demerits? Then you are not innocent. Never try to know your demerits, but know your good points.

A question was asked to me today, a very funny question, they said--Yogiji, we have observed one thing. I said--What have you observed? They said--People who go very messy and very insecure, you pay more attention to them, than the people who are just ok. I said--Well, my job, you must understand. I am a garbage collector. I'll collect where the garbage is.

July 11, 1975

Have you seen a man cleaning a clean floor? It is so simple, this life is so simple. In reality if you want to know the truth, you need not know anything at all. Too much knowing is a lot of mess. To be very factual with you, in my own personal self, I have never cared to know anything. If you can measure a man to the escapist capacity of N (infinity), I am a living example of it. All I know is two things; one is, there is a prayer, and the other is that there is no prayer. That's all I know. I don't know anything more than that. I have only two things known to me; one is a prayer, and one is not. I can do one thing only at a time. Either I can pray for you or I won't, that's all. That is why nothing upsets me, my set-up is so perfect. All I know is that this man is saying to me this thing. I believe something has asked this person to say this thing to me. Then I'll say--Oh something, who brought him here, take care of it. That's my prayer. Whatever I can't understand, I give to the understanding of the one who has created the understanding. By practice, I have become good at it.

I definitely know as a human I am limited, and I love to be limited. It is a blessing. I know what a God mess must be, I know myself. You know when you have to cook for twenty people you are in a mess. When you have to cook for two million people, you know what a big mess you can be in? Or you can cater to your husband or your teacher, or one of your family; look at that guy who takes care of this whole earth. He sustains everything. You talk about God, you think about God, you read about God, you do yoga because of God, you are yogis because of God; but my experience is that most of the time people forget what God is. This is my experience. I have talked to people and people and people. Mostly we talk about earth. And what I have learned to do when somebody talks to me about earth, is to tell him about God. When somebody tells me about God, I listen, that's all. I listen to my staff because I know through them the God can be promoted, that's all. I have no personal intention. I believe they have come to me by God. They have come because they are supposed to, through their incarnation, to work for God; and I know they are supposed to promote God. It is their karma; I sit and watch. Sometime they even forget that part of it. They forget about it as others forget about a lot of things.

If you understand that you remember God, just try to remember everything about God, and 4:00 in the evening I'll finish. You'll be shocked to know how many times and how much time you forgot about it. Yoga means united and union. One who is united with God, how can he forget about God? When you don't forget anything, what do you remember?

I have a friend in New York, and we used to have fun late night. We used to do this together, that together you know lots of things, you remember about it? And you talk about that friend? And you think about that friend? And you pray about that friend? And it is between the two humans. Once my teacher told me one thing.--The man who can get angry at you, he has forgotten God. When a man of God gets angry at you, he has no other way but to see God. I asked him a question, I said--How can these two things happen? When an ordinary man becomes angry, he forgets

God. And when a man of God becomes angry, he remembers God. It doesn't seem right. He asked me, he said--Listen. When a man of God gets angry, he sees nothing but God; but you can only become angry when you forget God first. You will meet some of the people who are very angry. Very saintly and very angry.

I had a chance to visit one. Oh, I have never seen anybody swearing to that extent, even if I tried for twenty years, I could not imagine for a single day. You know, the moment he looked at me, he started abusing me straight back and forth without any reservation. It took me about ten minutes to reach him and I bowed to him and he gave me such a bad abuse. Then I sat down. I was told what to say. You know, I never knew what to deal with that man. I had my first experience. All I said was--You are all right. You speak the great truth. Is there a way out? Now I was told to say that. Then he stopped. Immediately when I said it, he stopped. He said, Sir, now you know who you are. I said,--Yes. Whatever you said, I am. Now tell me how to get out of it. He said--What are you doing? --I am doing my job. --Do the right job you are supposed to do. I said--You send me through. I'm willing to do. Then he looked around and said--Oh yeh, ok. It will take a little while. Don't worry about it. I left and somebody asked me--What was your experience? I said--My God, you call that experience? Moment he started looking at me he started going left and right with such dirty abuses, I cannot believe. Is he a man of God? Why you send me there? He said--Don't worry about that part. That's normal. What else happened? I said--Then I told him what I was told to say. He said--Then what? I said--Then he stopped. He said--Oh, job is done!

I couldn't believe him, either. I said--Are you crazy? What job is done? What are you talking about? You know I just played very innocent. He said--You do not know. He would not have stopped.

After a week, that friend of mine came and asked me--Yogi Baba, could you tell me why that man abused you? I said--I know. I knew why. He said--Why didn't you tell me at that time? I said--Well, you never asked. You just said job is done. He said--Tell me why does he abuse people? I said--That man doesn't see anything except the soul in us and all the negative karma we are committing with that soul. That makes him angry and he abuses, that's all.

It's a very simple phenomenon. There is anger in us. The people who teach you, get rid of anger, get rid of lust, get rid of attachment, get rid of sex, get rid of this; I don't agree with them. There are five tattwas: ether, air, fire, water and earth. Those five basic elements which have made a human body are right in you. Without that you can't function, you die. If you want to get rid of fire, what will digest food in your stomach? That fire digests food also. So there's no chance to get rid of anger and I don't think you should even try to do that. Be angry.

Be really angry; but be honestly angry, don't play around. You can always be angry and honestly angry at your own foolishness. Be attached to your sadhana. How can you do sadhana without attachment? Who will wake you up? These tattwas have essence. Each tattwa has the essence. You can channel the essence, you cannot get rid of it. It is a part of you.

Now the entire scripture of the world is defined in these three sutras. Sadhana, radhana and prabupati. That's all. There's nothing more to learn. Sadhana is the discipline. Radhana is to practice the discipline. The result is prabupati. Prabhu means God, pati means the master of God. Word is very simple. It never said you'll become God; it never said You'll leave God; it never said you'll have salvation, nothing. It said prabhupati: you'll become master of God. Why? A knot given by God, God-knot given by man of God cannot be opened by God, this is the law of polarity. That is why in your innocence you should always speak good. When you speak good, you are more that God, you are a more organized God. It is an "O". "G",generating power, "O", organizing power, "D", destroying power. These three words make God. Brahma, who generates, Vishnu, who organizes, Shiva, who destroys. Those three Hindu Gods are those three English Gods. That's the one God. And good is another "O". More organized you are that God, then you are good.

And what beats us to death is our fear. Fear is our enemy, faith is our friend. Whosoever has faith, has not fear. Whosoever has fear, has no faith. First principle is this. Faith moves the mountains, otherwise stones are heavy. Faith is always first when you believe, then you can act. Then you experience. Then you become. Say so and do so. Two things will happen; either you will or you won't. If you do, you have the faith. If you won't, then you don't. In our human life, there is a power; the power of sound. You can only listen if you can say right. All those husbands and wives who fight because the wife doesn't listen to the husband, or the husband doesn't listen to the wife. Non-listening of a situation always creates disharmony. It creates the clash. In behavior pattern, when you see somebody obnoxious, and you misbehave; actually you take over the karma, you become the obnoxiousness and you become obnoxious. If you listen to what you are listening, you can reject it and you need not become obnoxious. That is why we hurt each other. We don't mean to hurt each other, but we hurt each other because we don't listen.

When you cater to somebody, you have the essence of reality, but you are not in reality. Question comes, when catering is a non-reality why do we cater? We cater because we want to wait. That person is not fully prepared to receive. Therefore, when a person wants to listen to the truth, just keep silent. On this planet, everyone says they want to listen to the truth, but no one is ready. Only speak the truth to one who is ready. If you will speak the truth to the one who is not ready, you have an enemy at hand.

July 11, 1975

There is a story. Bhagia, that little beautiful bird, makes that beautiful house with a window, storeroom, place to play, swing and everything. One day, there was a terrible rain and Bhagia was enjoying it in his own little hut. He saw a monkey outside shivering. Bhagia was swinging on his swing, and he said to the monkey--Brother, the whole summer I was building this little hut and you were playing around. If you would have built something, you would not have been shivering out there. The monkey said--What are you saying? He said--Well, you know, I'm saying that you should have worked for your own home. The monkey said--What does it matter whether I work for my own home or not? He then broke that tree and Bhagia's home went right into the river. That little bird came on the branch and said--What did you do? --The same thing that you expected from me. Bhagia said--I gave you advice. And Monkey said--I was not ready. You gave it to me, but I was not ready, so I reacted. If you would not have given me advice, I would not have broken your home.

That's where the saying,"Don't cast your pearls before swine" comes in. Pigs will never appreciate pastry which may be French. And ego will never learn about God. Ego is such an earthly element, it will never let the power of the ether prevail. That is why I say to you you are here because you should be here. I don't believe that you are here because you made it. Somewhere you have earned it. There are many slips between the cup and the lips. If you are here, you are here for a purpose. Never misunderstand that you made it because you made it. It's all in His divinity. Your limited self thinks it is because you made it. You lie all the time and you say you speak the truth. The worst thing that you do is lie to yourself. Your face tells you how ugly and dirty you are inside. On the surface, you say--I am all right. Whom are you fooling? Your own consciousness, nobody else. In this Cosmic Consciousness you have earned to be here. The trees in this country have earned to be here and listen to us chanting Sat Nam. They have earned the privilege as a tree.

Why do you chant? You have a karma with this tree. They listen and you chant. In your infinity and your fineness, just look at the relationship, all is life. This life listens, and you speak to this life. This grass, this dust, this wood, this tree must have died to be a roof of the House of Guru. It must have waited all these years that someday some people would come here to chant Sat Nam. Have you seriously and honestly understood it? That wax must have waited thousands of years to be wax and then become a candle, and then to go on an altar. All thread does not go in candle. A thread goes in a candle and that candle is lit on the altar. It's all planned. It takes many thousands and hundreds of thousands and trillions of years. It's not a small thing. A spot of earth waits millions of years for that day when a man of God will put his foot there. It takes thousands of years for a mountain to get the wind to work and create a little cave where a man of God may take a shelter for a night. Ten years ago, who ever thought we would sit here and chant Sat Nam? The builder of this house never thought of it.

These pieces of the wood have earned it. You usually look at things with a very limited manner. All life supports each other. These trees are the roof and they are supporting us so that we can sit under them and chant and talk about God. This land must have waited thousands and hundreds of thousands of years to become Hacienda de Guru Ram Das. You might have waited thousands and hundreds of thousands of years to come and visit us. It is a karma. That flower waits to the infinite time to be a bud and to become a flower on that day and get picked up that day, and it's sold that day and brought to the altar that day. How many seed incarnations does a rose grow? A rose flower grows into many incarnations. Many times the branch of the rose is cut and reproduced and replanted around the world, and one day, one branch out of those branches is planted at the house of Guru Ram Das. Nobody becomes a Sikh in one day. Many incarnations the soul waits to bring itself at the altar of the Guru. Many longings the life goes through to belong to the Guru.

Attitude of gratitude is a yoga; it is God; it is nature. The creation and the creator exist only in gratitude. We don't praise God, we praise the essence of our experience of reality. When we say He is great, we experience the greatness. We are not just saying God is great because we are buttering him up.

The greatest act is in giving, not in taking. That's why I say, if you take a lesson and you won't give, you incur a terrible karma. That is why I share with you and expect you to share with others. The greatest charity a man can do is to share the knowledge. The greatest austerity you can do is to share the secret. And the greatest gift you can give is to trust each other.

You know why we become mad at each other? Because we don't trust each other. Love is a separate issue altogether. We don't even trust each other. If we trust each other, there is no reason to become mad. We can negotiate; we can talk; we can understand; we can communicate. But we don't want that because there's no trust.

You can't make a person listen to you until you tell him he's all right. That's the first requirement. If you ever want a person to listen to you, tell him--You're all right, but... and in that but, put whatever you want to put. Make a goodness as a capsule. And put the truth of quinine in it. It will work.

Whenever there is a question, always praise the person. Remember that. You are not lying, you are praising the God who created the nut. It is not a lie. Because that nut is also a creation of God. That idiot who is beating you up, and cheating you, and biting you and pinching you, is also a creation of God. Praise the God.

And let us close this with this story. There was a doctor. He knew so much that he could do whatever he wanted to do. So one day, his death came and God sent the God of death to pick

him up. And he came back without him. The almighty God said--What happened? He said--In that place where we have to go to pick up the man, there are about 5000 of them, all alike. They talk alike; they wear the same clothes; they're all the same. Now if the wrong one is killed, what will happen? --Well that's the problem, He said. --We do not know. They are all exactly alike. We tried every trick we know, but they all respond the same way. He said--You have not applied the master trick. Go and apply master trick number 26. So the God of Death went back and said--Oh, man; you are great. you are more than God; you are perfect. God is one; you are 5000. You are so excellent. Oh, I worship thee, I pray to thee. After half an hour of praise, he finally said--It is all great, but... and some guy answered--What? And they caught him. The God of Death said--You are the guy.

I want you to read Siri Guru Granth and understand it, not that I will get anything out of it, but that there is something in it for you. You will become better people because it is the language of those who were better people. It was their personal experience with God. Every other scripture will tell you don't have ego. Every other scripture will say, when you get rid of ego, you will find God. Ridiculous. Ego is what makes you find God. It is your ego which you put at stake to find God, otherwise you can't find a thing.

It is only your ego which becomes your friend. But when it expands to become universal ego, it becomes divine. For that there is a sound; there is a mantra. This mantra you will not find in scriptures, but in the KRI Journal of Science and Consciousness. These are the scriptures of the Aquarian Age. Every age has its own scriptures. If in this age, you should read the scriptures of this age. When we can travel in airplanes, donkeys become obsolete. But when it was the time of the donkeys, donkeys were all right; now that it is the time of the airplanes, airplanes are all right. When it will be the time of rockets, rockets will be all right.

Now this is called ISHT SODHNA MANTRA. Isht means the defined, experienced God. Sodhna means to purify; straighten out. One is Isht Sodhna who purifies the God. Sit properly in such a way that your spine is straight. When you sit with a straight spine, then you feel that you are sitting on the earth and your head is in the ether. That is the first requirement. Sit straight; close your eyes; straighten out your feelings and thine that your head is in the ether. You have to learn to meditate first, before you can meditate on that. But if you can't meditate, you can imagine, at least. Imagine your head is in the ether where the color is blue. And you are sitting on the earth where the color is grey. Meditate between these two colors; between blue on the top and grey on the bottom. My dear children, who knows how many days we will be together? But whenever you experience this knowledge, it will make you together. Between your eyebrows and the top of your head is blue ether, from your waistline down it is grey color. Now these are three sounds. First is the ground, Dharti. Dharti is the grey. On the word "dharti", imagine the grey color. And when we say "akash", imagine

a dark deep beautiful blue color, royal blue. And when we say Guru Ram Das heh, bring the meditation at your heart center and imagine the whiteness, white colors, light. Not sun white. Sun white is golden. White white. And we will say, Dharti heh, Akash heh, Guru Ram Das heh. You will meditate on that Dharti heh, Akash heh, Guru Ram Das heh. (continues) It is a perfect mantra. It is ashtang mantra. It has eight vibratory imprint effect. In Nad it is perfect. Don't go to the literal meaning of it. When you burn a candle, the darkness goes. But if you bring your mind with it, when we say Dharti heh, then imagine vast grey. And we say Akash heh, royal blue on the top. And then we say Guru Ram Das heh, a tremendous white at the center. This will give you the power to know your past, present and future and whatever a person anywhere has to think, say or do. You will know it before he does. You will even know what makes him think. That much power you can have. The underworld, the world and the world of Gods shall serve that individual who can perfect this Isht Sodhna Mantra. For forty days, to develop a siddhi, it can never be practiced in th morning. Its time is in the evening. Remember that. If you ever decide to perfect this mantra, you can't do it in the morning. You can chant it in the morning, but when you do it as a personal practice to get the essence of it, you have to do it in the evening. The best time is at sunset. It gives a person the power to penetrate through the entire cosmos to the very simple language of the word. Prayers become effective. So remember, you can chant it any time, but for a practioner, for a Siddhic, the sadhana is in the evening.

Question: How long should that mantra be practiced?
YB: The mantra is not bound by time and space. But when you want to do a sadhana, it should be done in the evening because the length of the declining sun rays is very effective due to the white light. Grey turns into red in the evening most of the time. But morning is a limited time.

Get to the earth. You won't find gratefulness until you really feel that you are from the dust of this. And this dust must have touched some saintly feet at some time, that you could attain the human body. Out of service to the Guru and out of the grace of Guru, you earned this human body. It is not given to you as a gift. Don't misunderstand it. It is a Gift of God, through the Grace of Guru. So you have already earned it...

If you ever get a chance to become humble, never let it go. Because once you become humble before God, you will always have the greatest guarantee that you will be graceful. That is the secret.

INTUITION AND PSYCHE
July 14, 1975
Espanola, New Mexico

I am teaching you a science today 2,000 years ahead. My idea is to leave it with you so that through generations it can reach your children and great grandchildren. 2,000 years from now they will start learning it. It'll be needed by us. Now what is a psyche?

According to the very ancient scripture it is the very in of the personality. We call it pranic energy. Pranic energy is in this universe but when it works in a very finite state of activity then in English we call it psyche. Now there is a difference between intuition and psyche. Intuition is an information of the universe which is given to you. Psyche is what you get out of the universe. They are totally two different things. As intuitive person I have not to meditate or concentrate or I have to get some information and I have to interpret it which will be my individual interpretation about anybody. It looks good when sometimes somebody tells you you are coming out of hard times. I think within the last 10 weeks you meet an accident, you must have met an accident and you have already met it. It is great. Then they tell you after 6 years you will meet another accident unless you give $3,000 to charity. Ba-ba-ba. You understand one thing. If you ever want to see the best salesman these are the religious people. And they should be salesman. Don't deny it to them. Because everything the salesman sells is something you can know, feel, and experience. It is there. Now God neither you can know, feel, or experience and you are selling it to the guy who does not know anything about it. Try not to misunderstand. It is a simple formula you have to basically understand. When any man of any consciousness which is universal in any way and form tells another man about God he's not telling about something special.

There are only two games in the world: Known and unknown. Either you are known or you are unknown. Law of polarity is every person who has a known has an wnknown. Each day your unknown tells you about you. If you psychically concentrate and use your given energy you can interpret about the nature surrounding you. But if you are intuitive then it comes to you. Now this psyche works on three levels: One is attachment. Second is mental beaming. And third is the Tantric. There are only three ways of doing it. (Asking someone in the audience), What are the three stages of it? Answer: Attachment, mental beaming, and the Tantric. Now here you feel a very surprising situation: Attachment: You have been taught through every spiritual teacher to get rid of attachment. Even sometime Bhai Sahib prays in the morning, hey Guru Nanak, hey Guru Gobind Singh, hey 10 Gurus, spirit light of lights save me from attachment. Now why is he attached to the Siri Guru Granth Sahib again we're asking. I also stand in that place and I just go with it. I'm asking him today. Are you not attached to the Siri Guru Granth Sahib? Can you deny that? Are you not attached to me? Are we not attached to each other? If we somehow get rid of attachment

there will be none sitting here. Many a time we do not know what we are asking.

Now it is my personal experience, with you I am talking and now it's not spiritual, therefore excuse me. I'm going to tell you one thing very simple. To be very honest with you it is ridiculous to pray to God. It is ridiculous. One of the most cheap things to do, "Oh mighty dear God." He knows not what is happening to you. You believe it that God does not know whats going on. And if you are that naive then you think he's such an idiot that he's going to listen to you when you talk to him? I'm just very personal. I'm not telling you anything which you have to doubt or not doubt. Doubt it or you doubt it totally doesn't mean a thing. First of all if your consciousness is that corrupt , I'm using a very accurate word — corrupt. If your consciousness is that corrupt that you have not yet found out that you belong to the God, then baby keep on trying to belong. Think over that. And if you feel, honestly, that you belong to God, then do you think God doesn't know what's going on?

Idea is wh© people pray. Question is, why do people pray? People do not pray to God. People pray to themselves. Nobody prays to God. God is a skip word. When you are caught you want trouble. Now should honestly understand it now. You will experience what I'm saying to you. When you are trapped you are in difficulty, you are just becoming a bum, you can go through a situation — oh my God— my God. You know what you are doing? You are filling your psyche. You are filling your infinite. You are expanding from your limits. God is nothings folks. Don't be fooled. God is your own residue. Believe me.

When you experience God and become a person of God you don't know how troublesome it is, it is very painful. That's why I've taken 4-5-6 years to teach, slowly gradually bit by bit. I didn't play a gimmick to give somebody the experience to one rich man. Find they freak out and you gave them all the wealth and you become the greatest man. You have to build people. And when you become a God-head, then you become universal. The moment a person becomes universal his entire pain becomes your pain. He is relieved, you are relieved. Right at that second the man of God is so sensitive. It is my personal experience.

A patient was sufferring with acute cancer who wanted to meet this man. I was present. That man was in such a pain you can't believe it— the moment the man entered the room the pain was gone, he was totally relieved. Half an hour this man of God talked to him. Half an hour the canceric aura, the dying aura of that man, I was reading on this holy man. Aura changed right flip into each other. I was a witness to it. That is a man of God, who can pick up anything and everything. That clarity, that sensitivity,that whiteness is God. There's no ego at all. Ego becomes totally universal. This prayer business what we get into, that is our potential. What is a prayer? A prayer is a simple meditation. It is a layman's meditation and it is the best meditaion. But you must know that when you pray you are not praying to God. God is your own infinite.

I remember once there was a situation when I got a message. " We are out of gas and we are stuck and we are out of rations. Order as what to do." I simply asked, "Give me the location." I got the location. I picked up the map and I found it out 100 miles N 100 miles E. There is no possibility, pitch dark hilly track. No way. I got back. I said so and so are you hearing me clear? He said, "Yes somewhat go ahead. Before this battery goes out." He had just told me this battery was going out. I said, "Pray to God, there's nothing else I can tell you. Surely if you pray it will work. We can't help you." He said, "Why not?" "Our force they can help you, it is pitch dark, we can't go. Even if we try now we can't reach you until midnight tomorrow. But hold on to your prayer and believe me." Now at that time what I'm saying to him actually I was diong it myself. I was praying to my own infinity. I was assuring him. I was consoling him, because he was in distress and I was in distress.

After two hours I got the call back. I said, "What has happened to you now? What do you want now?" And he was back on the line saying,"We are eating well, we got all the food and we are okay. But should we trust These people?" I said, "Who are they?" He said, "I don't know. there are some people — they're walking with their donkeys, they have food you can fill one regiment with and they have now made a camp right over near us. And they want us to be comfortable, and they're willing to stay two days with us till you reach us. Should we trust them?" I said, "Fool what else can you do? What are you asking me to trust for? Your prayer got answered." And he said I didn't pray. They came by the way. That hit me a little bit . I said, "Well hold on I'm coming myself with rescue." All right, we walked, took our time, we made it faster than limit— 55 miles you look around there's no police car. 60 mph 70, you remember that? So somehow we were in a position anyway to break the law. You know for a lawmaker there's no law, that kind of scene. So we put the flags on, put the siren on. We reached it. And I went and talked to those people myself. To my surprise they were simple business people and I asked them what happened . Now actually at the time that the convoy started they started. Their journey was different. But they said that they felt that we may not be able to cross that pass. So we took this longer route. Now taking this longer route was to save these lives because none of them was equipped to face that severe night, weather,and moral hunger. To my calculation it was all pre-calculated. I went to this officer. "My friend,"I said, "Could you do me a favor? When you started this convoy at what time did you pray?" He gave me the exact time. I said, "What did you say in prayer?" He said, "All I said, O'Guru Nanak, at thy sake we are leaving be with us all the way." I said, "Show me your log book. What time you were schedule to leave." He said, "4:00" I said, "Actually what time you left." "Well" he said, "You know we left from the camp at 4:00 then we came out and stood for 2 hours." I said, "Okay." I went and asked the other leader, I said, "What time did you decide to turn this way and not that way?" He said, "Well yesterday after 6:00." I said, "Why 6:00?" "It was 6:00 we did our evening prayer and then I got up and the idea come to me

that we should come this way. Exact time and space worked out correct.

You are like a bubble on the tremendous ocean. One thing is lacking in your life. There is only one thing which is lacking in human. Everything else each human being has. You ask me what is that lack. Human does not know how to neutralize himself against a situation where you are involved. Because you are in the situation therefore you can't neutralize yourself and think. Then what they need. Need a man, another person who's practice is to be neutralized. But it looks very good. But it is one of the greatest human thankless job. Characteristically when you talk to somebody in your life if you talk to any person in your life and you talk in a neutral level you will be considered divine without any evidence. You don't need a title. Just don't talk to anyone with your emotions because once you attach with anybody you are the same body. You are going through what he's going through. I am rolling down the hill, you start rolling down the hill with me, I say how to stop? And you say how to stop. Both are rolling.

In human mind most of the time you do not want to listen First of all it is your consciousness which tells you all the way that you are wrong. You don't listen to it. "Chitra gupt tera sang pitai" Your unknown and known are sitting right in you. When your known wants to do something, unknown says wait a minute, what are you doing, you are a fool, that's not right. You are me. Don't tell me. I won't feed you tomorrow. Wait a minute. You can't! Then unknown self says, Yogiji will know it. Somehow he will know it. No, no, shut up. Unknown will come to you. Unknown is so great. Your unknown conscious is so great. It will bar you up It will try to trap you. Unknown is so great. And each time you say to it, "silence, no talking, let me do it." All the time unknown tells you. Finally you become a perfect practitioner of that meditation whatever your conscious says you say no. Then you start suffering. Suffering forces you to find a spiritual path. There's the one thing in suffering you can't aviod. Moment you start suffering, you start suffering you start praying, it is automatic. I have seen it.

A staunch communist, who used to discuss with me there is no such thing as God. You guys made it. That was a start. One day he wants to fly, and plane wouldn't move. You know, he was an old Russian Catholic and at that time he couldn't help anything he kneeled down,like before an altar, folded hands when I found him and I didn't bother, I just slapped him. "What are you doing?" "Save yourself. Send a man. You're praying to God." I said, "Wait a minute now you can't make a fool of me. You are an old Russian Catholic?" He said, "No my grandfather was." I said, "But still you carry that weight. What were you kneeling down for?" He said, "Don't tell anyone I was praying." I said, "What happened, why are you praying?" He said, "Today something gone wrong with the airplane and we wouldn't make it in time. I'll be totally shot. I don't know what is wrong with it." I said, "What did you do." He said, "I prayed." I said, "What will that do?" He said, "That was the last thing I thought would work." So I said, "Now have you prayed?" "No you just disturbed me halfway."

I said, "Sometimes even the idea to pray works. Go ahead and sit, see if it works. You come along with me." I said, "Why?" He said, "You think God listens to you more than me let us both see what happens." I couldn't believe that man was just talking like that baby talks what for the mama. I saw right there he was innocent. I said, "Rather you take me back in the plane or not is going to work." He said, "How do you know it?" I said, "Don't worry. Even if you are sitting here and you tell the plane to work and it will, right here. But I think you should be in the cabin." He said, "Why are you so sure?" I said, "I don't know myself. I don't know why I'm sure". He said, "Let us hear." You know Russian planes are very high. Oh God, you just go on the third story, there's a whole lot of stairs. So we went and traveled all the way through, he sat down, switched buttons up and buttons down. Ba- ba- ba-. Moment he pressed one button pring, pring, pring, and there, it started going. He tested four engines. He stopped he came back down with me. He said, "Now it will be ready, we'll go in time. Captain will take over."

Now we had an argument at lunch time. He said to me, and it's the funniest thing he said. "Well privately I want to believe there is something to God. But why are we told there is not?" And I told him, "By knowing if there is a God or not, there is never a situation. That's why I can sometimes talk to you people who have never believed in something like God." I asked him, "Are you an idiot?" He said, "Yes." "Do you know what an architect or a designer is?" He said, "Yes." I said, "Do you know who designed your nose?" He said, "I don't know." I said, "Well somebody did. Did your mom design it?" "No." "Dad." He said, "No." I said, "Is it like your mom's?" He said, "Not exactly." "Is it like your dad's?" "Not exactly." I said, "It breaths for you?" "You mean this air," he said. I said, "Yea. It is doing through the nose. Why couldn't there be a hole in the diaphram, with a little ballon in it? And it could pump the air in and out. Why has it to be in between the two eyes?" He said, "I don't know." I said, "Look all these vagus nerves are right here. All this area of you is totally directive. And all the base of you, the prana, is right here. So whatever is activated here is all that is nursed in your body. Nature is so accurate. That if you really want to see what accuracy is that is what nature is. Not a single part of your body is extra. Not a single part of your body is without purpose.

Sometimes you find an overgrowth in your body. That is only a malfunction in your body and body wants to cut that poison out, even in the cost of our growth. Your body is so systemmatic, so accurate, it compensated for everything you do. It's function is triple function. If one fails other takes over action of sympathetic, parasympathetic. Now you ask me what is the problem? Problem is restlessness. Why we are not successful, because we use thought pattern so much and energy for the thought pattern so that there is nothing left to be intuitive. If you use your psyche thinking there is nothing left for you to be happy. There is an X amount of brain if you are going to use it for thinking all the time, then you have nothing left for experience. Now if you

sit down in the morning at 8:00, "What should I make for breakfast?" And at 1:00 somebody tells you, "What are you doing?" "I am thinking about breakfast." At 4:00 what is that what is going to come to you? "What are you doing?" "I am thinking about breakfast." At 9:00 at night you are asked, "What are you doing?" "I am thinking about breakfast." What can anybody do with you? What you did in all the twelve hours you thought about breakfast. You never break your fast. You never cooked any food for you. You never ate, never experienced. All you did was you thought about breakfast. It is good to think about breakfast, provided you can have it.

First before thinking you would think why you are thinking and whether it is worth thinking or not. You must decide to call it sliding through the equilibrium. It comes hard to you. Let us go to movies. Just imagine. You are going for four hours those four hours can come to you all the time. But those four hours of learning they will never come to you again. All summers I won't teach. There shall be summers when I shall not be here on this earth to teach. This summer will never come back again. No Summer Solstice will ever come again. Each moment lost is lost; each moment gained is gained. If you have lost that moment in thinking you have lost in thought, if you have lost in experiencing you have lost that experience. If you are lost without anything you are lost with everything. But I shall never come this way. Have you read that Bible? I shall never come back this way again. That's what Jesus was talking about with parable. In other words, if you want to state it in a simple way, and simple way of holding is, no moment can come back. Because no moment has ever come back. And no moment can ever come back, that's why we call it a moment.

The greatest human folly is, human thinks he can come back all the way. How can you come back? You never came back to begin with, you were sent, and our sender knows whether he's going to send you or not. You don't know. In one of the religions it is believed that one day a final day will come, when the God's prophet will come and raise you from the dead, and take count of you, and take care of you, and then carry you to heaven. It will come. One day that judgement day will come. You mean up to that time you sit and rot in the grave. Teaching is great, it looks and sounds great. But let you consciously look at it. It means after death you no more are going to wonder on this ground. You are going to sit in a box, in a grave, and wait till that time comes right? Then when that time will come what will happen. After death you do not know anything. And now you are talking everything after death. And if you definitely know after death you are not going to stand up and be taken care of, why couldn't you stand up now and take care of. Why are you doing all these blunders? After death is only for those who have before death the life. A moment of living is a moment of experiencing the life. And that is a minus moment of death. Normally we are dead. There is no such thing, my friends, as dying. When you do not rise to the opportunity and you do not act and you do not experience you are dead, anyway. Because you are dead to the moment. And

one who is dead to the moment is dead, that's all. And you can always slice them how much you are dead and how much you are alive. You think of dying as something getting up and being judged. My friends, there is no such thing as that. Any moment that comes to you of life, if you do not live, you are dead.

You understand what I am saying? This is my moment, when I can handle it, I can touch it. Now, if I had not touched it I have missed the moment of touch. Then someone asks me, "How was it?" "I don't know." "Did you feel it?" "I don't know." "Was it plastic or real?" "I don't know. No, no, no, no; niet, niet, niet, is death. And if that moment comes, I touch it. "How is it?" "How was it?" "It was fine." "What was it?" "clay." "How you felt?" "I had a good feeling about it." I can say everything because I touched it, I felt it, I lived that moment of touch. That moment of touch is that moment of prayer, is that moment of meditation, is that moment of God. Moment lived is the moment of God. Moment denied is moment of devil. Nobody can stimulate you for anything. You stimulate yourself to everything. You start feeling you are an idiot. You are. Yes, and you start saying you are not, you are not. Nobody can tell you who you are if you do not want to be told. Now, why do you want to be told? Because you are interrelated. You are part of the same cosmos. There are 20 million bubbles on the surface of the water. They are all of the same water and they have in them the same air. One is our Dad and we all belong to that one big Dad. There are no two things. One is our clay. One is our motivation. Motivation is to live in life moment to moment. One clay, one maker of the clay. One wheel of the clay where every part is being made. Just a little different color, shape. Clay and potter are the same. When you go to a goldsmith you show him a shiny thing. "Well, this is a nugget." You say, "Wait a minute. Let me test it. Give me that thing." He will rub it and say, "Wait a minute; it's impure." You say, "No, it shines." "I don't care." You go to a layman, "Well, it's a nugget; it shines. Wow, you want it?" He doesn't know what purity is, what impurity is, what it is worth. All he knows is you have it and you have shown it to him and he's happy because you have shown it to him. Why do we love gold? Do you know why? Gold represents one of our natures of the soul. Gold never rusts, and you mix it with anything, when you will put it through fire it will remain gold, everything else will leave. The test of fire among all metals is if a metal can stand as gold. And test of joy and happiness and anything you can stand is your soul, your spirit. Your body can't stand happiness. You die of heart attack, you go happy. You're not crazy; you know sadness is realness. Very few people die of sadness. The majority die of happiness. And worst thing is when they die when they think they are happy. You know, I have seen a person die in an accident. The cause is a heart attack.

You know, there was a man. He said he was going to find this job, he was going to get right on it. He was going to make a lot more money. He was going to...ba, ba, ba. "After all, I have made it!" Well, that was the time when he was off the curb and his convertible was turned over and he was totally potatoed

on his own steering. Potatoed. That was net result of that happiness. You know, the funniest thing is, you think you become happy, you think you become sad.

Some people ask me, "Do you believe in God?" I say, "No." "Oh no, Yogiji, you definitely believe in God?" I say, "Well, if I believe in God then what is bothering you?" He says, "Well, but you said no." "I said 'no' with a very special purpose. If you would have believed in God first of all you wouldn't ask me. You have a doubt about God and I am saying 'no' just to confirm your doubt, because that is what you want to hear." He said to me, "Well, what do you want to say?" I said to him, "That which I cannot repeat in this congregation, but I'll go around it." I told him a story. Once a sage was sitting and somebody came and told him, "Show me God." And he said, "Well, I'll show you." So he asked him to close his eyes and after that he saw a huge being who was eating people. With one breath he eats thousands of people and with the other breath he throws out thousands of people. Those whom he eats are considered to be dead and those whom he throws out are considered to go and live. And this process he saw. He opened up his eyes. He said, "Yes, I saw that and I know what he is doing." He said, "Good, what else you want?" He said, "Well, can I ask that God how he produced me?" And the holy man said, "Go ahead." So, after that he found himself in the presence of God and said, "I know one day you'll eat me, and I know when you gave me birth I must have been that way. Am I not special?" And then God passed a wind from his first center and he saw himself coming through that. Do you understand the story?

There is a normal way of birth and death, but some really come through an abnormal way, and they are those who ask, "Is there a God?" Because abnormal has always doubted normal. When you know love, you will always trust love. You are love. But when you say, "Do you love me?..." In other words, you are asking if there is any chance to get out of your hatred. "Do you love me really?"

The human psyche is a great virtue. You know what is the greatest gift of God? The greatest gift of God is when you can retain and sustain yourself in the company where God can be experienced, for in that company when you experience God, you are saved the reactions of many incarnations. Actually, you are already committted; you cannot avoid that. That moment is gone. It cannot come back. What is going to come back is the moment of reaction. You may worry about action. I worry about reaction all the time. Actions don't bother me. You know, when you got it with somebody in the room, what you did, you did. And because you did it, the result was God. But that doesn't happen all the time. Sometimes you'll react and that reaction is not divine at all. Because when there is only God, there is nothing else. When something else comes, then hassle comes. Then it is undivine.

Human sufferings are because of reactions, not because of actions. You have cheated, and now you think that everybody else

is a cheat. You know how miserable you are? You have been unfaithful, and now you think that everybody is unfaithful, and you are suffering because if somebody says, "Who are you telling to prove it? Go to hell, I don't have time to prove it. Why should I prove it? Who are you to tell me to prove it?" Clash of ego. You are right because you have been burnt many times; the other person is right because if he doesn't know what fire is, why should he get into your fire? That's why we break relationships. We never lay foundations right.

Why do we have to chant and meditate? Because we want in our lives the harmony. Why do we want the harmony? Because then we can talk straight. And why do we want to talk straight? Because that will always make the task easy and destination within sight. We will see the way of liberty.

You know what is the art of direct talking? If I say, "Listen I want this," you have two options: You can say yes, or you can say no. If you say no, you are on my back; if you say yes, you will prove it! There is no problem. But if I say, "Well, wait a minute...listen to me," and I go around, you will go around. There are certain occasions when people come to talk to me, and after half an hour I say, "Could you please let me know what you want to say?" "Oh, Yogiji, karmically..., I feel my soul tells me..., I saw in my meditation..., my psychic told me..." I sat with a girl one day who did that for half an hour. Later on I said, "Could you just say what you want to say?" Then she went into another half an hour round. Actually, all she wanted to tell me is, "Yogiji, I am pregnant. Tell me what you want me to do so I can do it now." I said, "Wait a minute. Now this boy has made you pregnant, and now you don't know what to do." She said, "That's true." I said, "That was a very simple thing to say." I said, "Look at the watch. In one hour we have gone through two cycles. It is a very simple thing. Go and check with your doctor. See what he says." I talked to the doctor. He said, "She cannot sustain her period." Simple phenomena; can be told in a simple way.

Every individual has a polarity. Every polarity has an action. But when the time comes to react, get together again. Separately you'll both die. It's a death of the moment, and that brings up suffering. The moment you start blaming each other, you are copping out. The moment you feel that somebody is bad, you are losing your goodness. Some of you do not even know how much beautiful, precious reserve of life you have. Instead you waste your life in looking with that energy at the negativity and weaknesses and shortcoming of others. The same energy, the same time of energy, the same moment of life you could have used for your own experience.

What is meditation? When you are sailing on the power of your own merits. What is your negative bewitchment? When you are sailing on the power of your own emotional negativity. Within your consciousness there is a God, and within your consciousness there is no God. You have the right to make it plus or make it minus.

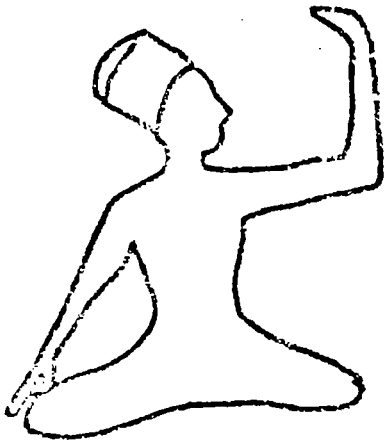
July 14, 1975

Some people ask me, "What do you do with these people? Why do they listen to you?" The answer is very simple. Whenever I talk to you folks, I ask myself in prayer, "Oh, my God and Guru, make me useful at this time." I have never cared to talk to anybody. Some of you get upset. Why did I call you back? I just wanted at the time to be near you, that's all. You can't talk to another human without being neutral. As much as you will talk to a person that is attached, that much attached he will react because the law of polarity will always work. What will hold another person is when you are neutral. And when are you neutral? When you are infinite. Of this finite, the neutral is the infinite. God is the experience, God is not infinite for you. If you know about infinity, talk about infinity, plead about infinity, run a religion of infinity you have experienced. You have only talked about breakfast; you have not eaten a thing.

Somebody once came to me and asked me, "I want to be a saint." "Well," I said, "if I can't make you a saint, I can make you a Khalsa." He said, "What is that?" I said, "That is a saint who doesn't know how to give up!" He said, "I don't understand, Yogiji. What is this new formula?" I said, "Look, in the time of Rama there were very many murshids and maharishis and saints. They all had their domain. They were meditating, praying, they were very happy. And sometimes the devils, evil forces came up and they gave them left and right a bad time. So they came running to Lord Rama and asked him, "You are the incarnation of God. Please save us." So Lord Rama took the bow and arrow and went and waged a war on the evil forces and restored the goodness. He said, "Yes, I have heard that." I said, "Then came a time of CONSA. And again the saints were in trouble, and again God had to take incarnation. And he did it. So, in the time of Buddha peace prevailed, Mohamed gave one idea of God, Jesus gave love of God. I said, "Do you know all that history?" He said, "Yes." I said, "That is the history of saints. We all have to go and get the help." I said, "Now we have got a new model. We are saints who can help themselves!" I said, "It is a new Khalsa; it is a blend of the saint and the helper." He said, "Give me an example." I said, "When somebody slaps you on your right cheek, immediately tell him where your left cheek is." He said, "You mean I should turn my left cheek to him?" I said, "Not surely that way, but show him where his left cheek is." When somebody hits you on your right cheek, take it gracefully and then immediately tell him that he has a cheek and that that is the left of him. That is divine!" He said, "I don't understand!" I said, "Don't you understand an earthquake?" He said, "No, it is a natural scientific phenomena that the plates move around eachother and then they go right into eachother and then they do something and you know what things happen." I said, "No, when you don't rotate your rosary, the earth gets mad and it also gives a jolt. That's all it is about."

Never try to be too sweet that everybody eats you; never try to be too bitter that everybody throws you away. Be just right. If you ever asked me how to live like God, I would tell you to Live in grace. Live in your grace. That is the start. Guru's grace is the game; God's grace is the experience. And it is our privilege.

July 14, 1975
Espanola, New Mexico
(meditation)



Put your hands like this, please. This is your right hand. It is a very strange situation. From the wrist, the top of the hand should be be allowed to go loose. From shoulder to elbow, it must be totally parallel to the ground, just to be the magnetic field of the ground. Or maybe as straight as possible, but the moment you reach your wrist, let it go loose, and stay there. Now watch how the energy moves in your arm. It will surprise you. Just close your eyes and meditate on your arm. Now take that physical sensitivity of the energy and create it with the sound. Start at a first central pitch, not very coarse, not very thin, o.k.? SA RE GA MA PA DA NI... Inhale. Now hold this breath and watch the energy in your hands. I know you cannot hold it more than a minute, therefore you must be concentrating very well. Now let this breath go out very slowly, very slowly, bit by bit and also feel the energy in your hands.

Please relax. And now you feel your hand from the tip of your finger to the shoulder. You can feel it now as a separate limb of the body. When this hand was part of your body, it was under your command, it was with you, you knew it, you could see it, but you couldn't feel it separate. But now you can feel it separate. Exactly as God is part of you and you are part of God, but you can't feel it separate. There is no such thing as God separate from you or you separate from God! But you don't have the experience of this, you don't have a feeling of it.

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If you feel that you have a friend, whenever there's a problem you call that friend. If you feel that you have a friend, when you want to talk, you talk about your friend. When you want to talk bad, you talk about your enemy. When you talk about your enemy, you become your own enemy. When you do not talk about your enemy, you suffocate him, because all is vibration. When you talk about your enemy, you energize the enemy, you feed the enemy, you cater to the enemy, you make the enemy strong and you become weak. When you create the fear, you cater to the fear and you feed the fear, you bring that monster alive right in you. That is why Nanak said, "Whenever you sit, talk about God and men of God." What will that give you? That will give your you to you.

Somebody asked me once, "What is the quickest way to become a holy man?" I said, "Close all your holes and that central hole, your mouth, and then talk about God." He said to me, "Now I am telling you a living story; it is not something from the last incarnation." And I said to him, "Wherever you go, whatever you do, just say, SAT NAM." He said, "Nothing else?" I said, "Nothing else." Four years have gone by, and he has become totally SAT NAM. In your life, whatever the moment brings to you, it will come moment to moment. If that moment you talk about God, live about God, work about God, you become God.

Just imagine, eleven million Sikhs are in the world. And it is a tradition, it is a habit to pray. It is not going on just on Sunday. In a Sikh temple there are two times of prayers: morning and evening and then at night, which is deep evening. But just imagine all those people praying in a very simple way. And it continues. So you are taught about God in the House of Guru almost three times a day, all of you, without even knowing about it. At Harimandar Sahib, there is a prayer every two and a half hours when the CHOUKI changes. CHOUKI changes every two and a half hours, just as the nostrils change, and each time there is a prayer: "Let their path be victorious, let their beings be purified. Wherever they are, let God's mercy and compassion stand by." Out of all His grace, God gives them this gift, too, that they should praise Him.

Talking to be a saint, talking about a saint...it does give you the initiation. Then you are living like a saint; it gives you the experience.

Somebody once asked me, "What have you done?" I said, "I might not have done anything, but at least I have given them the shape of a saint and I have given them the heart of a soldier." He said, "I don't understand." I said, "It is simple. I have given them the head of a saint, and they will have the heart of a soldier. They will think like a saint, and they will act like a soldier who is a saint in the beginning and a saint in the end."

Be liberated when you alive. After death, my friend - those who do not have the keys now, you think they are going to open the door when they reach home? Are you kidding? Who are you making a fool of? After death, Christ will come and talk to you? Are you crazy? When you are alive, he has not talked to you; after death

why should he bother? Talk when you are alive, after death you cannot think about it! Life has been given to you to experience. Experience, if you want to experience Christ consciousness now. Experience God consciousness now. Experience the Buddha consciousness now. Or seek like Nanak, so that youcan produce another Angad. Seek like Angad, so that you can produce another Amar Das. Seek like Amar Das, so that you can produce another Ram Das. Seek like Ram Das, so that you can produce another like Arjan, who sat on the hot plate with the fibers burning underneath while sand was poured on his head, and still he said, "Thy will is very sweet to me Lord. I still praise thee." That is the test.

One pimple comes on your nose, and you call three doctors and two telephone calls to Yogiji, "Oh, what has happened? This pimple is hurting." Think of Arjan and what he went through. What made him to be out of pain?

There is no reason to feel nervous. Why do you feel nervous? Because you don't have a nerve. Nerves are not you, they are given to you. Live it! Enjoy it! Why must you think and mess them up all the time? Maharaj Ranjit Singh stood with his cavalry on the bank of Attic. The experts came and said, "Sir, the flow in the river and the power of the current is so great that it is impossible to go through." Ranjit Singh looked around and said, "Thousands of brave men are trapped by the enemy on the other side. They are asking for help. In our sacrifice to save and help them there is a flow of nature like a great and mighty river." And he said, "Look, Khalsa, we have not come to kill and conquer; we have come to flow as the help of nature. Our nature and this nature have no two actions. Therefore, cross the river." With thousands of men on horses he took his own horse into the river first and crossed without a single casualty. People still research that thing even today. How could it happen? The idea is very simple. The flooding current of the river and the flooding current of the help did not collide, but coincided because the purpose was divine.

When you start living the life, it has a divine purpose. Why divine? Because the Divine wanted you to live life. The Divine never told you to do this and do that. The Divine told you to live life. The Divine gave you the gift of life. The Divine gave you this prana and gave you the structure of the body to enjoy it. Instead of living it, you think about living it. You waste all your energy in dreams. What is thinking? Dreaming. The difference between living and dreaming is between living and thinking about life. That is why if we give ourselves to the Guru, and we live unto the Guru, God follows us; we have not to follow God. We have a guide to the way; the way of the Guru is the guide to the way.

Somebody asked me, "When will we have no more divorce?" I said, "We will have no more divorce only when we will have no more intercourse." He said, "Yogiji, does that mean we should not get married?" I said, "No, Inever said that." I said, "Listen to what I said. We will not have a divorce if we do not have intercourse. If WE don't get married WE'LL never get a divorce!

The tongue is the creator of harmony and disharmony. That's why we ask you to chant. We want to train you to talk in harmony and talk in higher consciousness. There is only one purpose of mantra. To make a man talk and vibrate in harmony and in higher consciousness. Do you now secretly and honestly understand why you have to repeat San Nam all the time? To create the balance of your intuitive nature. What is intuitive nature? It is the psyche which takes you to your higher self, it's a ladder. Without that ladder there is no way.

Now I'll give you a very physical example. Last year we bought this ranch, right? We got the water from there, we got people from there, we got nails and we started fixing up those wood pieces, right? We just put white wash over it. Doesn't it look different? All that material was there, men were there, time was there, wood was there, money was there, everything was there. The only thing we have done is to put it together. Why so we put it together? Because we are living. The other afternoon, I passed someone mowing the grass. It could have been left, but now it is a living place, now the place lives! That place must have prayed for many years. That piece of earth must have been prepared for many years to look so attractive and that Sat Namers would come and be here. It took many years for Sat Namers to become Sat Namers. Each tree that puts a shadow on you must have wintered millions of years to be on a certain longitude and a certain latitude so that one day you can come and sit under it.

One day I saw a girl chanting gurbani in the morning under a tree. She was in the morning yoga class. She go up, walked away, and then I saw her reading from her Gudka under the tree. How many thousands of years and centuries must that tree have waited for someone to come under it and read her morning prayer. When we were all doing yoga in another place, there was no reason for her to leave. But that reason, that time, that space, that action has computed itself.

What is a prayer? Prayer is nothing but a direction of the known, a direction of the known with the help of the unknown towards its ultimate goal, the infinity. The beginning must have an end. You begin from death, you must end in death. Death is the ultimate. That sleep is the ultimate comfort. You know why you work? So that you can sleep. Somebody once told me, "Yogiji, I can't sleep at night," I said, "Well, I can tell you a procedure that will make you sleep all the time. She said, "What?" I said , "Very simple thing. You have swimming pool at your house?" She said, "Yes." I said, "You have garlic at your house?" She said, "Yes." I said, "Eat four pieces of garlic toast with steamed vegetables and swim two hours in the morning and two hours in the evening without a break." On the fourth day I got telephone call. "I can't get up at all." I said, "Just make it half, that will adjust it. It's as simple as that."

Somebody was telling me the mosquitoes are biting here too much. I said, "Put people to work, let them sweat, let the impurity of the blood come out through the sweat. By serving the House of

Guru, the mosquitoes will not come near you. They bite you to awake you." You don't want to sweat. Even when I said to go and play tennis and sweat, even that you don't want to do. Somebody was telling me one day, "I have become a prune in water, now what should I do?" I said, "Start exercising."

See, she just hit a mosquito. Mosquito is a messenger which does not let you remain quiet. This little tiny thing can enter around you and totally disturb your psyche. Yes, yes, I will tell you, why you are so afraid of mosquitoes and not of anything else? Because of that sound it creates, shabad. The moment it enters within your nine foot aura, you are upset. This teeny tiny thing has such a powerful affect. If once it goes boo, you freak out because it affects your sensitivity. Why do you listen when I talk to you? Because I am your sensitivity. When they want to kill you, they have to kill me first because the source of the psyche which intuitively infringes upon all laws and creates its own reign, must be stopped first. Otherwise, none of you can suffer long. You can't have any pain. Whenever the psyche intuitively prohibits itself in the Pursha, the Pakriti lives in peace. It is a simple law of yoga.

Somebody once asked me, "Why do you insist you should be called 'Yogiji'." I said, "I definately insist that each child of mine should remember me as Yogiji." And he asked me, "Is it not ego?" I said,"No it is therapy." He said, "I don't understand." I said, "I'll tell you the secret. Whenever anybody says directly or indirectly, he is referring through the sound current to the United One. It doesn't matter who the yogi is. When you add the word, "ji", you create the vibration that relates directly to your soul. The "ji" sound represents your soul. That is why "G" is the first letter of God. Whenever someone will utter that sound, they will be united with the Ji and then I have not to do anything. In itself, this mantra, Yogi Bhajan, 'united one with the divine song' has a power. Forget about Harbhajan Singh. Who cares? It is a practical thing I tell you."

Somebody once wanted to ring me up but he couldn't get me. After four days the guy finally got hold of me. I said, "Hey, what can I do for you?" He said, "I've been trying to reach you for four days." I said, "Your job is done. Why are you hasseling me now?" He said,"But how did you know about it?" I said, "Did you try to ring me up for four days?" He said, "Yes." I said, "Did you remember me?" "Yes." I said, "Then Guru Ram Das must have taken care of it. I didn't do anything." He said, "I don't know, I was trying to tell you that I was in trouble, but now it is all over and thank you, thank you Guru Ram Das." I said, "Forget it, he is the one who is in trouble, not me." Then he asked me a very pertinent question. He said,"Yogiji, what is this Guru Ram Das you fit in everywhere?" I said, "That is our unknown. As long as we fit him, we will never be unfit for anything, that is a law. It is as simple as that, life is a very simple process."

In the morning, you always eat breakfast, or at most brunch; but nobody eats supper in the morning. So for everytime,there is

a mantra, there is a procedure, there is a way. This is the age of Aquarius. For five thousand years, its mantra is Sat Nam, Sattia. That soul power which shall give me identity shall be the truth which shall bring God through this vicinity. That is why Guru Arjun said, "Oh Lord God, I do chant Thy name, but they are Thy kirtan names. When you are merciful to me, you are merciful; when you are great, then you are great; when you are light, then you are light. But Sat Nam is your name beyond infinity."

Now I'll tell you the greatest little secret of Yin and Yang. This Yin and Yang is a misrepresentation of the energy pattern followed by the human psyche. What happened was, they took the scripture to China where they translated it and that is it. Because the Chinese drink too much tea and they put a lot of butter in it, they talk a lot but they never act. That is why this Yin-Yang theory became totally intellectual. It has lost the secret of it. The actual basic of it is Sata and Sattia, Sata is the Pursha; Sattia is the Prakriti. How much spirit have you? Where does it come from? It comes from Sat. From Sat comes Sattia, Sattia holds the Sat. They are totally Yin and Yang, interrelated, interlinked, interexperienced; they are interlocked. Where there is a Sat there is a Sattia. Where there is a Sattia, there is a Sat. If I just say put you hand like that, you will do it. However, as long as you will have Sattia, you will hold it, as long as you hold it it is held. That is Sat. Everybody will see it and see it held. If there is no Sattia, what will happen? What held it here? Sattia.

Therefore, I tell you the greatest secret; never think a thought for which you do not have the power or spirit to perform. Think only for action. Otherwise never waste your energy. When you think without intending to perform, you create the position of a wet dream. Thinking not for the purpose of performing is just living in the state of a wet dream, and you know how miserable that is? Therefore, make a pattern that you think for your actions. Don't think and create action. You will be miserable, nothing can save you. If you are in the pattern if thinking to create action, then you need a person who doesn't think to create actions; but who thinks for actions? If you do not let your thinking pattern make you act, then you are acting in non-reality. You are thinking in imagination. If you lay imagination and then you act, mostly you loose; but if your thinking can help your action, then you are creative, you are real; and it is the reality which is worshipped. Every moment which comes to you is worth living. Don't think about living; just live it. The moment you live is the moment of God with you and the moment you waste thinking about it you have given it to the devil. Each moment of life is given to you as a gift by the Giver. When you don't live it, he feels bad about it, and finally He freaks out and He doesn't give you even one moment to live. You try, you pray, you ask for it and He says, "No." He takes the very moment of living and then you ask for one more moment, just one more. When you are given millions of moments and you don't live them, what will you do with one more?

The Guru's company my friends, it is God, it is divinity, it is right action and it is purity. Our purpose in getting you here

was not to brand you; this is not a cattle ranch. It is a House of Guru Ram Das. Our purpose in getting you here was to make you a member of Guru Ram Das. Why here? Because many of you live in Guru Ram Das houses, but sometimes you forget, sometimes you think they're you own houses. Intimacy brings contempt sometimes, "It's my ashram." Somebody rang me up and said, "Sir when are you going to visit our ashram?" "I'll visit it when it becomes the Ashram of Guru Ram Das." "Oh, you named it that way!" I said,"You never asked me that way. When I feel like visiting your ashram, I will, but I'll be very priviledged to visit the ashram of Guru Ram Das, because that is my protection; that is what I live for."

I told the Mukia Singh Sahibs to fly the flag of the Dharma and mostly they don't want it. First I flew it myself and then I wanted them to fly it. You know why? It is a lot of responsibility. A car with a Dharma Flag cannot be delivered more than 55 miles, it has to look clean, it has to park properly, there are a lot of attachments with it. Who wants to go through that trouble? You understand? That little cloth on the right side of the little pole makes a person go through lots of changes, believe it or not! But there is no hurry; things can safely wait.

You know, the funniest thing is somebody who was tying a turban, a white turban, did something which was not right as business. And you know the guy never called him; they called me in Los Angeles. He said, "I am so and so, I am a shop keeper and I understand you are the leader of this group who wears white. How come such and such a person is doing this black act to me. Could you take care of it please?" I said, "God, if I have become a better business bureau, I never knew about it!" And he said, "Wait a minute. I am not worried about it, I am just telling you, you do it better." I was left with no choice I had to call the teacher. I found out who did it, and told him he should just correct it. When the person rang me up to thank me I asked him, "Why did you think of calling me?" He said, "Well I saved a lot of botheration, I knew these kids are very beautiful, they are very good, they have a lot of spirit. I knew he was not doing something right and I just wanted to hassle him a little, but I didn't . I have so much good feeling and love for that person that though he did wrong to me, I did not dare to tell him that he was wrong. So I called you." I said, "Thank you very much." He said, "He comes to my shop dressed from bottom to top in white. Even his shoes are white. I like him! I am telling you my exact impression of that man. I like him. He comes across like an angel. I love him, but he did bad. So I called you." I said, "No, it is an old habit, it'll go away slowly. When the white will seep in totally, the dirt will leave."

I always experiment. When you wear white you are totally different! When you are white from top to bottom and you look in the mirror, you say, "Eh,that is me?" Sometime to identify myself I wear color. The blue sky exists for you for all the time, but when there is a rainbow, you love it. Do you know that the sky is never without a rainbow? Each white ray of light has the rainbow in it. So does each one of you have God in him. As each rose has its fragrance; as each prani has the prana;

as paramatma is nothing but the combination of Atmas.

This is an opportunity, this is a moment given to you. You have come away from your home. You have put yourself in tents, why? Why do we put you in tents. Why don't I care about you? You know why? It is a very simple therapy, we don't want to care for you; we want you to learn to care for yourself. We want to teach you how to take care of yourself, and we want to teach you how to take every moment of life and take advantage of it. That's why I say to you, the time is now and now is the time, you can turn this energy which you waste in thinking into a very intuitive power, which can guide you. which can help you, and which can take you through.

Therefore, my friend learn never to wake up without meditation and without thanking your own unknown, your God. And never sleep without meditation and without relating to your own unknown. God, who knows if tomorrow shall dawn on your home. Keep the account clear. See the day with God, start the day with God, then God will take care of it. Isn't it simple? Rise and see the seeker of God and at the end of the day, give yourself to God and sleep, and if the morning will dawn on you again, get up moment to moment, day to day and walk away with the precious gift of life. Life is a very precious gift. Don't waste your life in ridiculous thinking, ridiculous planning. In chief moments, don't make yourself frigid. Ego will make you mentally frigid, you won't ejaculate; you won't experience; you won't have any experience in the essense of living. You'll be cold, brittle and biting. Get your scene together. Get in the stream of life and just live it! Here you can magnify each moment. Here you can experience each moment. That's what our purpose was in bringing you here. There is no difference between one Guru Ram Das and another, but with one Guru Ram Das we feel it is ours, with the other we feel it is Guru Ram Das. Just to give you that feeling, and then to give you the feeling of a sadhana, we made you live with the barest required necesities. So that in a very light weight atmosphere, in a very personal atmosphere, you can say to yourself, "All right, I am going to live these two, four, six weeks." That's the pledge you should have, "I am going to live these for six weeks. I am going to be totally me. I am going to be totally divine, and I am going to be nothing but the grace of God." And then leave the result to God. From God you have come, unto God you shall go. In between there is just a temporary through. You are never subject to time and space; you pass through time and space. You will pass through it anyway, but when the Guru blesses you, then you'll find the guide and the guidance.

Once four people sat down and prayed to God. They were very poor. God appeared before them, and they said, "Thank you for coming." He said, "Ask anything you want to ask." They said, "Tell us the secret of how to make wealth." God said, "I will tell you." So God started talking to them and they started listening. And when God was telling the main secret, somebody had the hick-ups. So while he was hick-upping, the others were looking to him and meanwhile, God's sentence passed. God went away,and they sat down. So when they came to that place, they did not know how to relate to it, because there had been up through the whole thing.

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Life is like a movie. You go to a movie, you give them $3, they give you a chair, they start the film for you, and in between eating pop-corn, and drinking coca cola, you sleep. Now you didn't pay that $3 to go to sleep in that chair, did you? Why did you do it? You go to an opera, you pay $8, you sit there and then you sleep. Did you pay that money to go on those benches? No, you didn't. In exactly, the same way, through previous karma the life is gained here, it is paid for, you earned it! With Guru's grace you did the bhakti, and then God granted you a human body. It is earned, it is paid for; title is clear. You can make it or you can mar it; it is your business. You have paid the $8; you are in the opera, you are sitting in the seat; the drama is happening. Now if you sleep and snore, who cares?

Now I tell you about the Kundalini mantra. There are two Kundalini mantras in the world. And there is one Shakti Mantra. The part of the Muhl Mantra beginning from Jap to Hosi Be Sach is the Kundalini Mantra and that is the Shakti Mantra of Kundalini yoga. What is the Bhakti Mantra? There are two mantras: one is Shakti, one is Bhakti. Bhakti gives you Shakti, Shakti gives you Bhakti. Now what is the Bhakti Mantra: Adi Shakti, Adi Shakti, Adi Shakti, Namo, Namo, Serra Bushakti, Serra Bushakti, Serra Bushakti, Namo Namo, Pritum Bhagavati, Pritum Bhagavati, Pritum Bhagavati, Namo Namo, Kundalini Mahashakti, Mahashakti Namo Namo. This is the Bhakti Mantra. You have to do it with a devotion. But if you do Shakti Mantra, it will work.

In the entire Siri Guru Granth Sahib, there is only one Hokum, one order. And it is a direct command, Jap, straight,Jap. There are no two ways about it: Jap. It is as if one says, stop! Go! What Nanak has said, it is a great secret to know. Nanak has explained God. What is God? Ek Ong Kar; There is one Creator who has created this creation; Sat Nam; Truth is His identity, Karta Purkh; the being who does. Nir Bhao; fearless. Nir Ver; revengeless, it is explaining the universe. Ajuni; doesn't come in death or birth. Sai Bung; myself,and Guru Prasad; it is the gift of the Guru and where it will come from there are the orders: Jap. What's Jap? Ad Sach, Jugad Sach, Hebi Sach, Nanak Hosi Bi Sach. That's the secret, that's the key; It's a tragedy in the world. Somewhere there are locks but no key; somewhere there are keys, but no locks. And Guru Arjun knew about it. All he did was to put all the scriprures and mantras of the world along with the locks and keys in a serial order. You will not find a Shabad in the Guru Granth Sahib where there is no row? Whenever you say row, that means the essense is being explained. Row means whatever I have said before, there is the key. You call it a pass in English. Guru Granth Sahib is written like a city of divinity: it has trees, it has house numbers, it has boulevards, it has freeways, it has staircases, it has doors, it has windows. Read it properly, you'll find it a whole city.

It will never be written again, because it was said by men in God essense. You will never find anyone who can speak in rhythm, in scale, and in truth. You will never find these three things combined anywhere. Scale, rhythm and the truth. Why was the Siri Guru Granth given? To make things happy.

July 14, 1975

I am not forcing you to read Siri Guru Granth. Don't misunderstand me. For all I care, you may not ever read it in your life. I don't care. Don't learn it for my sake. Learn it because there is no way out! The psyche round this earth has become so vast, and the territory of this earth has become so little, that you require accurate rhythm, accurate scale and divinity. That's why after every Shabad the word Nanak came as a seal. So that nobody could alter it. All other scriptures of the world were written after the great people had died, but this scripture was written within the lifetime of the gurus. Guru Arjun was alive when he wrote the Adi Granth; he signed every page. If you go to Kartapur in India they can show you the first volume of the Siri Guru Granth that was written; it is on hand. Guru Arjun compiled the entire Granth. but left some pages blank, and those pages were filled later on with the Bani of the other gurus and saints. That is why I say to you, when you have this entire work, put it on one scale and put Sat Nam on the other scale. You will feel the difference to yourself. That's why we ask ourselves, let us relate to our higher selves. That's why you are given the Muhl Mantra, which is the root of all mantras. There are twenty millions and trillions of leaves on this tree; there are thousands of branches of the tree; there is a huge trunk of the tree; but there is only one root. Therefore you are given a Muhl Mantra, the root mantra of all mantras: Ek Ong Kar, Sat Nam, Karta Purkh, Nir Bhao, Nir Ver, Akal Murit, Ajuni Sai Bung, Gur Prasad, Jap, Ad Sach, Jugad Sach, Hebi Sach, Nank Hosi Be Sach.

The idea is that when the children get very itchy, their eyes get very sore and red and they have lot of diarrhea, lot of diarrhea. They get very weak because then body metabolism becomes founded on its own strength. Here is such a thing about children that people only feel that if child is very fat and very heavy then he is healthy. When the child is fat and overeaten and made to digest all those heavy things to him, actually upsets the child totally from his very foundation. Children should be fed regularly, they should be fed proper and total and they should be given only that food which is nutritious. Bulk food or food which is not nutritious is over taxing to children, healthwise it is not good. When you overfeed a child, you overfeed him is o.k. but that food has to be digested. You are only responsible for the feeding the food to the child, you are not responsible for digesting the food. You want your baby to be fat, to be healthy, to look healthy, to look big. Have you asked that person what he wants? So when our metabolism started overexcessibly producing fat as a young kid, then in the later age when we cross 36 we go fat.

There are two types of food, nutritious food and sustaining food. Actually a lot of food on the earth is medicine. Nutritious foods are that which allow you to help your body and give you the strength. Sustaining food are those which does the medical job for you, which maintains your metabolism. So the basic property of the food is: food should be nutritious; food should be sustaining; and food should be a balance food. Balance food is that food which can get digested without drawing on the health. It should not put a strain on the body of the child or the person.

Question: How do you know how much to feed him according to his age?

Yogiji: Actually speaking, in fact four or five ounces of ordinary milk, wild milk, when the child is young with 15 percent water is a perfect food. If we really want to grow a child, we put him on a food like beet milk, almond milk, just to substitute. The greatest problem on this planet is a mother who thinks she has to nurse the child. The question is, is she a nursable mother, is her metabolism all right? If you nurse a child on a mother who is fat, it will make the child go fat; therefore, sometimes we dislink the mother so that the metabolism won't have any effect. You have to understand this idealistically. Today I got upset with a girl, normally I don't loose my temper but today I had to. I couldn't believe it. She was telling me that I am an idiot, only with one idea, that I should not tell her to stop nursing her child. Now the child is being nursed by her and she is totally drained out. She has no minerals left. Her aura is totally weak and still she is determined that she must nurse the child. Now this I can't stand. I can stand it if you don't want to do something, but I don't understand how you can be cruel to the child. What is important, you? Yes, child? Yes. Child has individual personality, individual

identity, and child must work for his own life and it must be given what is needed to be given, not what we want to give him. Never feed a child what you want to give him, see what is good for him.

A mother prepared food for one year and three month child in my presence. I was in the kitchen. She put one bag of sprouts, alfalfa sprouts, half a cup of cottage cheese, and then she put so much honey that if those pancreas are still there with the child it must be a miracle. Over and above she put creamed milk, and then blended it. Then she said, oh, I forgot, and then she went and took a half apple and half a banana and tucked it in. I was wittness to it, I am not making it up with you. I saw it with my eyes and I didn't say a word. I was amazed. I slipped away up in my room and sat there and after half an hour came down and she had finished all that big plate. Now I assure you that that poor child is going to get that again after four hours and you know what the mother told me? "Yogiji, you tell me that after four hours I shoulf feed the child." I told her that what she had given to the child, if she were to eat it she could not digest it in the whole day. She said that it is true,"Sometimes I simply eat the leftovers and don't eat meals." I said, "You eat leftovers and don't eat meals, what about that poor thing? I agree God has given you cottage cheese, God has given you apples, God has given you bananas, and God has given you a child. Don't murder his growth with your foolishness. That little one year and three month child has to digest all that food and after four hours you are ready to pump it in?"

Don't deal with these little saints with emotions. Just treat them with kindness and respect. Give them what is their due. You do not understand sometimes, and it is a fact, children do weird things. They cry, they fight, they go on those moods and temperaments. That's all because of food, they have to let their energy go somewhere. What should they do? You can get on the telephone and talk half an hour. Whenever you overeat, telephone is the answer, $5 on food and $19 on a telephone call. You know if all people were to eat right, the telephone company revenue would go 50 percent down? I am not kidding with you. We have to talk to somebody, why? First of all we can't talk to ourselves, so we have to find somebody to lay that negativity or that positivity on, whatever it is, and telephone is the only way which connects us all over the country. Now I'll give you a very simple emotional example.

One person asked me, "Yogiji, can I ring up my mom and talk to her?" I said, "You must call collect." Normally I don't require it but that day I did. She said,"O.k., can I sit in your room and talk?" I said,"Sure." For 45 minutes she was discussing with her mom, I want to talk to you and her mother was saying, why are you calling me. That was her entire conversation for 45 minutes. She was paying the bill and this thing didn't get settled why she wants to call. Mother didn't know why she wanted to call. All she was telling her was that I am miserable, you are very lucky, why you call me, you just want to make a fool of me. I don't know for sure, but I know from her side of the conversation that she was before a judge in a criminal charge for just calling her. After she hung up on mom, which was another wrong thing, I sat down and

it took me one hour to explain to her how it was wrong and you know what she said? "Well, why didn't you tell me not to do it in the very first place. You told me to call collect and I did it." I said, "I told you to call collect, I knew that this nonsense was coming so I said pay for it yourself.

You must understand, there are two basic things in your life that you must know. One is pranayam, one is pratayahar. Pranayam is when you want to expand yourself, your power, your psyche, your intuition, your understanding. Pratayahar is when you synchronize yourself. Life is based on contraction and expansion. If contraction and expansion are imbalanced, you are going to get it. Pratayaher means contraction, synchronization. So when you think your mind is your mind, there are two conditions to test it. Whether you belong to your mind or your mind belongs to you. There are two ways to test it. One is at your will. At your will can you sychronize your mind if you want to? And at your will can you expand you mind when you wish? This should give you the answer for everything.

Suppose there is a party going on and everybody is going. Can you just say to yourself you are not going and forget about it rather than saying to yourself you are not going because you feel depressed or not. No, not at all. If you cannot withhold yourself, then the answer is very simple. You don't belong to this world, you belong to your mind and when you belong to your mind, then you belong to a monkey. Then even in your dreams you cannot be happy. Forget about everything. All this yoga and this Nam Simran and God is only meaningful to us when by virtue of any sadhana, any kriya, anything, we can control our minds to our use. Not letting this mind become a monster and start using us. Mind tells you you are not to die. Mind tells you you are alone. God and Guru, God and Guru and the Sikh, the three are there. God, Guru, and Sikh, this trinity exists and you as an individual are just supposed to watch it. That's the relationship. God, Guru, and you as a Sikh. That trinity belongs to the existence and where you are supposed to act, Atma. You are Atman. You are supposed to look at it. If you become the actor, then you will go through the pain and pleasure. You will be in trouble. You are to watch, pana bandhanaha, the will of God, and the will of God is impossible. Don't try to take a plunge. Better to learn from a swami, ther is no fun studying with me. You cannot do these things what they tell you in the life to do. If they tell you, "Oh, leave it to the will of God, everything will be all right." It is not easy to live in the will of God, say it is easy, it doesn't cost anything; but when you come to living it, it is impossible. When it is impossible, what does it make it possible? Simple, become an observer. Be it, be in the game. Don't get away from the game, be in the game, just observe it. If on the screen shooting you are sitting in the audience, you are watching it happening, good.

How can a person be alone? There is a simple saying, you become lonely when you forget God and Guru. Two things you forget and the third is that you are lonely because then you become you. When you are disconnected from God and Guru, it is very lonely, very painful.

Then the only answer is go for drinking boose. Eat meat, drink boose, then you are like an animal, then you are away, there is nothing human. Then your life is exactly like that of an animal. An animal gets up, feeds, an animal does sex, has babies, raises them, they are perfect if you look at them. Simply, animal has not the mind to observe, animal has to act. This is the direct difference between human and animal. Systematically we have to condition our minds. Systematically we have to tell our minds, this is the house of the Guru. It doesn't matter to whom it belongs to, it matters how you train your mind. Today somebody donated an apple tree, $5, $10, $50, $100 it doesn't matter. Dollars come dollars go. Trees come, trees go. Tree gives fruit, tree dies, it doesn't matter, nothing matters. That has nothing to do with anything but there is a feeling, feeling, simple feeling, this feeling that I donated this tree. After ten years, the same person can tell the child,"My son, my daughter, ten years ago I donated this tree." Child will get the impression,ten years ago my mother knew how to do charity. I think you should be charged ten thousand dollars for that lesson, for your personality build-up.

There was a friend of mine, once I told him, "Donate this." He said, "Why, why should I donate, you should donate." I said, "If I donate it doesn't matter, your children know you are the most miserly and most selfish person. If you will donate that, they will see that you are not a selfish person. I don't worry about it." "Oh, then that is all right, I'll give it." Tree, it doesn't matter, tree will be there. We bought that ranch,right? We are paying for it, there is no problem. But that day we called all the children, all the little ones, we didn't call you, you egos, we didn't even bother about you. We called all those little ones and blew the flag and dedicated that to the future children. You mean children will come to the camp and live in there all the time? No, it is a home, when they have nowhere to go. When they want to go somewhere, it shall be their home. It doesn't matter how painful it has to be now, but it has to be built that way. When any Khalsa child anywhere in the country wants a respectful and graceful shelter, he can always walk in. Certain rules will be made that that person will be a ward of the Guru and the attendant sevadar, the servant of the Guru. The Siri Singh Sahib shall maintain his confidence and his arrival to the extent he wants. It is a national therapy, it has to be done. What we have to face ten years from now, or a hundred years from now , we have to build for today. It cannot be built in my name, it cannot be built in your name, only common among us is the will of the Guru. Each hand which goes in that dust purifies its existence. It is a land like any other land. There is no difference. But every other land belongs to every other person. This belongs to the commonwealth of the Khalsa. We have to have a common reserve. That is why I incorporated Siri Singh Sahib, period. It is a religious body now, its assets will be the commonwealth of the Khalsa, it has to be done. On one side we say, Nanak nam, chardi khala, tere bani salvat khala. You wish good to all and there is no place where all cannot come. It is important for us today to think. To think what? Think. How we can be divine. It takes the same energy can think how ugly you are as it takes to think how beautiful you are.

You go to a movie, you spend $3. You don't go to a movie, you save $3. Going to movie, spending $3 or saving $3 nobody will remember; but remembering in your life $3 given in charity will always give you in essence a coziness. I'll tell you my own story. I used to teach in one of the centers when I came in America just to keep my life going. So the lady in charge said that I had to teach eight hours during the day, then in lieu of that in the evenings I can teach my own class. Now she is not going to pay a penny. Eight hours I worked to earn my right to teach three hours in the evening. Well, I had no other means, I said, "O.k., I will do that." So I would go early in the morning and work out the whole day for that woman. In the evening I could teach and every week out of whatever income I generated, one fourth or one third of that she would give me. Do you understand how much work goes in? First I had to work out of that the lion's share she is going to keep, only a little share of that she is going to give me. And that was the only arrangement at that time that was possible. I said o.k.,

One week, it was one of the weeks, I went up and she said, "Yogi, can we go out to eat?" I said, "Well, if you give my pay check I can entertain you today." She said, "Oh no, today I am going to feed you, I am going to take you out." I said, "Fine, o.k." She said, "By the way, this is your envelope." I said, Thank you," and I tucked the envelope in my pants and we went to eat.

There was a blind man and he was staying at the gate of that restaurant. He was saying, "Eyes are God's gift, you can have a pencil so that I can make an honorable living." Now honorable living knows what honorable living is. I do not know what happened in my hand when automatically in the pocket I took out that envelope and I just gave it to him and I took one pencil and then walked into the restaurant. He looked at that envelope and said, "Please hold, hold." I went back, I said,"There is some money in it." I thought he was thinking somebody had just handed him an envelope and took away his pencil. You know, there are very great people in that way too. So I said, "Don't worry, there is some money." He said, "No, no, there is a lot of money." Although he was blind, he could feel immediately, that was his conscious feeling. He said, "There is a lot of money, that much I cannot have for one pencil. Are you from some different land?" I can't explain to you what happened to me. I said, "But what do you mean?" He said, "There are no people in this country anymore like that. Just let me touch your hand." He touched my hand and then he felt the turban and all that and he said, "India?" I said, "Yes, India." He said, "You are a holy man." That did it to me. I said, "Forget it, I didn't know <u>you</u> are a holy man. I am just a man." Then he put that pocket like that and he said, "You know you have given me out of love for God. I am blind and I look like a beggar; but you are not only great but the greatness will be all over here, around you." And then I saw tears coming out of his eyes, and I saw that man kneeling down and I saw him praying. I couldn't stand that whole scene.

When I came late the lady had already spread the food and was upset that I did not come in time, and was getting cold and bla, bla, bla and I am a crazy yogi and what is wrong with him. First

of all he is black and then he is blind, and what am I doing with him? So I came and she said," What was he telling you, he is always there, that man is a professional. What are you doing there?" I said I was asking him to find me a title of kingdom and she said, "What do you mean, a title of a kingdom?" and I said, "That's what he gave me." "Look mother," I used to call her mam, I said, "Look mam today I have seen what wife can do. What do you mean what wife can do? You got some letter from your wife?" I said, "No, I didn't get any letter from my wife but I tell you what a wife can do." She said, "What is gone wrong with you? You stood a few minutes with that black guy and you are talking like a crazy man." I said, "That's true." I said, "The Lakshmi, the money is the wife of Navan, the God, and out of divine mercy that money you gave me I just gave him." "You gave him? But $200 you gave him." She said, "No,no,no, you can't do that." I said, "But I've already done it. What do you mean I cannot do that, I gave it to him." She said, "But what did he do with it? I Said, "Put it in his pocket. What else? I said, "He prayed." She said,"You are a yogi, you should just understand it. You know you work for so much a long time and that was the only salary you had, look what did you do with it?" I said, "I bought the entire kingdom. Don't you understand what I did with it?" She said, "I don't understand." I said, "Today I tell you and also share with you." I said, "Not only I will have estates but those who even follow me by mistake they will have this entire land, what you call America." I told her,"Look I am telling you from South Pole to North Pole, all the way." She didn't believe at that moment, but after 6 year when I see her now her eyes tell me, you were right.

It is not the thing that matters, it is the moment, it is that moment, it was that moment of human kindness in me and it was that moment of divinity in him, two moments combined, heavens got granted. Hundreds of years if I would have sat on top of the Himmalayan peak with a loin cloth and I would have done a sadhana a hundred, a thousand years, say two hundred billion years. Two hundred billion years if I would have sat on the top of the peak of the Himmalaya and chanted all my Sat Nam, I might have earned one tenth of that prayer. And I am not lying to you. You are my children, why should I lie to you? I saw that. In that unseen scene I could see when he knelt down what he did. I saw the beam of light going out of that man and I also saw the entire universe changing, I was a witness within my own self to that fact. That is what I want to tell you, the realization to belong to Guru. Guru Nanak had not given you anything more than any other religion of the prophet can give you. But one thing is very unique which nowhere you will find, Seva and Simran, Deg and Teg, four things are gift of Nanak's to you. Deg is lungar, service, food, Teg is the sword. So that you become the defendent of the faith you believe in.

The question is asked, why do you wear a sword? The answer is simple. Whatever you wear as a reverence you can never misuse it. If you have no reverence for the arms you will have no reverence to use it, but once you have reverence for the arms and you think it is the symbol of the Guru to you, you cannot afford to misuse it. That is why we are building this. That is why

we are build this. That is why you are tied down here away from your husband and your homes and your ashrams and from your darbars. The idea to get you here is to let you know that there is the house of Guru Ram Das that belongs to you. This year you came and you have your tents. Now we are sending a letter to all Mukia Singh Sahibs that if they want to build their cottages they are most welcome. We will provide a space. So the question does not arise that any time in your life if you want to come in you have a place to come in. You have not to ask, it is there, it is your house of the Guru, it's tree, it's grass, it's dust. Why am I coming and going like a fool, coming one week, going the next like a mad man going around all the time asking what are you people doing, build this, put that color, what for? Just a simple answer. You are soldier and a saint. You are complete. Your coin has both sides, You are a saint first, and when your sainthood is attacked you are a soldier first. A simple law and now that is the center. That center must fly a flag, it must have a garden , it must have a look, it must impress people that it belongs to some people who have grace, who have the art of living, who know how to live.

You know there are one hundred and twenty homes where I visit. They are all alike, people are alike, homes are alike, Guru Ram Das' picture is alike everywhere almost I sometimes forget I am in New York or where. It is so mentally set now it doesn't make any difference. Somebody wants to ask me, Yogiji, what about your house? I say, every house is mine anyway, they are all my homes. Do you know that if you visit every ashram it takes you one year and 8 months to come back? Just on a weekly basis. What is all this? It is energy? Who aroused this energy? You, which you? The will.

Often soldier-saint is a very unique answer. Mostly people do not understand when we say soldier-saint. Fighting is the aggresiveness and all have a divine nature and an animal nature. If somebody tells you, get rid of animal nature, be very conscious of that person, because divine nature is very universal nature. You do need animal nature, don't get rid of it, but you have to channel it. Use your animal nature to support your angel nature. A person can work for a house of God for two hours and get tired, if your animal nature comes and supports your will you can work for 16 hours and still not get tired. Putting a board "La Hacienda Guru Ram Das" doesn't make any sense. It should present what it is. The Golden Temple in Amritsar doesn't have a sign board. I am not kidding with you. When thousands of people are headed there, the gold shines, marble is clean and washed with milk, it is the cleanest temple on the earth. It houses everybody, it feeds everybody, that's why in Siri Guru Granth Sahib it is said, "I have seen all the places, I have not seen any place like this." It is true, it is true to its letter, there is no such a place in the world where 5-10 thousand people can be fed every day and people who feed are so greatful they could feed you. I have visited the world, I've been in all places. I have not seen a place so clean so radiant.

July 15, 1975

Temperamentally we people on this earth do need to relate to something. Without relationship you cannot live. But have a good relationship. Eliminating your fundamental nature is wrong, is not a good education. Using your lower nature to support your higher nature is the greatest achievement. There was one woman she used to tell her husband, oh, you are an idiot, you will never make money, I'll never be rich, all nonsense, you know all the negative talk, and if that is what they call it "big disc", double long playing, double jacket, what do they call that thing? Class: "Album". So some people have a very practiced musical negative double album and normally in woman there is one problem - if you tell her that you love her you have a problem. The moment you tell a woman you love her she will tell you, prove it, and she will not tell it directly to you she will tell you through indirect means - they call it a communication tantrum. Woman is so graceful, woman as an institution is so graceful that nobody may get hurt, they don't know how to talk direct. It is not a weakness it is a safety. The shyness given to woman it is a safety. She perceives the danger and she reserves herself, that's her nature. It is that graceful nature. Now psychologically, woman is made that way. Why has God had to make a woman that way? So that she can have the power to raise children. Power to make the home cozy. She has a basic power. So this woman used to play that double jacket album all the time, the result was everything was deteriorated. Finally she became upset and out of something she came to a yoga class. From yoga class she got hold of me and she told me the entire story, and you know she said, "I bugged him, I fought him, I pushed him out but still he is not doing anything." I said, 'Sure, how can he do anything?' She said, "You mean I am responsible?" I said, "Sure you are, what shall I do?' Just encourage him, be a spirit." She said, "I don't know whether I can do it or not." I said, "My dear lady that is the last chance. No woman can achieve anything by fighting, by negating, and by negative communication. If you want peace praise the Lord. You praise the God, God gives you everything, if you praise your husband he'll give you everything." She said, "He's not going to get up and give anything." I said, "You just try." After 6 months you would not believe her happiness. By negating you just negate yourself and when you negate yourself you negate the surrounding of the self. When you negate the surrounding of the self you negate your own future because you are weakening the base on which tomorrow has to stand. Committed a woman can create God. When a woman commits to righteousness then God is left with no option. When a woman adapts to flirtation even God cannot save the coziness of that home. Now you can ask me why woman, that axel of life is a woman. Axel of life is not the man. Behind every strong man there will be the stronger shakti, behind every great victory there is an equally great tragedy, you got to go through the valley of pains to find the pleasure.

Normally people are very funny, they ask me; Yogiji, all we want is to be happy. I said, all I want to tell you is how. Happiness does not lie except in sacrifice. What is a sacrifice? Sacrifice is when you give, give to what? Give to higher consciousness. Give in the name of higher consciousness.

July 15,1975

Sometimes I sit in the house of Guru Ram Das in L.A. in a very domestic mood I talk to Pink Krishna, she said, "Yes Yogiji", I said, "Pink Krishna keep this house so clean that even God may freak out." One day she asked me, she said, "Yogiji, is it a virgo nature to fuss about cleanliness about Guru Ram Das house or is there something special?" You know I talk to her like my daughter, she talks to me. I said, No Krishna, by making you to clean this house I am solving 3 purposes. First purpose is, when you clean the House of Guru Ram Das as a house of Guru Ram Das, not as a home, not as a duty, just as a house of Guru Ram Das, it cleans your karma. Second, those who see it clean say Wha, and that is your Guru mantra. And thirdly my daughter, it will make you immortal. Whenever the sikhs in the west will talk of any person who selflessly served the house you will not be forgotten. Some of you work overtime and some of you don't work at all, but you know who pays you for that overtime. When you are investing that overtime you are investing that overtime into your generations to follow. Some time my own staff tells me, Yogiji, stop, you always work,that is not fair, we need you more than you are trying to do. And I have a very simple answer, who has the time to stop?

Life is moment to moment, one moment can give you the grace of the universe. One moment, Casablanca France, I always give this example, Casablanca France.That moment he decided he will burn himself with the flag, but not leave the flag, he stood with it, sunk with it, he is a hero of France. Look at the two sons of Guru Gobind Singh, they stood by the faith of the spirit, the soul, they got bricked alive, they didn't care. Seven and nine years old. Look at the training their mother gave them. Don't you look to those two kids, seven and nine year old kids, you all have them. Look the training the mother, the shakti, father is the image, mother is the shakti. Whatever you will train the child that child shall be. Gurbey Mata, you are the first teacher.

Imagine what a training must have been given, that entire temptation and entire pressure even death didn't budge them. That is a woman. That is the grace of a woman which can make a person elevated to the height that even human death becomes a joke. 20 years, 40 years, 50 year old man you can understand. Guru Arjun was Guru, Guru Tej Bahadur was guru, Jesus was prophet, but there are two children 7 and 9, their mother told them, trained them, loved them, inspired them, filled them with spirit. They faced death better than anybody I can think of. It is not the life that matter it is the courage you bring.

In silence, in our prayers, in our offering, somebody gave a tree. Somebody planted that tree. Nature will nurse that tree, That tree will one day have fruit. It will become legend; so and so in his and her love of Guru gave this tree to the House of Guru. Whosoever will ever eat its fruit, or look at it, or see the natural beauty of it will always vibrate and the entire nature will vibrate to create harmony

for that person. Do you understand what one little gift can start? When in our life and that moment of our life which we belong to the Guru, not to our emotions, not to our ego, mind you, my apologies, they too are different, but that moment when you belong to the Guru, that moment God belongs to you and that is how the life progresses. Shakti is not in your emotions, shakti is in your devotion. When you consolidate all the emotions and one-pointedly put all your spirit into the path of righteousness, that's what devotion is.

Guru Amar Das, an old man, became a disciple of Guru Angad. He took it upon himself to bring water from the river, 12 miles each day. He'd get up at 1 o'clock and go all the way to the river, fill the bucket from the river and put it on his head. He would walk backwards so that his back may not be turned to the house of the Guru. Where he used to rest that is known as Dandamar Sahib, which means "rest area". It's a huge Gurdwara.

So one day he fell in the pit of the weaver and the weaver said, "What is that sound outside?" and his wife said, "That Amaru, who is coming here early, freeloader. Goes whole night, God knows what he does to the river, It must have been him. Who else could it be at this dead hour, it's the hour of sleep. He is the only man who walks around at this time, Sat Nam, Sat Nam, God knows what he is getting out of it". But when Amar Das came back, left the pot of that water, Guru said wait: "Now in this water you take bath." He took the bath. Guru told the sikhs, "Go and give bath with this water today." They came back and said ,"Wow! What happen? There are pimples all over your scalp, it's pussy. Oh, bring him." "Amar Das, cleanliness is godliness, what did you do to your head?" He said,"nothing!" He said, "What about all this fuzz and sickness?" Amar Das replied, "You gave me every year one turban, you said tie it, you never said to remove it, so I have all these turbans over my head. I never removed them for 12 years." Guru Angad said,"12 years you didn't remove it?" He said,"how can I remove your gift? You told me tie it, so I tied it. One you gave me first year, then you gave me second, then you gave me third, gave me fourth...all twelve. They removed all twelve." Then Guru becomes God. He took water and just spread it, and asked them to give him a bath. But there was nothing. It was the clearest skin of all the skins they could ever see. His body smelled sweet, it was given the most beautiful essense and smell, bath was given, new cloths were given. And then Guru Angad, the Guru of the time went and bowed to him. Amar Das, you are Guru today, and then blessed him. Those who are shelterless you shall be sheltered,those who have no hope shall be hoped, those who have no this, you will be this - everything which could have been expected at that time. Is there anything more powerful than Bhakti? Devotional service, what we call sewa.

Today some of you went and collected wood, some of you cut the grass. It looked clean. You know cleanliness here has not become cleanliness somewhere else? If ordinary human eyes has seen that cleanliness, do you think that divine eyes have not

seen that cleanliness? Those who worked to clean that area, were they paid? No, work never goes unpaid. Someone has to pay it, it is a divine law. When you work for the divinity, divine is bound to pay, because it is infinity. Therefore the payment must be infinite. Those who take one opportunity to serve, infinite opportunities will serve them. There are no two opinions about it.

Simran is the law of life, Simran in the spirit of God, Simran what? Truth, Sat Simran. Sat Sewa, Sat Simran will do what? Bring before you what? Sat Katar. These are your fundamental gifts.

Everybody has seen saints and soldiers, when a householder becomes soldier he forgets house, when a householder becomes saint he forgets house, but it was the gift of the house of Nanak, he created a saint and soldier and also a householder — combining all three. This was the biggest human experiment and human miracle. You take a medicine to get out the disease. What does medicine do? It fights the disease and gives the body a chance to recurperate. What is a medicine? It is a sustaining food. Even the chemical medicine is only produced because it is cheap and it is available. The difference between organic medicine and chemical medicine is, chemical medicine is a direct and organic chemical is indirect medicine. Organic medicine affects you slowly but its effect is long. Eating good food is nutritious, but eating right food is sustaining too. It is a cure in itself.

Sometimes you don't feel well, you take mint tea, you become all right. Sometimes emotionaly you don't feel all right, now what should you take? Take Simran. Mind is negative, cut it with the divine word, it will become positive! Thought patterns have made you to think negative. Now you know you are thinking negative, and there is no stop to it. Cut it, just say, Sat Nam, what am I doing? You'll be surprised, you will immediately find you are not doing anything. Some people ask me how to get out of it. Simran is the only way.

Somebody once asked me what can Sat Simran do for me? I told the gentleman, I said, it is very simple my dear, not only will it make Sat to you but it will make Sat out of you and Simran is the continuity of that Sat, it will give a SATAYA. Such energy such a shakti that you will find a green light all the way. Because when you time your prana through the power of the Simran into the universe, universe will reflect back to you.

When you'll go back, your husbands will ask you, or your wifes or your sisters or your brothers, what was it? You'll say, "Great!" Oh, what you did? "We studied." But this won't work. You must say, "We got up in the morning, we did sadhana, then we chanted, then we worked, we plough the field, we planted the trees, we did this, we did that." They will feel you are human. And you will enjoy telling about it.

A foot which walks towards the Gurdwara to that foot the lotus feet of God walks to that heart. Why do we go the the Gurdwara? Do you know in the Sikh way of life why we go to the Gurdwara? To serve, to do Sewa and do Simran. No other purpose.

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The purpose is to go and do Sewa or Simran. Listening to Gurbani is a Simran, it's a Sat Simran. Chanting the Gurbani is a Sat Simran because when you chant the word of the Guru you become the Guru. Then you don't pray, then God pray for you. It's a very fortunate and rare nature in man, a rare nature, that you get to learn to unite, to be with Sangat, Sat Sangat, becoming not Sangat but Sad Sungat. The word is very proper, sometimes you misuse it, Sangat means "the congregation", it has no meaning in the Sikh Dharma. It is Sat Sangat, the congregation of the disciplined ones. Sadhana, those who do sadhana, they are congregation. Congregation can be of the thiefs. Sangat means congregation. Its root word is'Sinay Gat'. Sinay means friendship, love for each other, compasionate feeling. Sinay Gat means "through which there is a freedom." Sangat means that congregation of affection which can work for liberation. Gatē means when you are liberated. Sat Sangat Sad means those who have disciplined themselves. You have been given a practical technology to make yourself that gracious.

There was a person once, he came all the way from Calcutta to Amritsar, flew all the way to do Sewa. When he came to Armitsar he had such a diarrhea he couldn't get out of bed. He got so terrified he went back to Calcutta. The moment he went there on 3rd day he was all right. He got very upset. He went to a very saintly man and said, "Sir, now I am a human being that's human, maximum I could do is I could spend money, I could go, I wanted to serve. I made up my mind to serve. I just did it, I was there, I was sick all the time. I couldn't get out of the hotel." And the holy man laughed, he said, "You wanted to do Sewa, if the Guru wanted it to be done or not, that's the problem." He said, " Sir I don' understand it." He said, "It is very simple. You went to do Sewa to do ego, you wanted to tell your relatives and people, I went to Guru Ram Das House to do Sewa. Guru did it to you." He said, "Sir I don't understand." He said, "In the House of Guru Ram Das only law of humility works. Those who humble themselves at this house, their generation will live always in grace, a law of polarity. Those who will serve this house, their generations will be served through all time and space. It's a law, polarity must work. When there is a day there is always night, when there is a night there is always day. When the clouds come, sunshine is not following. That is why I say to you, patience pays, have patience. Patience doesn't mean tolerating things, patience means to be firm in your righteousness. That is what patience means. Either learn the art of patience or be patient. Tolerance, synchronizing yourself, stopping when you want to stop.

When somebody asks you why you are not going, and you say, "I have to do my prayer," you know what that means? That means converting another person right away, right on the spot, because he will immediately think, "Eh, this man can pray, why can't I?" And it is totally western! Those who do the prayer and give their time in prayer they are never preyed upon by the evil and the doubt. It is a totally western saying. In Gurbani there are not one but millions of insurances. If somebody knows you, and knows that you

are a personal friend of the governor in the state, that person will think twice before he does anything. Exactly as we know God, talk about God, feel about God, know about God, then everyone knows that we are with God and once you are established as a man of God, then God takes care of everything anyway. The concept whom you belong to; it doesn't matter who you are. What you are and who you are has nothing to do with it. It is always the question whom you belong to. If you can prove that you belong to God and you have the guidance of the Guru, then time and space will belong to you. Therefore, I say take advantage of this time

Therefore I say, take advantage of this time. These earthly things can belong to you or they can belong to your Guru or they can belong to your God. If they belong to your God, they are yours. If they belong to your Guru they are yours. If they belong to you they are yours. But when they belong to the Guru, then everybody will know; and when they belong to God then the whole world will know. That is the difference. Because when the king dies, he dies. When a saint dies, he starts living from that moment. A saint lives after death, a king lives before death because the life of a saint is the life of the spirit and the life of a king is bound by time and space.

QUESTIONS AND ANSWERS
July 16, 1975
Espanola, New Mexico

Don't hesitate to direct questions, but do me one favor: don't beat around the bush. Sometimes when you want to say something, you go round and round and round. Alright, what is it? Q: I was wondering about the present political situation in India. Y.B.: Oh my God! Well, God bless India. We are in good shape there. The Sikhs are the only party which has not been touched politically, spiritually, or religiously. No arrests have taken place, so you can safely feel safe. It may not be because of any specific consultation but the fact is that there is an understanding not to touch us because we are very organized. It's ok.

Q: In my mind I know that the Guru Granth Sahib is my Guru, but the one who gives me the technical know how is you:, the one who inspires me most directly is you: thus when I hear "Guru" I think first of you. I have to remind my self that the Guru Grant Sahib is my Guru. What shall I do about this? Y.B.: Well, the King has many courtiers, and if you think that a courtier is a King, it is very kind of you. But I know myself who am I, so there is no big problem. Basically we are very fortunate, that we can sit and talk about our Guru, any time, any where, to any extent. And my personal feeling is, that when you reach my stage and the Guru will fill you with that kind of Grace, then perhaps you will talk better than me. How can the indescribable be described? The fortunate part of it is that we don't have any personality over us. It is the word of God, the word of the Guru, which is our Guru. It is my Guru as well as your Guru, and if I remind you of that, it is only an incident to remember, so that one day you will remind others too. But this age, when the world is so little and there are no barriers, how can a barrier be a Guru. So all one can do is to take over the language of the Guru, the explanation of the Guru, and the Grace of the Guru. That's why Guru Gobind Singh decided once and for all: Wha Wha Gobind Singh Apeh Guru Chela. Deciple and Guru merged. uniquely for the first time in the history of the human race. And that is the Grace of the Siri Guru Granth. It is so vast that just by belonging to it, knowing it a little bit, one becomes a better Guru who are running around. But you want to go to the depths of reality, how can one sing the praise of the Guru? So all we do is just share with you. Don't get hung on my personality; this personality of mine has no value. It's only value is in those hours and those words where it praises God, and where it shares with you the words of the Guru. Rest of the time this personality is a nuisance. You have to eat; you have to sleep; you have to take a bath; you have to clean your teeth. There is alot of hassle which you have to go through to be on this earth. I don't know how long one should do it. But the real value of this physical existence is in its love for the Guru. Oh, you must understand that. It is very painful.

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These people who love me now, talk to me, and say good words about me, they used to slander me. They never used to talk to me. Nobody cared. I was not less wise than I am today. I know that. But with out the Grace of Guru nothing can happen. And nothing happened. I know it myself. That is why for these six years, I have taken no chance, no fooling around. I just gave you to your Guru, so that you may not hang around like me, and suffer. Don't try to know that Siri Guru Granth Sahib is your Guru; test it. It will come through for you, human Guru will fail; this won't. This has been my experience for all the years I know about. Whenever I have chanted the mantra Guru Guru Whahe Guru Guru Ram Das Guru, we have seen things happen right on the spot. So I have no personality; there is no duality about that fact.

We are like stones which are just rattling here and there, and are just thrown here and there. We have no value. We are like little ants until the Grace of the Guru comes. Then the world knows you; they praise you; they love you; they serve you. They die for you. But it is not for you; it is all His Grace. When a seeker forgets the Sought For, then he becomes not sought for. When the seeker seeks, then he becomes sought for. So I have no misunderstanding in my heart and mind, that it was somehow the Guru's Grace that an ordinary man like me got picked up, and could share with you all that I could share.

That is the intimate truth. I have met all these holy human beings. They are doing a good job. They are helping young people, they are helping elderly people, they have promised lots of things. But I sit with them and I feel sad about it. They waste so much energy putting themselves up as gurus and as this and as that. It is really painful, it looks like a commercial scene. So my personal answer to your question is that I am grateful that somebody thinks that I am something. That maybe to your credit but as far as I am concerned, I am very aware of who I am. I am very happy that God's grace could prevail and that a good-for-nothing man like me could do all that I did. That is an honest answer. I am not putting myself down. I am not on my Virgo trip and I am not escaping a scene. That is reality. When the horizon gets so high and you live in the Guru's lap and you look around, then these titles these places these faces, these acts, these letters, these clothes, this body; they don't mean a thing to you. They have no value. Not that I am saying that one should start walking naked. When you have to live on earth, be graceful so that you can go to God with grace.

I used to feel things and value things. I don't disagree with that. But now I don't know what has gone wrong with me. I don't feel that any moment other than the grace of Guru has any value. Maybe sometime, when you reach that stage, you will be like me. In my consciousness it is all right. A wrench can open the biggest nut of the screw, but a wrench is only a tool. I might inspire you to God, but I am only a tool to inspire you. We are tools. God and the word of God are realities. I don't even know how to explain it to you. I can give you an example. If you under-

stand it, fine. If not, I am sorry. Suppose we get lifted by a helicopter and suppose I am sitting here and I am crushed into a bag and a rope takes me all the way up. From a couple thousand feet, I look at you and you all look as you are. Then I may go further until after a time there will be a different world. Above these clouds there is a beautiful sky. Have you ever gone on a plane? Have you ever seen that beautiful sunshine and that beautiful cloud surface over which you go. It is a different world. Similarly, when you get over the clouds, there is sunshine. Then territories and jurisdictions don't mean a thing.

Q: My husband always tells me that if you have faith in God, you can heal all of your sicknesses if you desire to. I partly understand this but I don't understand it enough so I can make other people understand it who need to know. Y.B.: If you have faith in God, healing is a very ordinary thing. If you have faith in God, then you are a God. There are no two ways about it. What is faith in God? That is a question you can ask. I am finite and a part of infinity. I know it, you know it, we know it, right? Now if somehow through some training I feel that I am in God and God is in me, I don't require anything more. It may be by mistake, it may be by faith, it may be by training, it may be by yoga, it may be by religion, it may be by chance, it may be by accident. I am not asking you for any specific circumstances. But even if you don't think God is with you, God is with you. Even if you pretend, even if you make it up, the very fact that you are making it up makes you divine. It is so infectious you can't believe it. One who is divine is very real. But one who pretends to be divine is supper real. Because he is the greatest yogi, he can control all his weaknesses and still pretend he is divine. Can you believe that? If you feel that you are God, and you are divine and God is merciful; God is with you. One who does not feel that way but can act well, he can bring reality through his acting. Have no doubt about it. It is a simple fact. Even if out of curiosity or in the total unconsciousness of dreams, one says the name of God, at that moment God is in the being. You talk of faith my child, I will tell you a story. Stand anywhere with all your personal garbage within you and just invoke the power of Guru. A miracle will happen. What is God? It is like electricity. Just switch it on and it works, but you must have faith.

I personally know of a person. Everything he used to say happened. I asked him what kind of Sadhana he did. He said, "Nothing." I said, "There must be something." He said, "Nothing. People ask me to pray so I pray to God. You know how phoney I am and that I am just doing it to have money from these people. I am cheating them, I am stealing from them. I am absolutely not holy." He honestly said this to me. He is a very respectable man, people say he is the greatest thing. He told me, "Yogiji, I cannot lie before you because it is unnecessary. I know you will know anyway." I said, "Why aren't you lying to me when you lie to everybody else?" He said,"Well, I have something to gain from them, but from you I have nothing to gain so I can tell you my thing." I am not holy, I do not know anything; but one thing I know. Whenever

people ask me to do this thing or do that thing, I just sit down and bug God for a while." And he said it works. I know it works. Finally, I asked him, "You mean I should do it the same way, too." He said, " That is why I am asking you to pray for me. It should happen as a reality." I said, "You are such a saint, what do you think?" He said, "No. I see your kids. They are reality. I see their radiance. I see them and I know they are reality. That's why I say to you do something."

And lastly I will tell you one more thing. Faith moves mountains; otherwise stones are heavy. There is no value in this world other than faith. What is faith? When you know. Whether you know it is wrong or right doesn't matter as long as you know, and you don't know anything else. That is faith. Actually it is faith from which comes the opposite polarity, comes fake. If you can't be told something beyond your knowledge, there can be no faith. And when you work with the power of your psyche, what works that out is your faith, not your words. Your words have spirit in them and, that spirit is your faith.

Q: What's your opinion of some people who say that the guru is within? Y.B.: Ya, this guru within -- is that ego which makes us talk about the guru within. There is no such thing as a guru within. It is a total ignorance. Guru is always without; God is always within. When you talk about the guru within you are actually saying, "I am an egomaniac, get off my back." People talk to me on telephone, "You know, my guru within tells me this thing, and I heard this thing. What shall I do?" I say, " Well maybe your guru within is your torture." Guru within is God within Guru is without; Guru is right out. Guru is the guide; Guru guides you to go within. And now that you are telling the guru that you have a guru within, how will the guru feel?" God is within, not guru.

And also there is a problem of the soulmate. It is identical problem. Whenever you want to create a relationship beyond law, and nothing else works, then you start telling the girl. "I feel like you are my soul mate." And you kn w the rest, so I don't want to extend that. This is just the spiritual technology of 1961 and thereafter, laying your number on somebody. I call it flower people language,, "Soulmate", "Guru within". There are some other words too, I made one day a list. There are a couple of words which are phonetically used for very specific purpose. So guru within is that time when you are exerting your ego at your best. That's the moment.

Q: When you read the Siri Guru Granth Sahib it can either be just a book, or a chance to know what the Guru says. How do you get it to be that? Y.B.: If you want to find a Guru, and you want to find the Siri Guru, not Sat Guru, not Guru, not Gur. When less than Wahe Guru, you want to find a Siri Guru, remember that the one who installed it was Siri Guru Gobind Singh. He said to the Sikhs, "Whenever you take a shower, clean yourself, become humble and simple, and have a desire to get any answer, then go. Bow and then pray and then read it. You will be reading your question and answer both. And there will be nobody else but

you to interpret. The danger is that sometimes you may interpret it with your ego and become the guru within. That is the dangerous part of it. But if you have a neutral consciousness, and you interpret it, you will find it fantastically true. It will give you the most truthful guidance.

It is difficult to believe that this is the Guru because you have to believe in yourself first. The presence of Siri Guru Granth is so subtle and so great, that if you have your own purity of knowledge, then you can communicate at the same level. Therefore, there is a saying: In the company of the disciplined one, of the Holy One, we go across. And this is also the saying of the Siri Guru Granth. So don't enslave yourself to anyone but to the word of God and Guru. There is no gross hangup in the way, but you should try to equip yourself with this proper knowledge. Love it. Serve it. Be with it. Sing it. Talk the language. And then you don't even have to go. It will start flowing through you. But there's no freedom which is free, and there is no liberation without labor.

Q: I have some questions about pregnancy. At one time...
Y.B.: You became pregnant, I know. And I went through your pregnancy along with you , and I was very pregnant in those days. okay.
Q: What about exercises? I noticed that alot of women that are pregnant don't do any exercises, and I know that at one time it came out that they should always do exercises, you know while they were on their back not with their legs up, and that made a lot of sense. But it seems that a lot of exercises that we're doing, you know, the ones in the morning, especially like stretching out and things like that. Will they cause too many changes to go on in their psyche that they shouldn't be doing them or...Y.B.: NO, NO,NO, these exercises we are going to give you in the mornings are very special exercises. They are still never given out in the world. I made a mistake. Once I gave one set in Canada. These exercises which you do in the morning, which are known as Shakti Charni Kriyas, are a series. And they are a forgotten knowledge. So we are trying to revive it. Yes these exercises can help you. They are very good.

Q: What about the forty days after a woman has a child?
Y.B.: For forty days after the child is born, the mother's psyche and protection and intimacy are as important as anything. We don't deliver the child after the birth for forty days; We don't expose it to extra ight, extra nuissance.

Q:What about the mother going out herself, like on a walk?
Y.B.: Yes, she can do it, a little bit. But she should not take a car and go to see a movie like towering Inferno. I know these mothers. They are faster than a jet plane, so we tuck them in with their child for nine months that guy remains inside; For forty days, you remain inside with him. It's getting much too loose. You know what these girls want? By the third day they want to go and have popcorn and coca-cola. But the inside of the woman from which the baby is delivered is totally, metaphysically, and metabolically changed. It must be brought back to normalacy before the woman starts doing anything. One single action can ruin your life; One

single action. You can trip over the floor; you can take on a heavy weight; you can eat the wrong food; you can get emotionally upset, your stomach can get upset. Any number complication may arise...But we don't want to get into the complications, we just want the recooperation period to be complete. Does that sound clear? It is for the safety of the mother. It is her grace that she has given us a child, so we should take care of it. That's the idea. It's a very simple required metaphysical situation, as well a medical situation.

Q: Is it true that it's best for the husband not to be present at the birth? Y.B.: No, but it is avery good idea if the man is not present there with a torch light. And those people coming with cameras, and those crazy things you people are doing are just raping the privacy of a little innocent saint. You are too much!

Q: Is he supposed to be in the next room chanting instead? Y.B.: That's the best thing he can do to assure his wife that she is not alone and that he is 50% of the whole scene. He can sit on the veranda on the hard bench and can meditate and chant and pray. That is not necessarily required, but it is psychologically and emotionally good.

Q: What exactly can a lady do when she is in her period, and what can't she do? Y.B.: Ah, when she is in her period, it is a period of rest. I personally feel that a graceful woman in those five days should avoid every hassle.

Two things do not exist in a woman. Woman doesn't have fear nor does she have an instinct for hassle. Don't you know that ,structurally, woman is so vast; by temperment so compassionate, so giving that she doesn't know where to stop. So this is an extra put on , this hassle, and what they call creating tantrums, and all that stuff. This is not basically a woman quality. Man has to hassle. Because has no power other than hassling. A woman can say, "Would you please go and give me a break?" And they will say, "Yes". But the man will say, "I need a break." And they will say, "Shut up". Exactly at the same time, two person can ask for a break. Woman will get through, man won't. This hassling faculty in the woman comes from her own insecurity. We call it mirror trouble. It is a faculty which doesn't exist in a man; it exist purely in a woman. Mirror trouble. They are Mirror fanatics. You will find a woman looking in the morror more than the man. They are very mirror conscious. They just want to hassle a man to see how he comes through. They hassle their children to see how much they love them, they do a lot of things. They throw away lot of things in the garbage to see how their husbands will react. I tell you, I have seen people in the body of a woman acting ridiculous. They know it is ridiculous, but why they do it, except because of mirror trouble, I don't know. There is no other trouble. And I think that a 25 percent tax write off should be allowed by a government to a married person for that mirror trouble. Sometime for 2 1/2 day a woman gets according to the moon into what they call her flavour. When a woman comes into her flavour, she is most insecure. She pretends that she is

insecure, not that she is--She is absolutely solid, don't worry about it. You can take the car and go somewhere for 3 days, everything will be okay. But for those 3 days it is almost like living in a beautiful fry pan. There's no problem. Sometime they will spare you, if they have a job to be done or something else like that, but if everything is normal, those 2 1/2 days with your sweetheart is quite a situation. At that time we say that her moon is in the angle. Remember that term? When her moon is in the angle, woman must pretend to freak out. And it is a real hassle. When a man gets caught in it, then it is trouble. If he can avoid it, then it's okay. There are a lot of ways to avoid it. Immediately pack her in the car and change her longitude and latitude. Drop her at the house of a friend and pretend you have urgent telephone call and run away. All these things are permissable in love and war. But if she ever catches you, and find out that you did it, then it is a week of more trouble. You know the purpose of man is to please God, but God can only be pleased if the women around are okay. So, just try to be careful.

Q: I have heard that wind in the uterus is very dangerous.
Y.B.: Yeah, wind in the uterus is very dangerous, and the danger is very simple. The uterus has the capicity for creating a certain mucous and, before intercourse, it will be very right to play the clitoros, so that there will be enough secretion in the uterus so that its membrane will be ready to receive the male organ. But if there is a habit for the uterus to have lot of air, because some woman, out of foolishness, did not take care of themselves in the beginning, then get in trouble. Then the inner softness of their membrane becomes hard. And that shrinkage can cause a lot of problems. Well, we suggest even if you have that tampax, that you must have a pad. And we suggest you avoid nylon underwear and wear that bigger pair of underwear we have suggested.

The most important thing, for the sex life, that you have to protect your lower thigh. In doing that, this churidar has one beautiful advantage. It gives a special air bag to your thigh and to that area. And that is very important. If you really want to try it sometimes...

I know that as athlete, when we used to run the track there was no sexuality, sensuality or creativity around us at all. not at all. Sex is not only a physical intercourse, but it is also the creative nature of the person. Don't read sex as just a physical intercourse. Sex is basically the nature of the individual. That creative nature, you can use it from the head and you can use it from below. It has to be used somewhere. That's no problem. But it is up to you how you want to use it. But when we used to run track, and I used to expose my thighs to the fastness of the wind and the crossing of my legs , it used to take days for any serious thinking to come to that level. You forget totally about sexual relationships. That is why the people who jog too much should take their wife with them or be ready for divorce. Or somehow churidars should be worn. You have to protect this place, this lower thigh. It cannot be exposed to the air. You cannot make it cold. Swimming in water is okay.

Q: Should you avoid exercises? Y.B.: You can do exercises, but you must wear a type of underwear which will build an air pocket.

Q: After you go swimming should you cover yourself? Y.B.: Always. After you do exercises or after you do something you always wear a long robe, don't you? Cover yourself from top to bottom, remember? All professional people do that. Body is too precious a gift, and it must be properly maintained and saved.

Q: Why did you want us to wear leotards? Y.B.: My idea to wear a leotard for you all was because it will give you sufficient freedom to do exercises and also it will not mess you up. When you sweat and your body goes through change of temperature, your body air pocket must be your own and leotards do provide that. When we used to exercise and wrestle we would immediately roll ourselves in blankets and sleep. I used to go in for athletics; I was a track boy, I used to throw and all that stuff, and I was a good wrestler. I played hockey, this that, games. How could I do all that? I used to have one habit. I would never change in the field. I would change at home and go to the field. Warm up there, take care of the event, win or lose whatever God's grace, and come back in the same clothes without changing. I just wore something to cover my body and then I would go home, change everything and immediately roll up in 4-5 blankets. And I used to recooperate faster than anybody else could.

Q: We have a friend who is Hassidic Rabbi, and he said that there's a reason that we're born Jewish and that God gave certain laws to the Jews and that we have to follow them. We told him that it doesn't really matter if you live a life that is righteous and believe in God and you are close to God and you serve humanity. But he said, "Why were you born Jewish? Why did God give these laws for the Jews to follow?" Y.B.: Well, first of all, tell him that Jesus was born Jewish too. Let him settle with that guy first. I think the question can be best answered by Jesus himself. Why do you bring me into that picture? I know the same answer. All of the souls which are born to different parents with different religions, they use them as an excuse to take over these new lines. This can only happen during the change in the era of time of spirituality. It happens when the axis changes its route. You will always find it. You look at the history of early religion, at certain points every 2000 years, the young have changed the religion.

Q: Why did God give those laws? Y.B.: God gave a certain law when he was in a mood to give it and after every 2000 years, he started revising it again. I think God also freaks out sometimes. That is why I call Him the Great Computer. He gave you a birth in a Jewish family. I know one guy who was born into a Jewish family with a lot of money. When he turned onto the house of the Guru, he asked me, "Why did it happen to me?" I told him, "As Sikh parents they would not have gotten that money at all. They would have only gotten it as Jews. So thank God for whatever you have. Take care of it." There is another story, my living experience. A father was going to die in one weeks time. He was a good Jew in his own life. He believed what he believed and

lived honestly as he lived. He called me on the telephone and he told me everything. To be very honest with you, everything that he told me was very true. But he was a good Jew, so he told me very honestly, he said, "My son is a great Rabbi with you. Make him a good Sikh minister." I said, "Why you are saying that?" He said, "Well, this is the time of Moses and he looks like Moses too." That was the father. What can you do? He never gave me his name, he just said, "I gave you my Moses, take good care of him." I still remember the words. In our shortness of our spirit. I use to say, and I still say, nobody cares for the shepherd or the sheep, all they want is the wool. But now the sheep are getting a little clever. They are keeping their wool on them. People will be born as Jews, as Christians, as Hindus, and turn themselves over. The only answer I have for you is that it is the time. Two thousand years ago, you saw a lot of Jews turning themselves to be Christian. Remember those days? There was no reason except that the axis changed. I came in 1969-70. In 1961, people started growing hair, started meditating, chanting Om. I was not around you at all. It was the era. January 5, 1961. The axis shifted and now it is south pole axis for 5000 years. Have your fun, that is your time.

Q: You have talked about women, could you talk a little on man's vibration? Y.B.: Man's vibrations are very simple and they need not be talked about. Man should be nothing but a man every capacity. Moment he tries to become a woman, or under a woman or over a woman or right side of her, or left side of her he loses everything. Man should never forget he is a man. And man should never act beyond his territory as a man.

Q: Can you achieve man's territory? Y.B.: Man's territory? Oh it's a very simple territory. Man' territory is that he should give and forget; he should forget and give. Simple sentence can answer everything. You give a man the most decorative house. If he is a Virgo, forget about it, otherwise he will mess it up in two months. You give man anything and buy his grace, he'll be enough to mess it up. You know they even groom their hair because they are to meet some woman. I have yet to find a man acting because of himself. When I see a lion hunting, that day I'll believe man can act for himself. In nature, these creatures two can't act at all by themselves. By nature, by their instinct, they cannot. One is a male and the other is a lion. When lion is so hungry that he is dying, still he wants the she lion to go and hunt. And he will groan. Have you seen that guy when he is hungry? When he wants to eat, he tells her to chase the thing and then when everything is set, he will go and beat it up. So these two guys, for generations, have been lazy. They reacted because of the she, so the male must have his feed, the Lord must have his key. So man should forgive and forget, he should forget and give.

Q: How can a wife cool down her husband? Y.B.: A wife can cool down her husband in a very simple manner, don't pursue the topic which is making him hot.

Q: What if you do that? Y.B.: No, No, No, No,No...There can not be two things at the same time. I remember once in a family, the children saw the parent almost getting into a fist fight. The child went in and without saying a word, rang one of their telephones from the other - they had two lines. So immediately the wife took notice of it. She said, "I think the other telephone is ringing, we can fight later, but for now could you please attend to it?" And he did, and on the other side, the child said, "Papa, be ashamed. Don't beat my mom." It ended everything. He came back and she said, "What was that?" He said, "It was very important. I have to go away immediately. Get my suit out; I am on a call. So he dressed up and went away. Later on she learned what the child did, and she laughed. And they had a party that night. Give and forget. Forget and give.

You know in America especially, I ask men to do one thing. Don't tell these ladies anything. They are already messed up, beaten up, abused. They have tremendous stories to remember. And if they live with you, be kind. Renegotiate. Somehow find a way to save a woman. That one saved woman can bring God vibrations. It's a great tragedy on this earth that sometimes we have such a painful past, that in the light of that past, we burn our future. It's a sad story, but it is still true. Therefore I say, give and forget, forget and give.

Q: You were saying last night that our animal nature is our basic nature, our fundamental nature. Could you go into that some more? Y.B.: No, there is an animal nature in us, but it is a base nature, not a basic nature--base nature. It can support the angel nature.

Q: By giving energy to it? Y.B.: Yah. By using it more properly. We can do things for the ego but we can do things for the spirit too. So you will be the wiser when you can allow the animal nature to subdue itself under your angel nature--under your divine nature. And it can be practiced as a habit.

Q: You speak a lot about how we'll be remembered by our actions that we do here. We come here to go. What effect does this have on us. How will we be remembered? Y.B.: You have come to go, but you are making the trail for the age of Aquarius. It is most unlikely that you will be forgotten. Even when people will try to forget you, and label you, or frame you, it is not possible. Your radiance will spell out. You are the fullfillment of that destiny of that prophecy. So there's no difficulty.

Q: Yogiji, you've talked about sending the children away, from the homes at an early age...Y.B.: Yah, I have been totally misunderstood at that game. Now let me explain to you about sending these children away. In the science of humanology, which is responsible for creating better humans, there is an area--we call it distance therapy. Distance therapy can be exercized from the age of three to the age of twelve. According to this therapy, if the parents are married and they are blessed with a child, but they are not totally emotionally settled, they will create an incongenial

environment existence. Now the reaction of the children during the first twelve years of their lives, will be such that between the ages of 12 and 18 they will leave their parents. But if we can keep the child in a very well balanced, educated environment, and then get the child back home, the separation will give him a longing to be with his parents. And if it is repeated each year, in nine years he will be strong enough to overcome the rebellion. It is very technical. When your children grow with you, and you do not behave as congenial parents, they pick up those signals. And then indirectly they ask questions--you always lie. As parents we lie the most and we lie to our children. It's natural with us. You call it a crime or a sin. I don't call it anything. You don't want to be exposed to your child, but child is so clever he can do it very simply: "Mama, why are you not happy this morning?" But you are not going to say, "Your papa beat me in the bed." You won't say that. You'll say, "Ah, I had a headache but now I am all right." And you will tell those 20 lies, and that little guy knows it. You can't get out of that. He may not pursue the question, but he knows. "Mama, why are your eyes blue?" "Oh, the knob of the door struck it here." Not the fist of the papa. You won't say that. You won't say, "Well, I did wrong and your Papa punished me." You can't say that. You are afraid.

Q: Should you say that? Y.B.: Oh sure, why not? That way the child will know also that when the child does wrong, the punishment will come. Mother can honestly teach the children that there is such a thing as punishment. Mothers always lie to the children and then they really go criss-cross. We always feel in such cases where the therapy is essential, give the parents three months with their child, give the child nine months to himself. And we also say that the situation should be reviewed every two or three years and thereafter they don't even think about it.

Q: What age does it start with? Y.B.: It depends on the child. But from three to twelve years is the period when this therapy is possible. After that it is useless. If after 12 you want to separate a child from his parents, forget it. You are taking a chance and that's a remote chance.

Q: What about visitations? Y.B.: Visitations are beautiful if they do not make the children emotional. I tell you what the sick mothers do. When they visit their child they lay all over him and pretend they miss him so much. All that drama they play. That actually disturbs the emotions of the child and gives him the feeling that he is in a correction department, a jail. Instead of that, a mother can go and say, "My, you are a great lion of mine. You are doing well, cub. Keep up." And she can talk to other kids too, and inspect what is going on and not talk baby talk. That's very sickening. If she goes as a mother with a universal spirit, and says, "Well, Cub, feel good about what is right. What's happening, huh? Things are OK." Then visit is blessed. But don't go crying, "Waaaaaah! Yogiji has our baby!" That is shameful. I know. You think I sit in Los Angeles and don't know the stories? And the worst thing you do is this. Your husband is a teacher and unfortunately

he has a fit. And he has a fit on the teacher himself. And then in your womanly screwdriver business you grind him, "How long is Yogiji going to allow the child to be separate? Don't you understand? Do you, with your Kundalini Yoga have any intuition about it? You know my breast is hitting today on this side. I don't know. How can it be so? When you do all that, and if I am sleeping at that time, you had him, But babies, I am very awake. I also have the wireless system, and I tell that guy,"Wait. Patience pays."

Q: So many of the children have been separated from their parents. Does that mean that we are, in general, a little bit emotionally unsettled as a group? Y.B.: At this moment we are testing the parents. How much emotionally do you think your children are your pets. And how much emotionally do you think they are their own grace?

Q: How can we keep our mental mind awake when our physical body is asleep? Y.B.: Oh, it's a process. It's a practice.

Q: Is there a definite way of doing it? Could you explain that? Y.B.: Your mind becomes a universal mind through sadhana, through simran. And in the sensitivity of selfless service, you gain a universal insight. And when that stage is reached mind and body, body and mind do their different actions. Then one is saved from the counterbalance of reaction.

Q: If you have a person in your ashram that doesn't exactly follow the teachings with his children, but it's not a real bad situation, but you can't really say anything... Y.B.: There are two areas where man becomes a monkey; one, when you are with a child, and two when you talk or think about a child. Any scriptual teachings or discipline in case of children, we expect it to be 50% disobeyed. People do not behave rightly, firmly and desirably in relation to their children. Even if a person is behaving 50% of the time, give him 100%. It is very rare: I am not kidding with you. People have had more emotional trantrums and have trouble in the case of their children than in any other case.

Q: How about the long situation before the child is 3? Y.B.: You do not know these 3HO children. Their parents might have cheated sometime with meat, but normally they are vegetarian children. Their smell is totally different. I'm not kidding about it.

Q: You could talk about the relationship between the mother and the mother's mother. Y.B.: Oh, it is a sentimentally, emotionally saturated relationship. Nothing can be said about that divine and devilish mixture of a relationship. You can't believe it. That is one area that you can only get out of with prayer. No wisdom works.

July 16, 1975

Q: Is there any truth to the rumor that the youth of today are the reincarnates of the forefathers of this nation?
YB: Reincarnation is possible, and which forefather earned coming back, but it should be forgotten. Great people, those who started this country had no other option. And we have no other option but to keep it great. So we are trying our best.

Q: In our ashram we have a lot of medical students and graduate students and they spend so much time studying. Can you say something about their role in the ashram? They seem not to have so much time to put into the ashram.
YB: When somebody puts a lot of time into study, he is simply insecure. An insecure student has to study a lot. It's a vicious cycle. All through my graduation and through my honors, I knew that I would pass somehow. That's why I never bought some of those books. And I used to study at the last minute only. Now what I can tell you? It is not my area.

Q: You mean, in other words, they should not be allowed to...
YB: No, I have not failed at any time of my life. My apologies. And I was not a C-grad or D-grad student either. But somehow I think one can get through safely without getting into the books all the time. I don't know why I feel that way. My apologies. I could be wrong. But I think when you run the track and do exercises and feel good, then you can just look at a book and know what it says. And much better, too. We had a student who said--Hah! I studied 90 pages today. Only four cups of coffee. The heck with that study! What is the use of that study? One day there was a doctor. He was talking to me. I said of what use are degrees to you if you are not a good man? As a human, you are falling apart, but as a doctor you are successful. What is going on?

Q: You were speaking of reincarnation. When we reincarnate, do we come back on this planet or do we reincarnate on other planets?
YB: Oh that is the job of that Great Computer. It's a very heavy computer. That is His process. It can do a lot of shuffling. A lot of cards go here and there. It is a huge process. Sometimes, a stage of consciousness comes where through your meditation, you can look into that workshop. It's great. But it has its own code and its own deliveries.

Q: Can you do anything of your own power to...
YB: Well, when your power becomes God power, what is there you cannot do? It is a question of that merger. Yah, that is Sat Nam.

Q: Yogiji, when you talk of certain teachers coming back as cockroaches, do you feel that it is common for people to reincarnate as something other than people, or is that pretty unusual?
YB: My dear, this is one of those questions where I cannot lie, nor can I skip out, but how to answer this question? This is one area where I'm not supposed to talk. And I know so what should I do? Lie to you? If you don't want to come back, then merge in God now. That's the honest answer.

July 16, 1975

Q: Yogiji, what's the mark on your arm?
YB: All right, this mark on my arm has a story. One day we went to a festival, seven or eight of us. So there was this guy who does tatooing. One thing I can't stand are tatooes. So it was my unyogic situation. I looked at the tatoo man and I slipped away. So I went back to our tent and I slept. Meanwhile, my friends did some tatoo business, and then they found out I was missing. So they brought the tattoo man with them, and five or six other friends, so there were about fifteen all together. And they just nailed me down tight when I was asleep, and told the tattoo man to write my name here. So I awoke and I saw all this gang bang, and I let it go. So these are the initials of my name, HS, Harbhajan Singh.

Q: There is a fellow in our ashram who is tattoed all over, but he wanted to be. Is there any way for him to remove them if he wanted to?
YB: I think he has to learn the art of reincarnation. What can I say? Tattoo is a tattoo.

Q: Several times you have said that at the end of an Akand Path, we're seeing the ten gurus blessing upon this nation. Are they present in some form now?
YB: Always! The essence of the vibratory effect into the reaction of existence, and possibly a repolarization of such souls is very universal. And all these people, in the goodness of their consciousness, who came as the leaders of humanity are the planet guardians. And that includes Moses, Abraham, Jesus and all those people. And it's not only that sometimes I feel the presence of one guru or the other, or one prophet or the other. It's a different world. And it's very beautiful and it's very infinite. These are the God guardians. I don't talk of what they feel miserable about when man becomes very little in his actions, and their pain and their ecstasy when they see the people who have followed them have fallen apart.

There was a very beautiful man of God. He was a rabbi. Now for a rabbi to send his own cousin to become a Sikh... you can see how difficult it is. Can you match that? And he spoke to me and said--You are a man of God, and I am also a man of God. Can you save this soul? And I said--Well, you have taught him for a long time. And he said--Well, we cannot save him. I think he was more Godly that anyone else I have seen. And that is what I feel is the situation.

Q: When you speak of the Great Computer, you sound as though you are speaking of a separate entity, but are you speaking of an energy within us that we all have in common?
YB: When I speak of the Great Computer, then I see the ray, and I see you all as little buttons tied down shoved around by it. Just as you can see in this cloud, there are hundreds of drops of rain, but they are all tied in. That is how I see things. I wish that you should be in a position to see all that I see. That's my prayer.

July 16, 1975

Q: Yogiji, there was much talk at the Unity of Man Conference about the bloodshed that's coming, and about our being the ones who will be the defenders of this country...
YB: NoNaNaNaNaNa. You are the ones who shall have the technology of consolation. And that is a very saving factor.

Q: What do you mean by consolation?
YB: The only good you can do for another man is to console him. The basis of every relationship is the act of consolation. If you can console a situation, a human environment, you have made it.

Q: Is it true that a person is in their mother's aura their whole life?
YB: Mother is an unattachable attachment. But when she becomes an alcoholic either because of ego or her fanaticism, then it is a synchronization of motherhood. When a mother synchronizes she becomes a very heavy personality. The she becomes an impossible personality to deal with. The only way to mellow her is to give her the distance therapy.

Q: If a child is adopted, which mother's aura is he in?
YB: Basically, a child who is adopted by her parents, has an intermixed karma.

Q: So the aura of the natural mother doesn't really have an effect?
YB: Oh no, those vibrations are always there.

Q: What is the Sikh attitude toward a man who calls himself a master?
YB: Master of Mathematics, Master of Yoga, Master of Philosophy, Master of Biology, I can understand. But those who call themselves Masters, are telling you that you are slaves. And a Sikh is never a slave. A Sikh is a slave to God and to the word of the Guru. I call them distracters. They are interested in bucks. To such gurus, send by mail 25 cents... what can I say? Look: Guru Nanak was a guru, but he never said he was. We said it. You follow? He said you need a guru and he was a guru, but he never put himself as a guru. People got after him. It is the job of the Guru to guide you to God, but is the job of God to get you a guru. And that is a very personal, private relationship.

The crown of spirituality cannot be conquered. It is always given. And those who will give their head, their head will get the crown of love. Nothing else works in that area. In guru-disciple relationship, nothing works except love. Because you can never measure a guru. Even as a guide, he is going to freak you out. His job is to test your soul in its infinity against the limits of your ego. It is a very undefined area.

Q: Why do you dress in white?
YB: Because it is very difficult to dress in white, and it reflects a lot of rays back. We adopted this color because of our background and our developement. Any other color can have such a saturated point that you can see it. But when you are totally

dressed in white, the entire face reflects and then it is very difficult to become intimate with that person. And then a person will deal on a higher level, because then the person has to concentrate himself in order to advance. Because we want to develop a very fast, progressive spiritual technological method, of all colors, we have adopted the color of the seven colors, which is white. To you, white is just one color, but to me it is the total balance of seven colors.

Q: Bloodshed? Is this imminent? You're always talking about this bloodshed to come. What is it?
YB: It is there. But the one who wants to, can change it also. When you had a civil war in this country, do you know what happened? It could have been avoided, but it wasn't. Two wars, one in Korea and one in Viet Nam gave cost enough. But if all the people of God vibrate and we can levitate our consciousness and raise ourselves, it may be possible to....

Q: Yogiji: When the Siri Guru Granth Sahib talks about your destiny being written on your forehead, what does that mean in terms of being able to...
YB: Between the axis of X and the axis of Y, it is already written and pre-described. That is a solid concept of your life. But when you can administer your life at the level of infinity, when you can tune into the God, the infinity of you, you can change that destiny.

Q: Yogiji, what should we feed the dogs and cats?
YB: I feed them cottage cheese and Brewer's yeast, vegetables, bread and milk. And they behave well. Vegetarian pets are very very intelligent. They are less itchy and they are less nuisance.

Q: To become a Sikh, do we have to give up our whole culture and background and move into an ashram?
YB: No, no, no. That's a misunderstanding. Keeping you in ashrams is a very temporary business. After 1000 years, how many ashrams can you have? Every home should be an ashram. But at this time, we are trying to live collectively. And that is the purpose of our ashrams.

There was one yogi I met at Haridwar at the Ganges. He had a kind of a funny animal which was a mixture of a pony and some other animal. You can't even describe what it was. It was not a donkey, either. Anyway, the guy would always follow that man faithfully. On the back of that animal, he has his daily sack, you know. Whatever he wants to carry and this thing follows him all its life. So one day I was sitting there and there was a man and I asked him--that is a funny animal that follows this man. He said--Yes, this animal was his brother in the last life.Then he told the whole story, which was very fascinating. I said--Well, can there be any way in which it can be proved? He said--Yes. If you go and beat the man, this animal will try to tear you apart. But if you go and beat this animal, it won't say anything. Now it was a fantastic situation and I

never believed it. So the next day I went to beat that animal as hard as I could to tease him. It lay down and didn't care. But the moment I shook the guy from the shoulders, Oh my God; you couldn't believe it. That guy became so heavy, that if the person did not save me I would have lost an arm or a leg.

Q: Can you explain a little more about our heritage, our background and relating to our parents?
YB: Parents are a great blessing. But sometimes frustrated parents forget their role. The best way to deal with them is never to negate them, but never participate in their negativity.

POTENTIAL
July 17, 1975
Espanola, New Mexico

Today I am talking to you about one of the most basic, important techniques of living. In our life, in the western world, they call it potential. There are three ways to look at it. One is you have it, the other is you can create it. You can create to live to your potential. And third is you are confused. These are the three stages. When you are confused, the answer is simple. Your parents messed you up. Lack of direction to use your potential energy for a living experience is a messed up gift from the parents. It has nothing to do with you. If I say parents are not God's gift but are human tragedy, I will not be wrong. Mostly parents are parents without knowing what a parent is. So, this unpreparedness mentally, socially and spiritually, is a human tragedy.

Normally, the relationship between a man and a woman is an unguided relationship. Therefore, this relationship is enterlinked on emotions. An unguided relationship is nothing but a bunch of emotions, therefore, it will not build good results. They call it a wild social emotional relationship. It is not precise. It is not defined. It is not committed. Therefore, two human beings don't live for each other, they live at each other. When you live at each other, you will eat up each other. When you live with each other you will be separated. So there is only one way;when you can live for each other. And that is only possible when you have a common guide. So no injustice is done to anybody. If you have a faith that you have a common goal and a common guide and no injustice is possible, you can live for each other. Otherwise that is not possible to do. The only way it is possible is when two people are basically committed and both have the same guide. Otherwise there is a chance of tremendous reaction. And for human potential it is also essential that there should be a reservation, a place where you can go.

For your full potential you require three things. One, you need a guide with whom you can share your weaknesses. Two, you need a place where you can face yourself and that's it. Three is a kind of social security. When you can know that you can get around everything, and you will make it because you have the support of it. It is known as ideological moral support. A sanctuary. . . A spiritual social sanctuary. After all, what is potential living? Potential living is when you can fearlessly pursue a simple life and you do not have to put up something to prove something. When you have to make it up to prove something, you are not living your potential. You are living under a complex. And complex living is very--what shall I say--terrible. In our study, we have seen that there are two ages when people get to understand their basic potential. It is between the eighth year and the eighteenth year. Eight to eighteen, then comes the period of fifty-eight onward. If a person is handicapped between eight and eighteen, he will show symptoms in the adult age. And that

will be lack of confidence, emotional deficiency, and over protective behavior. And in the old age it will be moodiness, senile behavior and limited communication or over communication. You see some old people,either they won't talk to you or they talk so much you don't know what they are talking about. It works both ways.

The base of both ages' deficiency is human insecurity; unfulfillment. You have a total personality in your subconscious mind, and in your conscious mind you hide a lot of things. Therefore, what comes to him is a self lie. A self lie is one of the worst human behaviors, and it damages none but the person himself or herself. All mistakes and blunders are based on self lying. First you lie to yourself, and then you convince yourself, and then you prepare yourself, and then you act. You do all that to yourself. Then the reaction will be to yourself also. And at that time, you are mad at the world because you are in trouble and everybody else is not. First of all, who put you in trouble? You yourself. You lie even to yourself and the you tell the other world to come and help you. Basically we must prepare ourselves to relate to infinity. Our unknown. Infinity is our unknown. And when we relate to our unknown, then the known has the guide. Then you judge everything on the basis of infinity. How in the long run will this be? That is the question. Therefore, no action for potential living should be decided. How to skip the now. When a person lives on the situation, then he is a traitor to himself or herself. You want to pass the time and time won't let you pass, because time is everywhere and you are at one place. Therefore, never skip the time: face it. If you can't face it, get your guide. If you can't get to your guide, go to God. Pray, but face the time. Skipping of the time is lying to the self, because wherever you will go, time will go with you. And it will get you. So long as you are on this earth, so long as you are you. Remember the basic fundamental: you've got to face the time. When you try to skip it, you think you are all right, but at that very moment, you know you are not all right because you couldn't face it. That is why, as a teacher, it is your job to allow a student honestly to talk to you and face with the student so that the student should not be alone. A relation, in facing the time, should not be alone; you should go with him. Nothing less than that works. Even when someone just wants to do it--something alone and you don't agree. One thing you always can do is wait. Don't negate anyone; just wait and see what one goes through. Enjoy it because blindness and self lying are such inner habbits of ours that when we get on a thought pattern, when we start manipulating things, when we start thinking the way we want to think, and we start with our ego, feeding the thought patterns, we become blind to all around us and to any other reality.

At that time, you are fortunate to have a teacher or a guide to call and look to or discuss and talk. He can penetrate because he knows how to penetrate, and he has the art to penetrate. When you say,"I want the da da da.", he says, "Shut up." What can you do? You're helpless. Or he says, "OK" it will be ok anyway because you definitely in your life need a neutral person

who should be neutral to your personality and emotions. If he's involved in your emotions, he can't say right. That is why, even if it is a law, common law, if a judge has to decide on a relative, he will transfer the case. He will not judge a case of his own relative. Because directly or indirectly, he is emotionally involved. That is why potential living is the only right way of living. But it does need, at times, sacrifice. Sacrifice of temptations. And the only answer to get out of a temptation is when the temptation takes over, you just ask one question. What is the effect of it ultimately? Remember the word "ultimo". In the last of the long run because ultimo,you have to quit this earth. And that moment shall decide. If you quit it with grace, you will merge into the grace of God. If you won't quit it with grace, you have lost the game. And there are no two opinions about it.

Don't try to find your potential each day. It is dangerous. That is why the religions came into this way. It was a common human experiment of finding the human potential and guidelines. Individual consciousness, when it found a system, gathered together and became a group consciousness. And group consciousness must walk to universal consciousness. Wherever there is a universal cause of righteousness, you must stand up. A saint who does not answer the call for righteousness is a coward and cowards die many a death; a divine hero dies once. And when the divine hero dies once, that is the moment when he starts living forever. One death is the death of the mortal, the other death is the death that makes you immortal. But it is the death which decides it. All else is talking.

We call it a hodgepodge of sensitivity. When a person lives in a hodgepodge of sensitivity, his mind is a mind of a flirt. And the mind of a flirt has no guidance who knows which way to go. The flirting mind has no base, and base is your divinity. Therefore, flirtation is anti-divine. Within the time and space, you have to find the base. Then that base must have its own price. If the price is God, you will get to God. If the price is Guru, you will get to God forever. If the price is you, then you will be bought and sold as a commodity. And it will be a tragedy. It is a very cheap and mean way of living. That's why all those great men who have lived up to their individual glory, after death are forgotten. They only got a manure to the earth through their grave and sometimes the skeletons are dug to find out how many years the carbon shows of the life--that's all. But the death of a person who has died for his God and Guru, is one place where neither humanity through ages can forget or has ever forgotten. And that is living forever. Dying for ultimo is a cause of divinity; an art of living forever. Fear of death is an undivine instinct. It is a very ultimately selfish instinct. We all have it, because it is a fear of death which keeps us protected to make us live. But that should not rule us. It should be our instinct, not that we should be for that instinct. And there is a common story--I'll make it as pleasant as possible. If you have heard the real on, keep it to yourself. Don't announce it, but I'll cover it differently.

July 17, 1975

There was once a kingdom where there was a beautiful King and a Queen. The law of the land was: the Queen could not ever come out, ever, without decoration. In other words, the Queen could not be seen without her regalia. The punishment of that was that the King should be beheaded publicly. Once, some people decided they wanted to kill the King. There was no way; the man was perfect. They approached the Queen and told her that her husband was going to die the next full moon. But if on the fourteenth day, she goes and worships the moon totally naked, he can survive. Now this was a bait. She totally forgot what that would mean. Just out of simple sensitivity, that she should not become a widow, she slipped away on the fourteenth night with the help of the conspiritors. With the help of the conspirators, she would go and do the act. But before going, she had learned to pray. She did the prayer. And she was told never to go to your God, Guru and Altar if she were not in perfect dress. Present yourself perfectly so that you can always bless great. That is the law.

So she dressed up in all the beauty and glory a woman should be, but unannounced she secretly, totally met those guys. When they saw a Queen ih the regalia, one of them told her that they should hurry up to reach that place, because time is very short and you have to pray, therefore we want that to happen quickly. And out of God's will it came out of his mouth, he said: God we should go and hurry up because all that you are wearing now is the regalia. It will take time to get out of it. And the other person who was innocently helping them said, "Hey, how can Queen be out of regalia?" The other man said "Don't you know, King will die on the full moon if she doesn't get out of the regalia and pray totally bare. And the other man said, "Well, King will die anyway if they find Queen out of regalia. King has no option but to die." She got on the horse instead of going with them, she turned 180 degrees and ran back. She came to the palace, sat down and thought it over. She called the King. King came into the chambers, she told the whole story. And King just fell onto his knees and he said, "Discipline can not be priced. Though the page was perfect, though the temptation was perfect, the habit to pray made the divine to help.

That is why when we start in our life, though we want to start and do things with a great potential, though we are cheating, we are lying, we are doing everything. But still if you pray, the divine will not be fooled enough to get along with your lies. And what is a prayer? Prayer is a rare act of the individual where the limited finite individual relates to the infinite divine. Therefore, it is just asking the universal mother nature to stand by. And if as a habit, God's and Guru's grace is felt all the time. It is prayer all the time. That is why a seeker of God's way, whom we call Sikh, takes a hokum from the Siri Guru Granth in the morning. He takes hokum, order of the day, they call it. Then he ponders over it. And the light of that which comes through, he meditates on the whole day. That is what they call the living word of the Guru. Don't be misled by age.

You will find a hundred year old man telling a lie and a ten year old boy dying for the truth. It is a matter of habit. It is as good a habit to lie as good a habit to pray. You can choose any standard for your life. Whether you want to die like an animal, whether you want to die never, it is your choice.

Whenever the human mind limits himself with the ultimo of the earth, he is making a wonderful spiritual blunder. Ultimo earth is nothing but a mortal trap. Success on the earth is not a guarantee that ether is with you, but success in the etherical living is a guarantee that earth will go with you. Therefore, always decide when you ar considering your potential and action, what is the ultimo infinity in it.

Somebody once asked me a very simple question. Yogiji, you have got all this jewelery and you wear it, why? I say it is great. Well why is great for you? I said we are very poor people, we are young kids, we are young religion, we are young people. We are getting our scene together and we all want to be rich. But we are afraid to say it. The inner mind and the inner surface I know, they all want to be rich. So that they should not be afraid to be rich, I pretend to be very rich and this is one way to show richness. Otherwise it is quite heavy to wear those rings. The first job I do when I come back home is to remove them right away. When Sat Simran is not there, that means they are going to fall right on the ground. That makes no difference. But if I tell you live rich, it becomes a direction. If I show you to live rich, you will aspire to it. We know each woman needs jewelry. We know it is a habit, this is a basic weakness. It is where she wants to relate to infinity. And her relationship to infinity is either through children or through jewelry or through home bla bla bla, of this whole thing. Because she has sixteen times more powerful earth element than anybody else can think of. She is thirty-two times more etherical. So there is a huge criss-cross in her.

Before they could bug their husbands, we said alright, give them little diamond Adi Shaktis. So that instead of calling them by first name, they can call them Singh Sahib-ji so that they may remember all the time who the hell they are. It won't help very much, but if you call a Singh a Singh, then he at least will never be a fox. That is one way to straighten out a husband. Call him with super objectives, in his religious name. It will be very hard for him to goof. Because there is a reminder right on the spot. We know we need a jewelry, why not make it as a religious symbol, very decorative and authentic. Always turn your weakness to support your grace. Everybody is weak, everybody has weakness. Don't misunderstand that part. But you can turn your weaknesses into strengths. And you know where the strength comes from when you are weak? When you start fighting your weakness. That much it takes, look at the weakness. Start fighting it, it will run away. When you don't fight it, it will master you and it will take you along with it. Because

it is totally western what I am saying to you. Meet the enemy half way. You remember that. Weakness is the first thing to be fought.

There was a person once, he was very afraid that he could not wear an undershirt. Almost it was a phobia. Undershirt, why do people wear it? Undershirt, a crazy guy. So one day I called him, I say, hey, you, see what is lying down there. There was a box, I said tear it; it is a gift. The gift was an undershirt. He said what should I do with your gift? I said wear it. Now he was tied in such a situation he couldn't say no. So he took his shirt off and put that shirt on. I could see him wearing it like he was being guillotined. Totally stiff, totally uptight. He did the greatest favor to me when he put on that undershirt. When he put on that undershirt and wore it, he looked all right. I said, "Are you dead?" He said no. He said it doesn't look good. I said, just feel it for a few days. It has a purpose. Undershirt has a purpose to create a pocket of air around your chest area and around your abdomen, around your stomach. It used to be of thick cotton. As luck would have it, it has become thinner and thinner, and it has become a net now. God knows what it will be tomorrow. But those were the days when man knew how to keep his digestive system very strong and in ancient times, the ancient man understood the whole formula. Also the ancient man knew how to tie a wide belt around his tummy. Cummerbund was for the stomach area as well as the lower back. Where there are little, what you call it, the discs, which come out faster than anything else. Even when it became a fashion, the pants were supposed to have a belt. Even in certain families of the rulers today you can find they tie the cummerbund under all their clothes. The cummerbund is one of the secret methods of the man or the woman to live long and healthy. A cummerbund is a piece of cotton cloth, almost four to six inches wide, its length is five to seven yards, it goes round and round from the fourth lower vertebrae to the rib area. It is never too tight and never loose at all. The belt is the ultimate modernization of the cummerbund.

You know this area when this dis comes out, and this ilioc valve can cause wind pressure any time and stop the digestive system. It can also get all the refuse which has gone away, back to the colon. But if this area is properly wrapped, and it is always in the size, anytime anything which will produce the gas it has two outlets. Down or up. The digestive system will never be bothered. Wind lock can always bother your digestive system. This is one fundamental area to get out of it. And you can wear it right under your clothes. Under your undershirt no one will ever know you are with it except anybody want to put a fist on that area and may find, God, there is something. Corsets? That was for the dress honey. And it is not cotton, it is nylon. It doesn't allow the air pocket. Nylon is air proof, water tight compartment. Nothing gets in.

In your super creativity of your potential, you must not forget

to sleep east and west. You've all forgotten that. That is one mistake which will take you through the tube.

...Carry what is told to carry. You must not have this brim that's why they shave off their head. Shaving the head was a sign of the slave, so all monks were to be shaven. And they were just spiritual destitutes. They depend just on that message. That is why it was made possible, to dishonor them by cutting off their hair. Cutting the hair on your head, on the crown, does nothing but to dishonor yourself. And ancient man through all his knowledge knew it. But they became so many that it became a fashion. The barbers took over.

For your better potential living, you must not ever sleep on a soft bed. I'll explain to you now scientifically what a soft bed does. All your day, your spine goes into different jerks. And it is never straight and never right. When, at night, you relax and you go in a deep sleep, stupid, where body is totally forgotten and man becomes totally unaware, That is the time when the skeleton can readjust itself automatically. Therefore, if the base is straight and hard, spine will adjust itself most quickly. If it is a soft bed, then it is hopeless. If you have a pillow which can be equal to the area to cover this distance between the shoulder and the neck, it is all right. If it is too much, it is terrible. Pillow is only helpful when you sleep on the side. Because normally a man sleeps on the side, a pillow is helpful. For the digestive system, you want to improve digestive system, start sleeping on the belly to begin with. When you sleep on your belly, it creates a lot of gastric juices and improves digestive system.

Student: Isn't that bad for the lower back?
Yogiji: No never, who told you that? There is a word for that, hang him. There is a certain system to sleep, and sleeping on your belly is one of the required methods. To avoid the creation of stones in your bladder, kidneys and your urinary system. You should never urinate direct. You must stop urination while you are urinating. It gives the water a push back to a certain area, and it is helpful in many ways. It does not allow the deposits to settle. Though the muscular system does not have very good control, this gives a muscular movement. All the urinary muscular system is helped. It is very simple for you to forget it.

But not cleaning the monkey gland is inviting the blindness much earlier. E.E.T. Eyes, ears, and throat, and nervous system. They all can be all right if you brush your root of the tongue and let these two monkey glands throw each days quota of mucous out. Now nature created this mucous belt so that all the virus and germs could get stuck there and can enjoy their time. And at night when the mouth is closed, these bacterias and germs grow quite rapidly and up to infinity. Early in the morning if instead of a hot cup of tea, to push that whole thing down in the stomach, you brush the root of the tongue and throw it out,

you have saved a day. And whenever you will brush the root of the tongue, you will be surprized your eyes will water. So the eye water level will be all right, your sight will be all right for a long, long time. And whenever you will brush the root of the tongue, there will be a one situation: the wind from the stomach will come out. It will improve your digestive system. And best thing is to teach your children all the do's and dont's. And the best way to teach them is to do yourself in their presence. And they will ask what you are doing, Mom, and just say I am getting better and better. What is it? It is a way to get better and better. Can I do it? Ya, you can try if you like. Don't push it, don't sell it. Kids are monkeys; they follow what they see. So you can set an example yourself and you can teach your kids the do's and dont's. Early in the morning, it is a must and at night is the best. A couple of times. Not with your food, if you have eaten food, your food will also come up.

When you sleep with your mouth open, your sinuses are not in shape. When the esophagus is irritated, you have a numbness. you'll find those two little marbles coming out with a lot of stuff.

Question: If sinuses are not in shape, what can you do abou it?
Yogiji: Try to clean the sinuses before you go to bed. I do it in a very simple way. I put a little water, blow it up, clean it up, go to sleep. You know I can drink a glass of water through nose better than through the mouth. You want to see me doing it? I can make you do it.

Remember and forget not that during the day, if you tie your hair up and you take a turban on and you are very wonderful, that does not substitute one thing. You have to tie them backwards at night. Down. Some of you have developed a very serious habit. I have seen one girl get up in the morning and the turban was still on. I couldn't believe it. Well, if you really want to know, you should comb them down, and if you won't, the fact is very simple, they will get down automatically some how. And still if you manage to do that, it can cause you a headache sometimes. Braiding at night is one of the most wonderful ways to take care of your most powerful energy antenas.

People who have menstration trouble, there is a shortage of a metal. It can be zinc, it can be calcium, it can be magnesium, it can be copper--mostly it is copper. Those kind of metals, when they are not in body, you have a messed up menstration. We have found out in some situations, that a person can be put on a mono-diet and if she practices a good mono-diet, one meal a day, about five days before menstration, and five days after, it will, in the long run, adjust the whole system. Sometimes vitamin E, given in a heavy dose, has also helped. There is a long list of cell salts which can help you. There are certain types of food, and eggplant is one of the foods which can help you. Ask Sat Simran to give you a recipe. There's a type of a sandwich with eggplant, it is very helpful. Now she is feeling guilty that she didn't recall it, but I won't tell you at all.

Now I will close this class, telling you a last recipe which my grandfather gave to me. My father never ate it. But he ate up to his last life and moment. I become fifty and onward, I am going to eat it to. But you can give it to your men. You can give it to your men and you can take it yourself. It is a beautiful, beautiful thing. It takes a long, long time to prepare. And it keeps the family together. We have to take black garbanzo, black garbanzo double split, they call it "dahl" of garbanzo. Now this is the recipe:

For all men and women who want to enjoy living their full potential, take 2 pounds of garbanzo dahl, and for 24 hours, soak it in the milk. Now, Papa, you start remembering it. Ganga, it is good for you. When you soak it in milk, then after that time, take it out from the milk. Yes, it will be a little bit sour, and I vouch for it. That is where you create the bacteria. But if you say sour, everybody will freak out. Say it is divine. Then you fry it on a low fire. It is required that the fire should be low. It is a most difficult sauteeing business. Low fire, heavy fire you can fry it right away, but it is low fire frying, you got to do it that way. And then you brown it. Not too much, just a little subtle browning, just right. When you are done that way, now you will take the following: a pound of almonds, a pound of walnuts (I mean to say it is an inner thing, not the shells outside it). And, luckily, you can get that, and then you can get some seeds, you can put sunflower seeds, you can put the cucumber seeds, you know squash seeds and those kind of seeds, pumpkin seeds. And you've got to get a pound, watermelon seeds. All these seeds are available and you have to get four seeds and put four pounds of it. Now that dahl and those seeds, blend it, mash it. Four different pounds, each one, a pound. Now you have got that dahl sauteed, you take this and you mash it together. When you mash it, then you take a dry coconut, hey are you listening? Take a dry coconut and make a hole in the top, in such a way that whatever you cut, you can keep it. And fill this into that. And then block that door with the coconut you cut it, and then paste it with whatever you want to paste it with. Now don't take epoxy, a wheat flour will do. And then get those round things made right. Now you know coconut is a round thing. Dry coconut, have you seen it? No milk, not outer shell--inner part. Oh you crazy guys have never seen that. In India it is available. It is brown; inside it is white. You have to cut it with a saw. Meat when dry is very hard. You call it meat, that is a bad word. It is available, so when you pack that--listen, now--whether or not you get it, I don't care. You will get it when you will need it. Now take those round things all filled in that whole thing, properly stuffed. Remember that. If you will not stuff it properly, it will burst out like a bomb. And, really, it will burn out everything around you, don't misunderstand me. It has to be very properly packed. And then sealed, and then take a big pot and roll those in for a deep fry. And when you roll that in for a deep fry, cover it. Sometimes it pops up with all the ghee in the kitchen and everything--whole thing--goes to walls. So humans can make mistake. So you just put some gauge

or heavy item over it, so it must not come out. My Mom used to have tears when she used to make it. It is quite a process, but it is a kind of a food which you will enjoy. Deep fry on a high flame. It takes a time when that big nut we call coca, it starts cracking, and it becomes a little reddish. Then you take it out. When you get that whole thing done, crush it, coconut and all. So when that whole stuff is ready, it is not yet finished. Take flax seeds, a quarter pound. If you use a quarter pound, put them in raw, if you put in a pound, then sautee them first. Sauteed will be much better. Don't sautee too much, just swish, like that, you know. Just put them in; pull them out. Now, folks, you can put candy in it. Brown sugar, not more than two pounds in any case. A pound will do. Now what you should do is put it under lock and key somewhere otherwise someone will find it and eat it up. You will have no chance with it. It will last indefinitely, there is nothing wrong. It stays. All right, start with four tablespoons of that whole stuff. It will be hard, you know, you really have to dig it out. At night, take about eight ounces of milk. Boil it and let it go cool, and put what you have to eat that next morning at night and cover it. In the morning, that is your first breakfast after cleaning the monkey glands. It doesn't get spoiled. Not at all. Indians do not prepare anything which needs a refrigerator. This is for your back pain. I am telling you directly. It makes a new human. When you saute this, get half a pound of dry ginger powder, and saute it with the flax seeds. Mix it.

Now, folks, you have back pains and you have muscle this, and you have God knows what happens to the body. If you have this breakfast to adapt to, I can vouch--I have seen that saintly man living, very graceful to his last day. And this was his morning food. He never missed it. And he was just all right. I have never seen that man sick.

Question: Boil it in the milk?
Yogiji: Yes, in the milk. At night soak it, in the morning eat it with the milk.

Question: What happens to the milk that you soak the garbanzo beans in?
Yogiji: That milk you can give to the cats. There won't be much milk left because the garbanzo beans will have soaked it up. It can be found in the Ajurvedic system in India. It is the best thing for the head and sinuses. When people have driage of semen in their bodies, they become psychologically neurotic and do not feel that they can carry on the family life successfully. They find a way to get out of it. This is one formula which we know can recreate the confidence of that person. These are very ordinary things in that land of wise people.

DEPRESSION
July 18, 1975
Espanola, New Mexico

Today we will finish a very beautiful area, depression. Now if you try to understand what I am saying to you, then it can be very helpful. Whenever you feel the world very free, free society, free behavior, free love; you understand that word free. It is not a reality, it is a bait. Anything which has come to you which is free or looks free, be very careful because there is nothing in this world which is free. How can things be free? Matter and energy, energy and matter; if you have energy then you are minus matter and if you have matter you are minus energy. How can there be anything free?

Suppose you give someone a gift. It costs you money. What is money? Money is what money does. Money is x amount of hours of labor to get x amount of energy to use to get x amount of things. I worked all day and made $64. With $64 I can buy bananas or I can work for the banana man and get x amount of bananas. Suppose you are given a gift. If you receive a gift, you have to pray. You have to. There is no option. If you don't pray for the gift, you get a big load. Then you pay through the karma. If you pray, that is the amount of energy for x amount of gift.

But there is a problem; people do not channel themselves. Non-channeling the human energy is the fundamental problem. In every human concept, in every human idea, in every human thought; one thing only is dangerous and that danger lies in one simple area. We want to be free, we want to be free of our duties, of our liabilities, of our responsibilities. When you do not channel the energy properly, then you must get depression. You must get depressed. Don't extend to get out of balance. I have seen people who get depressed in this way: Alright, let us have a party in the evening. At 11 o'clock party will be over, let us go to a movie. Then after movie, come home. Alright honey, give me a cup of coffee. Sleep 'till about five o'clock in the morning. Get up next day at 4:30 in the evening. They do not know what to do. This is called Phase Depression. That person will not get his scene together for almost four days. It takes the body 72 hours to get the body back into the same working process. Just one night of action. There is x amount of time you can work, and there is x amount of time you can relax. There are x amount of hours you can take work in your hands, and there are x amount of hours you should not do any work. There is x amount of hours you must put to exercise your body. There is x amount of hours you must sleep voluntarily. Voluntary sleeping is so essential for human body. It is as essential as food is. Just lie down and relax yourself and let it all go. Don't get into sleep, that is essential. They call it conscious sleep. Conscious sleep is very beautiful for channeling the human body energy and keeps your life going smoothly.

We have given you different sets of exercises. They can work for you. Why do you have to exercise? When the body grows, each

year of its existance it becomes more rigid. You move in special patterns. You move your hands in a special way, your legs in a special way; and that does not exercise a lot of muscles. The muscles which do not get any type of exercise get weak and that area of your skeleton gets out of shape. The moment your skeleton gets out of shape, the nervous system starts feeling the pressure. It starts messing up the circulation, then reconstruction of the tissues gets weird. After a while, you fall apart and you are in trouble. Therefore, most of the time we get ourselves into a lot of trouble. Afterall, there are times when you cannot even control the sugar level in your body. Remember that when you put sugar in your metabolism, you are upsetting your metabolism in a very direct way. X amount of sugar is understandable, but the amount of sugar you put in only God can save you. And whenever you put x amount of sugar, you must follow law of depression. When you get that kind of depression, you lose a lot of friends. Therefore, it is very fair to channel your energy.

One of the best ways to channel the energy is to do the pranayam. One of the best is the eight stroke pranayam, inhale four times and hold, exhale four times and hold. Do it for three minutes please. Both times you hold. I know it will relax you right away but that does not mean you should stop doing it. Second area, inhale everybody, exhale everybody, relax. Now you are relaxed and you don't want any loud thing happening around you. You can go into a voluntary sleep after this for 10 to 15 minutes and it will give you six hours of working energy. Three to five minutes of this pranayam plus 15 minutes of sleep to be followed by it will give you five to six hours to continue. Normally I do it in the bathroom. When you are having a party in the house and things are happening and Singh Sahib is uptight, get into the bathroom where no one can bug you out of courtesy. Lock the door, clean yourself, sit down, and do the pranayam. Here you cannot take a nap. If you want to know what to do in that case, follow me. See this.

Maximum pressure pressing the palms together. Total pressure, clapp the hands together and just see that they are going to go into each other. After a while, let it go and relax. That is one phase. Then after a half minute or a quarter minute do it again, and then do it a third time and go out and say hi and Sat Nam to everybody and you'll be alright.

Now the only particular thing you have that I want to talk to you about is your tonsils. Tonsilitus, sometimes those things swell up and start coming out. You know that area? Now the immediate way to get out of it is like this. This is the finger which does the trick. (Jupiter) Brush your teeth and brush your root of the tongue. When you finish that, you take a cup where you have two parts alum and one part salt, sea salt. Take a bit of it with this finger and go to the left side way down deep, as far back as possible into throat. Don't tug at it, just massage. There is a place where the finger can fit where it will be massaged very nicely, and it is hygenic too. Then take the same finger, put a little more salt alum on and do the other side. If you get these two sides and you do still not see the infection going, then go a little deeper near the base of the tongue and you will find a big cave there. Massage there too on both sides. Then take a little more and go to the teeth left and right. Then take warm water, rinse, sleep, get up the next morning and there will be nothing, all is gone. Just wet the finger a little bit and put the stuff right on the end. Stick it there, massage your inner throat. This tongue has no base, it has just a little thing which is holding it. Sometimes there is a lot of mucous, it is very sickening. You stick the salt alum in there on both sides. You can do it to children too. Under the back of the root of the tongue.

Now this ear is draining, (Yogiji points to his dog Devotion) and one day I am going to do my dog Devotion. All this mucous problem, these tubes to drain out is all natural. Eyes, ears, nose, and throat are interlinked. Just keep the throat in shape; your ears, eyes, nose, everything will work out alright because mother problem is the throat. When this gets infected, everything else follows it. Two parts of alum, one part of salt, a 500 percent experienced answer to the problem.

Then there is a procedure when you feel very emotional, uptight, and ridiculus. Rather than showing it to people that you are really an idiot, there is a better way to deal with this. Go to your bathroom, take off your clothes, and get under the shower. Take hot water and drink it. Continuous drinking is difficult so stop for a while and then continue drinking it. Let it go down, drink three of four times and then fill your stomach. Then bend forward and take these two fingers (first two, saturn and jupiter) and put them in the back of the throat. Do this four or five times and it will go yuuup (throw up). Four or five times throwing up will ease you enough. Then take a hot shower. That is one case where you have to take a hot shower. Not a cold one. Then towel yourself and put on your beautiful clothes. Do this only in emotional circumstances where otherwise you would get a stomach ulcer. You can do it everyday in the morning if you like. In the morning it can be a habit. If you have to live very long that is terrible. They call it Matangi Kriya. It is what the elephant does. They live very long and very healthy. They take the water through their nose all the way up and they put it back into their mouth and then they suck it back and blow it up. After this you can't take cold shower.

For the child (if you want to do the tonsilitus technique, put a spoon between the teeth and just go in. It works. If I would have allowed myself last night to get infected, I would be finished. I stuck a big packet of it on all sides, and in the morning, with God's grace, it's all right. When the tonsils are out, the membrane gets red and harsh and it is very painful. Mucous gets created anyway. Either it goes to the bottom in your stomach, or it goes to the top. This human body is a very beautiful gift.

Once in a while, if you want to be a woman, get into a bathing tub. If you want to be an idiot, I have no explanation. It is not my problem. Take a couple pounds of yogurt, four or five pounds. Get into the bathroom by yourself and sit in your tub and put all that yogurt in the tub. Do the yogurt massage. Nobody will see you, nobody will know you; but that skin be the skin of a five-year-old child maximum. Take an hour or two. See what a smell comes out of your body, you'll hate it yourself. You don't know how miserable you are. Only then will you know. Do it like soup. Do body massage. Then let the hot water get in, soak in the tub, and just ignore anyone who comes to the door. That is more than God in experience. The following bath use luke warm water. Just use homemade yogurt, not continental yogurt. Warm water as you can stand it. The water will become white with that yogurt, play in it. Then the poisons will come out so you can't stand your own smell. You can put mint oil on your nose if you can't stand the smell. After that you can take a shower, clean yourself, and then you must take a soft towel and must massage your body so that it comes out almost red. Then you must sleep, must. When you get up you must take warm milk, must. When you do this treatment, be grateful that you could do it.

During a woman's period, only that should be done without which one has to die. When a woman menstrates, for those five days, do only that without which you cannot live. Some people have their period for 28 days, others for one day, they survive too. If period is longer, there is a $1 book with cell salts you can use. Do it for one 28-day period and you will be out of it. Take that organic book on biochemical changes and menstrual problems and just figure it out. Get on hour basis (taking cell salts) and you will be out of it. This requires one moon of honest food, vitamins, and cell salts and you will straighten yourself up. Don't play with your menstruation because it is playing with your total life. Try to straighten it out as fast as you can.

Now for every women it is very essential to have a yogurt douche at the ratio of one to ten. It must start with ten parts water and one part yogurt mixed together. It is very wonderful if you do it the last day when menstruation is over. In case you have a terrible odor at the time of menstruation, it will work wonders. Car needs cleaning every month. You think all these holes have no way to be taken care of?

It is good to put eye drops in your eyes when you go to sleep. Early in the morning, cold water in your eyes can do wonders. Motherhood has all different laws.

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Now there is one situation where you cannot sleep, you are upset. You are upset because of depression or you're freaked out or something happened wrong. At that time, lie down. They call it reverse platform exercise, remember? Lie on the back, bring heels to buttocks, put arms by your side and raise your hips and waist putting all the weight on the shoulders. You do not grab your ankles. Just hold yourself there five minutes and then let it go. Then do it a second time for five to ten minutes and if you can, do it a third time. You won't know where you are. See that you take a blanket over, otherwise you will sleep totally bare. This way your spinal fluid balances out and if there is any lack in the head of fluid, it gets totally straightened out without pressure from any other area. It is a very subtle way of calling yourself to sleep with no problem.

Now one exercise I want to share with you. Think of a negative thought and put your left hand here. Take the right hand and press and try to hold. Do it for a minute on the fingers. Don't let the fingers bend. Try to push. The other hand should hold.

Then let it go and think of the same thought. The same thought will look funny to you. So when you think negative and you do not know how to stop it, just stop it in this way. The moment we balance the energy this way we can't think negative. Normally we don't balance it properly, we are not that sensative. This way it must happen.

Either you can come to things or things can come to you. The best course is to train your mind to have things come to you. Whenever you need a thing or you want to do an action, ask yourself one thing. Ask these simple questions. "Can I do without it and what will it do for me?" Don't imagine then act. When you imagine and act, you are destroying yourself because you are falling into the

sky without a parachute. Imagine and then reimagine what you have imagined and then act. Some people in their behavior patterns take away certain things and that is the cause of their every misery, gianta, ignorance. What ever you imagine, you must reimagine and then plan it, and see what that plan does for you ultimately, ultimo. Then you act. Otherwise it is just like starting a car and putting it into gear while the brakes are on. Something will freak out. Why do that? Discuss your thoughts at a thought level with your friends. You will never be asked to give an explanation. It saves a lot of energy. Whenever you are uptight, unsettled, your face is not radiant and your mental garbage is hanging on it, get into meditation. If you are in your own room, shower, take a bath, get some kind of water. If you are somewhere else try to wash your hands, wash your feet, wash your face and meditate for a while. And do this pranayam which we have given you. It is very unfair when you hang a sign board of nuisance on your forehead and start distributing it among your friends. Keep your garbage to yourself. That is the best human service. There is a very common saying: "Share your weaknesses with your teacher, and share your strengths with the world." Sometimes you have a weakness and you innocently share it with your husband. If he doesn't know what the answer is, you are in trouble. That is why they say, not to do that number.

As a woman or as a man there is one thing which is a very great must. You must pray in the evening. When the sun starts setting, 4pm onward, your energy gets out of balance; it is automatic. In the morning you are fresh, and you want to do something. In the evening, you want to freak out somewhere. It is natural. Don't stop it. Just pick a certain time in the evening when you can close your eyes, and pray for a minute--two, three, five minutes etc. If you are Khalsa, you have to read the evening prayer and you are stuck anyway. But even then, if you are not, a couple of minutes of Mul Mantra will do. Do the Mul Mantra like this. Sit down calmly and quietly and close your eyes. Write the mantra in the language you know on the screen in front of your eyes, word by word. Start seeing that mantra written before your own eyes with the mental eye. Try it right now.

This darshani mantra can give you the power and the reason of God. It gives you the reason of the diety to which you are chanting.

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Darshani mantra is a guru mantra which is chanted while reading it before the screen of the forehead. It is such a technology, and it really works--faster than many things. It will work with guru mantra, adi mantra, shakti mantra, mul mantra or all ashtang mantras you people chant. You can close your eyes, and with the third eye which sees beyond these eyes, you can read it on the screen and start chanting it. Certain things which you don't expect will normally happen to you. With a lot of practice it will do many things to you. Let us do it for four or five minutes. Practice it nicely for a couple of minutes so you can experience it. If there is any problem, you can overcome it right now. Sneeze freely. That is one way we can recognize FBI agents in 3HO. You are your own masters; don't try to skip away from the time; practice it. There are two powerful ways of the mantra. One is this way, and the other is listening to the mantra while you are chanting it. Like this: "Ek Ong Kar," listen; "Sat Nam," listen. I say "listen." When you say and you listen, that practice can give you a japjap. A japjap is a certain technical method in which a person, saddic, sits down and he says the mantra and mentally listens to it. And when the sadhana becomes perfect the whole universe chants for you and you just listen. Everything sings to you. It is such a practice. You go in a car and the car takes a rhythm, and you say,"Sat Nam, Sat Nam, Sat Nam, Sat Nam." Automatically things start talking to you, because this world is never without sound. Once you tune into the sound of mantra, the universal sound becomes the mantra. They call it a japjap. Some people charge a lot of money for it. I am telling you free. Let us practice that. Let us say the first word, "Ek Ong Kar," and then mentally listen, "Sat Nam." etc. Meditation uses mul mantra and then listening. Do not let only your mind say it; you must listen to it.

After a while you will just start chanting. You must listen to it; listening is more important than even chanting. The best way you can do it is to make a tape of yourself in which you say and then leave a gap. Say, and then give a gap. Practice with your own voice. Use a mantra, and I tell you it will work ten times better than anything else. Chant your own gurbani, and listen to it. Chant your own mantra, and listen to it. It's one of the funniest things; your own voice is sweetest to you, next to God. Sometime, make your own speeches on how to be peaceful. I am not kidding with you--it works. It works better than anybody. Sometime give a talk to yourself on how I can be great. Fifteen minutes, thirty minutes on how I can be great. Make it a secret tape, and then listen to it. Tell yourself to be better with a recorded voice, and then listen to that electronic voice as a meditation; it will work 100 times better.

That is why I always say to people to pick up a tape and send the message on one side. We'll pick up the other side and send you the message back. No hassle. Somebody said to me once, "I want to tell you something but I don't want there to be a record of it." I said, "Tape it. I'll send the answer back to you and keep it to yourself."

So use these small tapes for your own communication and your own mental correction and your own meditation. It is the best therapy,

better than a psychiatrist. The best self-psychiatry is a tape recorder; let all emotions into it then sit and listen to all that nonsense. Afterwards make a commentary on it. You will progress faster than you imagine. But a time clock and buy a tape recorder and set the time and the tape. Let the divine music, the gurbani, wake you up. You do not wake up; you let it wake you up. If you want to practice a mantra, fill your own tape and let it play around you. You'll never be bored by your own voice. You may not like to listen to someone elses mantra for more than 15 minutes, but your own voice is perfect. Whatever Yogiji says, say to yourself in a tape. And also write letters to Sat Pal Singh so that he can finish that spiritual dictionary. Half of it is complete and half is not. He is the only guy who can do it. If he can do it for you, you can be saved from a lot of trouble and a lot of things you can know.

It is a spiritual dictionary. "Do we have it here?" It is according to the subject and sayings. It's a red hot thing. He took all the lectures, about 150 tapes, and took out all the sayings and sorted it. The sorting is not yet complete. There are alot of tapes so we just want him to come out with a real spiritual dictionary. If you need "family" you have got 300 sayings on it. If you want to see "sex" there are 250 sayings on it; there is no problem.

Actually, the idea is that there is a need in life for a spiritual vocation. If you ever want to get out of depression remember your spiritual vocation. You live on this earth but an earthly vocation will never do any good for you.

Take a vacation where you can take care of your self. take care of your mind, take care of your soul; Go where you can think about self and somebody can guide you somewhere. That is a real vacation on this earth. A place where you can balance the energy and learn the art of balancing the energy. What is this vacation? Go Friday drink beer, also go Saturday and Sunday; come Monday you are sick to your death. Go to work Wednesday and you call it a vacation? It is a long week hang up and hang-over.

And now we'll have one simple meditation. This is my left hand and this is my left thumb, this is my right hand; lock it like this, in this situation and this goes like this here.

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See, it's very natural. It is like a cup, "yes?" it will stay just at the heart center. Now we will repeat the mul mantra and we will feel it right there. Start Ek Ong Kar, Sat Nam, Karta Purkh, etc. 5 min. Inhale, exhale. When you do this mantra for about 30 minutes like this, this area where you are keeping your hands will get hot and hotter, sometimes very hot. It should not bother you; it is normal to expect. Secondly when you chant it, completely understand what it is. What do they call this? Ek Ong Kar, Sat Nam, Karta Purkh, Nir Bhao, Nir Ver, Akal Moort, Ajuni Sai Bhang, Guru Prasad. This is Mul Mantra. Right? Now when you go Jap, Ad Sach, Jugad Sach, Hebi Sach, Nank Hosi Bi Sach, ask someone "what is this!" My personal opinion is that hardly anyone will tell you the name of that mantra. Write it down sometime your children will ask you too. They call it Saraba Kala Sampurin Mantra, and that is only one mantra of its own kind. Saraba Kala Sampurin Mantra. If you take its words it's all in 16 strokes back and forth. The Kundalini mantra part of it is Jap Ad Sach. That is the Kundalini part of it. The other part is the Mul Mantra. Combined it is Saraba Kala Sampurin Mantra.

I imagine , whether one is a Sikh or not, all those people who practice the Saj yog, Saj yogare practicing an evolutionary method of yog; they meditate on this mantra and this is their mantra. If you have to chant this mantra in Sarotara Sora,write down the words sometimes, you have to compete with those shaven heads so you've got to know those words. Sorotara Sor is chanting yourself and listening yourself. is one who listens then its power becomes 1000 times more. And my personal apologies if you are always asked to chant Ajuni Sai-Bhang never do that mistake. They may throw you out of Sikh Dharma. It has to be Ajuni Sai bung. There is no explaination why they chant it Ajuni Sai Bhang. It is not according to Laya Yoga which is the basis of the sound of the mantra. Therefore it has to go Ajuni Sai Bhang. Also it is Ek Ong Kar and not Ek Om Kar. Some people will say Ek Om Kar and they are the funniest guys. It is Ek Ong Kar, Sat (a) Nam; the word is Sat(a), Sat(a) Nam, Karta Purkh, Nir Bhao, Nir Ver, Akal Moort, Ajuni Sai Bhang. If you are in some Indian Gurdwara, and you want to please these Indian Sikhs, say "Ajuni Sai Bhand." They are freaks; who cares? Ajuni is the quality of the God, the facet of the God. Sai Bhang is another facet. "Gur Prasad, Jap, Ad Sach, Jugad Sach"; they will never say "Sach" in any Gurdwara. They wont let the air loose from between these 2 teeth. "Nanak Hosi Bi Sach", that is the technical way of chanting it.

VIRTUE OF THE NAM
July 19, 1975
Espanola, New Mexico

This human body is the net earning of the entire spirituality, the longing of the individual soul towards this path of God. Now we can say, through the grace of Guru you could do Bhakti and a result of that was you were given a human body. This human body is not just an ordinary state of consciousness. Human body is the ultimate state of consciousness in gain. Gain. The total projected evolutionary system through which this soul can travel can only end up in gaining human body. Human body gain is the ultimate stage of reality. It is a state of consciousness.

That is why in the human body, because it is a state of consciousness, there is a tremendous variety. Among those varieties there is one positive gain. The first gain is the human body. The second gain is the availability of the guidance of the Guru. That is the second. The third is that the Guru believes in infinity.

If somehow you are lucky to get a human body, then you are lucky to get a guide and the guide is limited, then even you have missed it. Even then that doesn't work. People don't understand. That is why in house of Nanak you may get hung up on Nanak, Guru Ram Das, or Guru Gobind Singh to any extent. You may try, but it won't let you be. It is so slippery, it takes you to infinite God Ek Ong Kar anyway.

There is no chance in sikh way of life to get hung up on a person. You try it any way you like it. The idea is to make this personality transparent. I have two bodies. One is my gross body which you look with these two eyes. The other is my transparent body, which you don't look, you don't see, but it sees all. What that transparent sees, that is what is right.

That is why in the house of Nanak,Guru Arjun sang the Mungala Charan which is the mantra of divinity and protects you and brings you to happiness. Mungala Charan, Sukh Mani, the lagoon of peace and happiness and joy which is filled with the nectar of peace of inner mind. Guru Arjun sang the first Mungala Charan: Ad Gurae Name, Yugad Gurae Namae, Sat Gurae Namae, Siri Guru Devae Namae. Dev means transparent, through which you can look through. Opaque is that you can't look through. The guide and the Guru in Sikh Dharma is transpatent. It is not a solid human being. That is why Gurus did more sacrifice than any prophet ever did. They laid the path of practical living more than anybody could do. But they are transparent. They are examples; they are guides; they are milestones on the path of God. They never claimed that they are God. People saw and experienced God in them. If you claim that you are God it is a very phony claim. But when people see God prevailing in you that is reality.

When we started 3HO, we just said all those who want to be

healthy, happy and holy, come along. It was a general call, but some came walking with us; some, on the way, left us--they could not walk with us. Some are on the outskirts; some are in a fit; some look at it as a threat; some look at it as something happening. But this karma is walking towards its goal. It has never stopped, and it shall never stop. The fashion of it, the style of it, the way of living and the way of relating is totally beyond my knowledge.

Now in India no woman ties a turban, except for one group among Sikhs, they do. But they are only 2-3%. But when the Khalsa took the form in America, the difference in spirituality between male and female got totally resolved. Now in this Sikhdom, this Sikh Dharma of the west, male and female have exactly the same standard feeling, with the perfect respect to divinity and God nature. In my personal experience as a gross human body, it is the first time in the world the real perfect shape of the Khalsa came into existence. It didn't happen in the time of Guru Gobind Singh. I see and now look back at the Sikh history. We have done--a handful of us--a more tremendous sacrifice for the sake of humanity on this planet than anybody can even relate to. But I should say as an honest historian that when I look back accurately at the Sikh history, Sikh woman was a very great woman and she was Sikh, but in the West I see the woman, in a very elaborate and equal state of consciousness, to be a Khalsa.

After all in the path of spirit there are only three stages: Sahana, Radhana, and Prabhupati. The knowledge of all the scriptures of the world, the teachings of all prophets of the world, the essense of all religions of the world, is contained in only those three words: Sadhana, Radhana, Prabhupati. Sadhana is the spiritual routine: Nit the Name. Radhana: living that routine. And the third is the result of it: Prabhupati. Pati is master; Prabhu is God. Then you become God's Master; you become the master of God. Now what it means, you'd better know.

And here I am looking back at my first 36 years of life, and then looking thereafter. That is a story in itself. And if you really want to experiment, what I am saying is, when some day you are totally depressed and negative, as normally will happen, you try it. And there is nothing wrong in it. In that state of negativity, just get up, as an experiment. Go and change your clothes, take a shower, towel yourself, and dress yourself from top to bottom in white. From that negative state to that negative state, 5 to 7 minutes at the fastest, normally 15 minutes, walk out of your room. You will be a different person. It is that physical: a gross physical action, can change the temperament, consciousness and the energy of a person, oh my people, think of those who are really living through their sadhana how much they can change.

That's why we are different. We don't just chant Gurbani

in our sadhana. We prepare ourselves to be physically capable to recite that gurbani. That's why we do pranayam, we do exercises, and we stimulate ourselves, tune ourselves. Because no musical instrument can play best until it is tuned. Exactly the same is the human body.

The human body is the instrument of divine experience. It is the highest gift of God. And when the instrument of God is used for divine congregation, then it causes Sad Sangat. Divine congregation is the congregation of the disciplined ones. It is not the congregation of the human, not the congregation of the angels, not the congregation of the Sardat; it is the congregation of the disciplined ones.

And in the congregation to find the disciplined ones and the non-disciplined ones is not difficult at all. Somebody once asked, "What is the congregation of the disciplined ones?" He said, "that which nobody can hide." The discipline of a person lived is apparent at the very face of it. How much one is disciplined you need not even ask anybody. To prepare yourself as a disciplined, one should look, look in the mirror. It will exactly tell you how much Sad you are.

And Guru Nanak said, "Sad Sangat Lakatarie." You can swim across all obstables by just attaching yourself to a disciplined one, because the disciplined one will teach you nothing but discipline. And the moment you learn the discipline, you become the disciplined one. You made it. It doesn't matter how emotional, how negative, how impure, it doesn't say that. If you are twice married, six times divorced, or you have jumped off the wall, or this and that. There is no condition. All he said was follow the disciplined ones. They even said God only descends on you because of the prayer of the disciplines ones. Sukhmani, PEACE LAGOON, the Song of Peace is very clear. You can read it right there. Guru Gobind Singh has said that in one place very beautifully. He said, "Lord Ram came to tell you to chant to God. You forgot chanting to God, you started forgetting God, and you started chanting to Lord Ram. Lord Krishna came and told you, 'Chant to God' and you forgot about God and you started chanting to Lord Krishna. Lord Buddha came and told you, 'Chant to God' and you forgot about God and you chanted to Lord Buddha. Issac, Christ, Moses, and Mohammed; they came and told you to chant to God. You Forgot about God and you started chanting to Moses and Mohammed and Christ." Guru Gobind Singh said, "Now God tells me to ask you when you are going to stop it because he says God created you to look through the creation, through the transparency of it." Look to the gross existence of God through the transparency of it and find who is the Creator. Therefore, it is obligatory for us to guide you to serve the House of Guru. Just to serve the House of the Guru is to serve the Guru, and once man can learn the art of serving the Guru, the Guru guides man to infinity and man has made his trip. Kabir says it in Siri Guru Granth Sahib very clear, "Lord, I am not going to be a nut again. You never came after me as I was Kabir; but when

I chanted Ram--Ra, Ma, not Ram Lord Ram. Ra Ma means that shakti which prevails through sun and moon. That is what we chant. In all our meditations and chants we chant to infinity. Kabir says, "Lord, when I chanted Ra Ma, then you chanted Kabir. It doesn't matter to me. Because I was Kabir anyway, you never chanted to me at all. But now that I know the key to chant to you, now you chant to me just to dodge me. I know you, you are a nut." Now he is telling that to God. He went into such ecstacy he said, "What is the use now, you run after me chanting Kabir Kabir Kabir. You never chanted before though I was Kabir. You never cared but now that I chant to you, you chant to me to dodge me. God I am not that much of a fool. Now I know the trick; you need to be praised."

Praising your God is your food. And also I tell you praise anybody, you will get him anyway. That one act, nobody can misunderstand. When the dog starts moving the tail, the vibration can bring love in anything in the world. When the cat purrs, you never find a reaction against her, and when a man praises the Lord, there is no evil in the earth which can attack the human. You may be as angry at a dog as anything, but if the dog starts moving the tail you are through. Does dog control you? No. The movement of the tail, the vibration of the tail is so universal that it can support. I named this dog Devotion just to remind my people that even dog can be in God by devotion. Why not a human?

Now this is what I want to bring you to understand. There is a common thing in English, "Don't butter me." You follow? "Don't butter me," means "Don't make the floor greasy. I don't want to slip." Actually buttering means whenever you butter anybody his ego slips. Buttering means making an ego to slip. So when a person is very uptight he will say, "Don't try to butter me!" It means he is on the verge of slipperiness. Just put a little more and that person goes. When a person warns you, "Don't butter me any more," he is almost ready to fall. You understand? And at that moment, if you put a half spoon of butter more, the matter is done.

But sometimes our own ego gets in the way and we say, "No, I am not buttering you. You go to hell. You don't understand me at all" Well, you are gone. Because praise is such slippery thing on which every ego slips away. But it is not a bad art to praise. Tell an idiot he is divine, he will become divine anyway.

Things in the world are as you look at them. Not with these two eyes, but with your conscious eye. Things in the world will come to you as your conscious eye will look at them. That is why you are asked to meditate on the mantra: so that you can listen to the sound; so that the word will sound you as you listen to the sound; word will look at you as you look through the conscious eye. That's why they say "in meditation, see mantra; through your ears, hear mantra." The Anand Sahib, the Song of Bliss says it even more clearly than I can explain to you: "Oh my eyes, you have been given to me to see the God within everything. Oh my ears, you are set there just to listen to the song of God. Oh my

tongue,... Each part of the sensitive body is well explained, why it is given and what is the purpose.

Sad Sangat doesn't come without karma, The people get together in a congregation, but a congregation can happen at a barbeque also. The cocktail party is nothing but a congregation. When thieves sit down together and plan, it is also a congregation. Congregation of the disciplined ones towards divinity is the only congregation worth anything. All other congregations are for the pleasure of the senses, but to be in the congregation of the disciplined ones, is to remove the nonsense of the being. That is why in the congregation of the disciplined ones the consciousness is raised, elevated.

Trifling matters: you took away 10 dollars, you paid me eight; you ate away my sandwich; you didn't give me a ride; you didn't say goodbye to me; you didn't listen to me; you didn't say good morning to me; you left for office without saying hi to me... And the most trifling matter is "I am not holy." This is a very trifling fun we make of our human gift, it is a direct insult to God, the giver of the gift.

I do not know what should I tell you, but my experience is this way. Now it is personal. I am not saying that it is divine, but I do not think,the heck with the divine, that there is anything worth more than that. It is my individual experience that the only sin we commit is when we put ourselves down. Whenever we put ourselves down we are actually making a mockery of God and His gift. I am not saying you should not do it. Put yourself down. Put yourself down. Limit yourself. You will not do anything except mockery of God's biggest gift. And then you will pay the karma.

That's why it says, "Nanak Nam Chardi Kala." Nanak, the virtue of the Nam is that your spirit is High. Kala means Kundalini, rising Kundalini. Find that book, How to Know God. Vivekananda gives an explanation there. He says, "all praises, all prayers, all virtues, all actions, can only be directly or indirectly accomplished because a little bit of Kundalini has risen in the person. Has anybody got How to Know God? Have you got it? Get it. I'll read it to you practically. Chardi Kala: Chardi means rising. Chardi Surd: rising sun. Kala means Kundalini. Master of Kundalini is known as Kaliman. That is the only title. When you go to Mexico, wearing a turban, they think you are a Kaliman. It is the ancient image of the master of Kundalini, who went at different times through different parts of this earth to teach people Chardi Kala. Once, out of those era of times, came Guru Nanak. Chardi Kala means Chardi. It is not Chari Kala. No, Chari is wrong. Chardi, ever rising. Chardi means present transaction. Kala means kundalini. The word "Kundal" means lock of the hair. Kundalini means the shakti of the lock of the hair. This sentence is in the Bible. I am not teaching you anything. Don't be foolish. Now my students tell me sometimes, "Why do we have to be a Sikh to be a yogi?" Now what should I tell them? To cut off your locks, the kundal, and practice Kundalini is a joke.

By the way, I am telling you one thing right here. Ahimsa, harmlessness, is the essence of jealousy. It is right here, page 148, 35th sutra. Without reading all the sutras, you have become alright. That is your problem. These Patanjali yoga sutras have to be rewritten because they are written like Japji, from the last sloka upward for a human. But it is written from top to bottom. As it says Ek Ong Kar... you know Ek Ong Kar, where Japji starts. That is the last of Japji for us. And you know even the translation is wrong. It says, "This is the beginning of the instruction of yoga. Yoga is the control of the thought wave in the mind." Not thought waves. Yoga is the control of thought wave in the mind." Not thought waves. Yoga is the control of thought patterns of mind. There is no greater union than control of the thought patterns. You have to train your mind to create a specific thought pattern, and once you can make your mind create a specific thought pattern, you are united at that level of consciousness. Third, it says, a man abides in his real nature. What is real nature? Infinity, nature of infinity. Well some say, we will read that. But where does that Patanjali say...? Does anybody know the sutra in the second book? Hey folks, this book has been always recommended to you to read. Where is it? What sutra is that? Alright, I'll find it.

Raja yoga should be very helpful to those whose minds have been raped by the conventional puritan upbringing. Puritanism. The hard danger of puritanism is that it asks us to regard certain functions of the power of the body as evil. And sometimes you say "Raja Yoga Takta Diaya Guru Ram Das." Remember that?

Yeah, got it. (He found what he was looking for) You know, sometimes you read something which is good! "When," says Vivekananda,"by the power of long internal meditation the vast mass of energy stored up travels along the sushumna and strikes the centers, the reaction is tremendous, immensely superior to the reaction of dreams, or imagination, immensely more intense than the reaction of self reception. Whenever there is a manifestation of what is ordinarily called supernatural power or wisdom, a little current of Kundalini, must have found its way into the sushumna. Whenever there is divinity in you, the Kundalini power must have touched the central nerve. Only in the vast majority of such cases, people have ignorantly stumbled on some practice which set free the minute portion of the coiled up Kundalini. All worships, consciously or unconsciously, lead to this end. The man who thinks he is receiving a response to his prayer, does not know that the fulfilment comes from his own nature, that he has succeeded by the mental attitude of prayer in awakening a bit of this infinite power, which is coiled up within himself. What man ignorantly worships under various names through fear and tribulation, the yogi declares to the world to be real power coiled up in every being, the mother of eternal happiness, if we but know how to approach her. And yoga is the science of religion in relation to all worships, and the rationale of all worships, all prayers, forms, ceremonies

and miracles. Page 167 of the old version, where they have explained the Pranayam... It is sutra 50;"the breath may be started externally or internally or checked in mid motion, and regulated according to place and time. Fix the number of moments so that the stoppage is either protected or brief."

And there is the explanation of Raja Yoga. And we are going to practice all Raja Yoga for which Guru Ram Das is the Master through the times, as it is said in Siri Guru Granth Sahib, we are going to do it. That was the purpose of our talk today. And then I'll give you some questions and you will give us the written answers before you leave and find your way back home and have your happy husband with you, or your wife. Because we'll send the result of this course to your spouse.

Prosperity of My Soul is Divine Gift

July 30, 1975

Espanola, New Mexico

Today we are picking up the first subject, "Prosperity of My Soul is Divine Gift." Now, sometimes in our life we feel that we are prosperous, sometimes we feel that we have to be prosperous. Sometimes we feel that we should be prosperous. We are prosperous, and we should be prosperous, and anything else about prosperity is misunderstood by human concept. Prosperity comes to us when our mind is prosperous.

Mind and prosperity have a direct connection. Mind is not material, it is the subtle polarity of the material world. Understand that connection clearly. Mind is the subtle polarity of the material world. And when mind and the material are subjected to soul, God is experienced.

A story can explain this. One day a king was traveling through the jungle with his courtiers. They walked miles and miles and when it was high sun, the journey was not possible and they unloaded themselves and they sat down and ate. They started talking as humans usually do. Meanwhile the king looked around and he said, "Astrologer, why somebody doesn't call that boy?" And the astrologer said to king, "Sir, don't call him like that." He said, "What? What is wrong with you, that little boy after those cattles, just send some soldier and get him." The astrologer said, "Sir, I submit again don't call him that way." The king said, "Look astrologer, I am the king, you are my astrologer. You are not going to tell me how to call my subjects." Astrologer said, "Sir I don't mean that, just call him with great respect, rather you should go and receive him." King said, "You're crazy did we eat something wrong in this meal? What has gone to your head?" He said, "Nothing. Just go and receive that little boy with the cattle." The king really lost his temper. He said, "You are funny. What do you actually want to say?" He said, "Sir this little boy is your son-in-law." "Son-in-law, I am the king, he is behind those few cattles, he must be able to get one meal to eat. And you are telling me that he is my son-in-law, to marry the only one princess I have got. He is going to be her husband." "Yes sir." His anger didn't know any bounds at that moment, he couldn't even tolerate that his own astrologer would say that. He immediately asked that he would like to ride a horse. When king leaves, everybody leaves; you know that story. He came back to his palace and said to the astrologer "Hey come here." "I was angry back there, but after all I am a King and I have to be diplomatic. Now tell me were you trying to be diplomatic and test me, were you trying to play a joke on me, were you making fun of me, what were you doing?" Astrologer said, "Nothing. You are just a king but there are many kings. That boy has the power of a very prosperous mind. And in his prosperity your kingdom will be just like one little thing. It is good if our princess ever marries him." The king couldn't stand it. He started shaking his hands and he was really mad. Astrologer said, "Sir, why don't you leave it to the time, you can not understand it now.

I would like to retire." So he left. You know these kings are nothing but ego maniacs so he called his Grand Vizier. They talked all night trying to decide what to do. In the morning they decided. The Grand Vizier said, "It's so simple sir. We'll lay some case and frame this boy. And we'll finish him. He is not here. Princess does not have to marry him. All we have to do to save your kingdom from some embarrassment is to lay some case and that's it." You know these earthly people are earthly people, and he was too earthly. But earth can not exist without heavens and heavens without earth. That is the yoga of Nanak which he taught. He gave us a blend of both the sides, to the polarities of life so we can know how the life moves. The Grand Vizier started plotting, so one day they found out a perfect trick. The boy was grazing the ground with his little flock, and one of the king's men started teasing one of the cows. They selected a day, a time and a situation when this guy was chasing the cow, the bull of the herd was so protective that he hit this guy. So the case was laid, the negligence of the cowboy. Because the king's man was innocent and was passing through that jungle, the man got hurt. The boy was negligent, therefore king decided if his mother gives rubies to the king, the life of the child will be spared; otherwise he will be hanged to death. Entire village was in pain. They couldn't understand what to do. They all collected in a central place as a condolence to the mother. That mother who has the divinity of the vastness of mind, she said, "This order has not disturbed me. We owe ourselves to God in our poverty with our purity." They all decided in their hearts to pray. One of them said, "Well king is a king. We have the king of kings. We know the boy is framed. We know we are poor villagers. We cannot give two rubies to the king even if we collect everything we have. We know the Grand Vizier is not listening to any other word. All opportunity is blocked. "GURBANI JAI ATMA USHA"

"If the utmost difficulties grab you and nobody gives you the shelter enemies are on the outskirts of you and friends have left you, when all possible shelters have been wiped out and all possible saving factors are gone then at that moment if he still remembers his infinite God warm air won't touch that person." Now this mother knew this shabd. That great infinite God is the protector and even the warm wind won't touch him. You know when Lord Ram left Sita alone he put a ring around her and said, "My darling don't walk out of it." Now Ravana wanted to kidnap her and he said to her, "Come out of that line and give me the offering." The moment she walked out of that line he was in a position to kidnap her. Around us is the ring of the protection of the Creator no disease or discomfort can come to us. We have the perfect Guru, in our worship, and he created the environments. God's name is the ultimate reality. In oneness of mind it works miracles. The One who protects all removes all obstacles. Says Nanak "God is in Blessing. God has come to protect, God has come to protect." Mother was not emotional. An emotional mother has no value anyway. A mother becomes emotional and she becomes a woman then it becomes a relationship between the child and the mother, like a woman and man. There are fights, there is disgrace and grace, all karmas are paid. But when mother becomes divine she is more than God. They call it Adi Shakti. The creative consciousness of God is Adi Shakti. And that is the divine mother, and that in principle is the kundalini. Mother meditated and prayed to God, the boy took his flock of sheep and animals regularly to the jungle. He brought them back, but each day was a priceless day. Each day you live you can't get it back. Each day a day was lost another day of hope was lost. Another day of intensive was lost. The entire village was praying for God's help. Finally the last week of the day of the execution of the boy came, the last week. She said to herself, a week from now if it is God's will my son has to be executed. Alright. She said, why don't you be with me today, I don't have any more help I am old. After a week you will die. I don't know if I can find anyone to help me arrange this hut so you stay home today.

Let us correct it today. The whole day mother and son worked. And finally when he found that on part of the roof there was something heavier, he poked it. Moment he poked it, a rush of rubies started falling. Somewhere at some time a bunch of rubies were stored there. The mother had to pull him out. The treasure was a great weight. So guy got alot of brushes and they looked around at the world jewels. They couldn't believe it. So they called the village head and he said, "Wow, what happened?" The boy said, "I was cleaning the roof." He said, "Well don't worry about it, we had to have 2 rubies and there are tons of them. Now I will send a message to the King that I have got to the mother's hut and have found stocks of rubies of different sizes and diamonds and blah, blah, blah, and I'll ask His Majesty to stop at our village and pick up as many as he likes, he can pick up as many as he likes, however you have to come anyway to execute that child of ours, why can you not come to take the price of the fine." When the King read the message, he said, "Another bogus trick, how can that be? Call Grand Vizier. Grand Vizier said, "Yes, sir." The King said, "You gave those people lots of rubies? What is this trick you are playing?" He said, "No, no I never gave them anything. What do you mean?" He said, "Read this." King said, "I am curious. Curiosity makes you do lots of funny things. Your one motivation force is curiosity. Curiosity is a motivating force in life and if it becomes a guided force with principle, God is not far away at all. Curiosity is not bad, it is a motivating force, the axle of the life. But when it is not motivated under divine law, it takes you to the hell of life. When the King came, he went to the hut and he saw the whole side corner filled up. The mother said, "Welcome, you kindly take them all. We can't eat them. We can't do anything with them, and they will cause alot of trouble. Lots of theives will be coming in this hut. They all know about them. So your excellency you take them all." King looked at the astrologer and the astrologer looked at the King.

The astrologer said, "Oh God the mind has all the prosperity of the material world, and when the mind is positive and prosperous then the entire material world becomes the servant to such a man. King looked around and said, "Even in my treasury there are no such jewels. Why to take two, take all and give him all." And exactly on the 7th day when that boy was to be executed, he was crowned as a ruling King of that Kingdom.

We normally do not understand our power. Because of the fashion, because of the surroundings, because of this and that, because of something, you feel limited. There is no such thing to feel limited. The idea to feel limited is a very simple idea because you are not sure whether you are positive or negative. Mind in essense is given to you for experience. Mind can be prosperous so that life can be prosperous, therefore mind must be asked to look to infinity. When the life becomes an infinity, life becomes real. Without infinity, life is not real at all.

Therefore, each living human being has to become disciple. When each individual becomes the disciple he learns the discipline. While learning the discipline there are two things. One is an experience which you know and the other is an experience which you don't know. The experience you don't know can cause a fear and destruction.

July 30, 1975

If you have a guide, you can be guided through the clouds of doubt. And whenever you are guided through the clouds of doubt then you can see the sun shine. And it is always sunshine, because you are now living above the cloud line. Cloud can not go there. There is no play there for moisture. You know when your airplane goes at 30 thousand feet and above, and you go from raining Albuquerque, to the sunshine you do not know where you are.

The polarity of life is given to us for prosperity of life. At the time of Lord Rama there was the reign of truth. It didn't work, the devil started messing around with the swamis and yogis. They came to Lord Rama to appeal. Lord Ram had to fight a war to release those guys. Lord Krishna faced a funny situation. His uncle who was the king didn't want him to come out on the 7th month. He was early by two months. That was the only way he could be saved. With all the universality of Lord Buddha and his concept of harmlessness, he was given the golden mushroom which turned him golden dead. That is why they call him golden Buddha. But all these obstacles in life did not limit these individuals from living. Their lives were prosperous in the vastness of their mental state.

The Reality of the Soul

July 31, 1975 AM

Espanola, New Mexico

Most of the time we lose friends. And we don't mean to hurt anybody, but some people get hurt. And sometimes we ask ourselves why. Don't ask why. It is a very simple thing. There are two energies, two polarities in a human mind. One is when you say something to cover the time and the space. And the second is when you say something beyond time and space. When you say something to cover time and space, you are not real because you are living to the moment. But when you say something beyond time and space, you are real. It doesn't matter what you say. Do you understand that part of life? We want to defend ourselves, that is our nature, "defense mechanisms". Since there is everything fair in love and war, when you want to defend yourself, you will say something which is temporary. When you say something which is temporary, it will simply mean one thing. It will be understood at that time. Later on the reality will be found out and you will not have a friend in hand, but an enemy, or at least a friend that is hurt. Some of us have come from very weird backgrounds. It is just like slide program. We have been raised that way. We have been told by our parents that this earth is not secure at all. Your living has no security here. This insecurity was raised in you. It was not original. You make a child walk, child will walk into anything. It will go through the snake, it will go through any animal, it will not even fear at all. But child has been told snake can bite him, can cause a death, horse can hurt him, elephant can crush him. But he has never been told that an elephant also can give him a ride. We tell the negative aspect of everything to the children, and we don't tell anything positive. And this is how we have been raised. Poison ivy will blister you up, you all know that. But no one tells you that when poison ivy blisters you up, that means your blood has too much sugar. Nobody will tell you that . And nobody will tell you, "Thank God you have poison ivy. That only means you have too much sugar, so get off sugar." Everybody tells you, you have a mosquito bite. Sometimes the mosquitoes will love you so much, they'll see you and they'll say a feast is coming. They all get their scene together and attack you. Nobody tells you that your blood circulation is weak. The mosquito has to take your blood in first before it can inject his poison. And if your blood is strong enough, and it is low in sugar content, all the mosquito has to do is to pull it in and that's the end of it. Mosquito will hang there. It means that you have stung it, not that it has stung you.

In our human life, we have a common tragedy. We call it common tragedy of distrust. We have been made to believe that we should not trust anybody. We have been made to believe it. That is why when we say things, we say them to get out of the time and space. We don't say things which are ultimate. So, just for example, say that Bhai Sahib complains to me, "Yogiji?," I say, "Yes." "Yesterday you didn't love me. You didn't talk to me, you didn't say hi to me." I will not say to him, "Oh, I am sorry," or "Oh, I must have been spaced out." You

know? I'll not make up or cook up something. You understand? I will say to him, "Well, I didn't see you." Then he has to make himself shown to me. Follow the attitude? The fact is I have not seen him and I have not communicated with him. That is a fact. That is a basic reality. That is a situation. But if I do not give into the reality, I am going to make up something, some hodgepodge because I want to get out of it. How many times can you get out of how many situations? Then finally, you end up getting out of one situation, and into another situation to another situation and another situation and life goes on getting out of the situation and life is not lived my friend. Speak, and then live it. You establish a report of truthful living with yourself. Don't be truthful to anybody, be truthful to yourself. I am truthful to myself. "Bhai Sahib, I didn't see you." Why do I have to lie to him? "Oh, I had a headache, I was coming late, journey was terrible." What does that have to do with my eyes? When we do this to ourselves, moment to moment, we create in and among ourselves a distrust. Thirty-one million Americans move out of their environments and their neighborhood because they want to find peace somewhere else. Now it is being known that this is rootless society. It has no roots. People even don't get to know what they are supposed to do, before that they are moved. When I was discussing with one person who was a specialist on that subject, he was asking me a simple question. "How can you give security to your people?" That was the one question which I was asked. I said, "My friend, I have only one virtue, I don't give in and I don't give up." Now what you can do with a man who doesn't give in and who doesn't give up? I am secure in myself. I know I can pull that tab off. There's no problems, we'll make it. And I don't give in because I say this temporary patchwork will not hold the weight.

In your personality, the temporary patchwork of life, "Well I've got this boyfriend, he loves me, he takes me out of the..." This is a patchwork! I call it self-nuisance. "Ha, he called me." So what? Whatever has been told to you has been told to you. Watch what comes after it. Words must follow the action. And action has the word in it. but we do what we call a common tragedy. Common tragedy is we don't have patience. We don't wait. Somebody may tell you, "Well, we'll meet Friday." At that moment, at that time, he wanted to be with you on Friday. It is a Monday, it is not Friday yet. Between Monday and Friday, no one knows how many changes that person has to go through. In the space we live in, a lot of actions and reactions can take place. Among these actions and reactions you have a channel, they call it the central connection line. In yoga it is called Shushmana. It means only that you look directly at that point between the positive and negative.

The exploitation of life is if A wants to possess B. A will give B the security. A will cater to B. When A caters to B and A gives security to B, it is actually the A who kills B. And we normally call this love. It is not love. I don't want to use a dirty word for it. But that's it. If there is any dirty work in your vocabulary, that's it. Because if a A loves B and A gives security to B. No! B must be trained to give security to herself or himself. B should be trained to cater to herself or himself. They call it experience in the environment. In human behavior, you can't live catering all your life. You can't live catered to all your life. You can't live on

somebody else's security. You can't live and grab that as love. You have to understand that you have to live yourself, you have to love yourself, you have to cater to yourself and you have to teach yourself.

When you were a child, your parents were your security, you leaned too much. "Hey Papa, Hey Mama, Hey Ma, Hey Pa, Pa Ma, Pa Ma." You were between two worlds. Some people up to twenty or thirty years are still Pa Ma, Pa Ma, Pa Ma. They never come out of the first sound of Pa Ma. They use the husband for the same purpose. They use friends for the same purpose. They use everything around them for one purpose, Pa Ma, Pa Ma. Well there are other sounds also. Sa, Ra, Ga, Ma, Pa,... Pa comes quite late. The "Sa" sound means to evaluate yourself in relationship totality. That is why we give a totality in 3HO- none shall be fired, none shall be abandoned, none shall be rejected. None shall be put through injustice. That is why we make a society, everything will belong to the commonwealth of the Khalsa period. None shall be hated. Somebody tells me,"Yogiji, this is a dirty person, this happened, da da da da da da." I say, "Well, none can be hated. Then who can be hated? Who ever hates himself or herself." We have no right to hate anybody, but everybody has the right to hate himself and herself. If you don't want to give anybody rights, don't take away anybody's rights. Somebody wants to hate himself or herself. Let it be so. Now what will be the net result of that? Net result will be, you can't get that man at that moment. You have to wait a long time. That is the net solution of life, Patience, Prayer. All people first have the metabolism to learn to live in life moment to moment. "Ah, baby you are hungry?" "Yes Mom." "Have an ice cream." Now ice cream is not a meal, but it has enough sugar to carry for awhile. Then again, "Mom, I am hungry again." "Have popcorn." This patching in food, patching in clothes, patching in behavior, patch in..., patch in, patch in, patch in, ... it becomes a patched up whole thing. Life is not a patchwork. Life is a flow. I asked one husband a very funny question. I said, "You cater to your wife like I have never seen a man do before. Why you are doing it, it's not real." And his answer was, "Well, I don't want any trouble." For how long can you get out of trouble, ten years, twenty years, fifty years? You know there is a cure for everything. But there is no cure for sweet blood. In our life, we don't represent ourselves as we are. Actually, the reality is we don't want to represent ourselves as we are, so how can you have a relationship as you are? Why are you blaming others? You always want to be different. You know what I call the human behavior? Have you seen the Christmas gift? You may put anything in it, box it up, but you must have a very beautiful pretty paper around it, and then ribbon, and the whole thing. They call it presentation. There comes a stage in life where you have to learn a different art. You have learned to present yourself and not use presentation anymore. In any relationship in life, you will always find trouble in one area. When you want your presentations to go through and fetch the results, I can give you in writing that even you can't get the results that way. You are simply human.

I was discussing last week with one of the holy men and he was discussing with me his personal problems. He said to me, "I work very hard, I want to acheive results, but there are a lot of problems, I can't handle people. Tell me something I can do." I said, "You are too holy. Therefore you are too phony. You

represent yourself as too holy. The human part of you is missing. Now nobody wants to get into your holy hole." I said, "You are very insecure as a holy man. If I would have been your disciple, I wouldn't even have liked to spit at your face." He said, "Why are you saying that?" I said, "All you represent is an image of a perfect God, what about us who are all so imperfect? There is no such thing as a perfect God. God has imperfections, that is why we have imperfections. If that dumbell would have been perfect, we would have been perfect too. Who the hell doesn't want to be perfect? All of us do, but what about God who created us, created us with imperfections." He said, "Yogiji, what are you saying, it is against scriptures. I know the scriptures. I'll tell you what the scriptures are. " He said, "Well, I'm listening." And I said to him, "God has made us imperfect, and has hidden the perfect part of us in this universal Nature and God wants that to be found out by us and that is the game God has played. "I said, "You funny fellow, you are just betraying these people who follow you. You are telling them what perfection is and they will live in a total shame, because they couldn't be that perfect." I said, "When you pull your perfection so much, they get stretched so much, they leave you. " He asked me the funniest on the earth. He said " Wait a minute, are we not supposed to do that?" I said, "No, you know there is a first chakra, second chakra, 4th, 5th, 6th, 7th, they know. 8th they don't know, nobody ever talked about 8th chakra, the aura. None. And aura is one thing which relates to all the surrounding of our life. We relate to people, people reate to us and whatever we do anywhere in hiding or in open is always in our aura. The unknown and known of you is in you. It is witten with you. It is shown up in the aura. Some day look. You know a lot of you have problems as parents because you think those little ones around you are at your mercy. You think the child will only be fed when you want it fed. You are the richest person as a human. You don't feel the child will make such noise the neighbors will come and feed that child. Children can lay such a psychological intuitive tantrum through their vibration that they can collect the entire town if they want. A child may not move from his bed, but he keeps two people tied down, MA and PA, tied down psychically every where they move. And this unknown thread is so strong, it even does not let you go away from the grave. And you don't value it. Now one thread of life is with you, now you want to take that needle of your ego and you want to really thread that child so much that each pore may have that string of ego. Actually you want the child never to be rich. Why not? The child has the right to be rich. You know that for 12 years if your body bacteria do not be, and do not recharge and do not eat themselves, them you will never be immune from disease and after that if you ever get a disease, there is no cure. What happens when you get sick? Certain unhealthy bacteria and viruses take over your healthybacteria and viruses , and they start eating them. And you are given a signal, you are sick. You are diseased, you are not easy anymore. Them what do you do, you immediately counter attack. When you counter attack, the unhealthy bacteria and viruses, they die. And they provide food for the healthy bacteria. So that them you can live for another few years. You do not use your muscle, you do not exercise, you do not muscle around the muscle. Muscles cannot hold the skeleton in its place. The skeleton gets out of shape. Nerves get pressured. You get in pain here and there and everywhere. You are out of tune. You think that each bone is tied to another bone with a nail, because that is all you know. You live like cramped people. Y u think this finger is clapmed with this joint. Our joints are not clamped at all they are put together with the fibers of the muscle to keep and roll in place. When the muscle gets loose and out of shape, the fibre gets loose

and out of shape. You have to maintain the body. You have to maintain yourself, so that you may not be strong at moment A and weak at moment B.

Life is a tragedy if not lived in every facet of it. Therefore, try to understand that as life has many facets, life would like to roll on all of it's facets. When you feel somebody doesn't love you, you don't realize that you are insecure and that your insecurity blocks the flow of love. No human can hate anyone. It is not our instinct, but we cannot cater to insecurities. As we start catering to insecurities, we can patch up life, but we cannot live it.

QUESTION: Once you are in the insecurity, how do you get out of it?

ANSWER: You get out of it.

Once you know you are a woman, don't try to be a male, otherwise you will be raped, and the entire police cannot save you. All women who get raped are those who have never thought they are a woman. They have never lived in the decency. They always attract a rapist. If you think you can can lean on your insecurity after knowing you are in it, then when you are in it, get out of it. Now you think somebody will come with a chariot out of this blue sky and cater to you, please come out of it. That day is not going to come. There is no such nonsense in the kingdom of God. Somebody said, "Where is the helping hand?" I say, "Ask your left hand." He said, "Yes, this is my left hand, where is my helping hand." I said, "This is the right hand."

The words of the guide and God are the words to help the life to go smoothly. Most of the time in your life you have to learn by the hard method. And what is the hardest method of your life? Do you understand when you say, I am learning a hard lesson through the hardness of time. That only means your ego didn't work well. Failure of your ego is a hard time and smoothness of your ego is a soft time. That is how you live. By living a non-realistic life, we normally do not enjoy our life. By not enjoying our life, we create problems for ourselves which we could not handle. Somebody said I am very pat I ask her why are you very fat". She said, " I said to her " What can I do for you" I want to get out of it". I said "Really" she said "Really " I said," You are lying. You don't want to get out of this fat. I know that. " She said "No Yogiji I really want to get out of the fat" I said "Go on cucumber juice for 15 days" You know the second before I left San Francisco, I got a call, "Yogiji , I can't live on that fast" I said" You can't get out of fat. I'll invite you to eat the Mexican meal. What do I care? But I said face me, you don't want to get out of this fat." She said ,is there any easy way." I said "When you are finding the easy way, you are asking me to cater to your ego, and I don't have a spare ego to feed your ego. Therfore, my appologies. You want to sincerely get out of your problems, you can always get out of some problems. Thak God, many people even don't know they have a problem. Some people live for the rest of their life, and they do not even have been a problem to themself or to anything. Please do'nt cater to your insecurities, face them. If you can't face your own insecurities,someone else will cater to your insecurities and will exploit you . So handle your insecurities yourself, that's why we say give your weakness to your guide, so that he can guide you through. Show the world your strength, so that you may not be exploited. That is why they say, Guruacharya , Brahmacharya-Action of a Guru in action of God - Guruacharya

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Brahmacharya , Guru is God, But Guruacharya is man of God because Guruacharya is one person who cannot afford to exploit.

Suppose for example I tell you, Bhai Sahib has this weakness. Suppose, I want to say that actually I am telling my self, I have a weakness which I cannot cure. Because Bhai Sahib is weakness is my weakness. When I say to you, I am a very weak person, sometimes you look at my physical, no. When I make thatstatement I mean I have all my weaknesses which ar your weaknesses, my weaknesses added together. I have your emotions and I have my emtions added together. That is what the theory of the Golden Fish is. Brahm Acharia means the action, Brahm means God, the creative actions of positive nature, in the nature what you find. Brahm Acharia, Guru Acharia; Guru Acharia. Your actions have a lot of words in them. Your words are the blueprint of your actions. Therfore if you want to be really strong, just live it. If you live it, people will love your life. Because then you will not speak out of the head, you will speak out of the heart. And words spoken out of the hearts, you can brainwash a person. But you are not creating a friend, you are creating a slave, a monster. Therefore the devil tries to brainwash any body. Let everybody enjoy one's own brain.

In reality, we have to untrain a lot of insecurities and we have to face those insecurities. That will make our life and give us a chance of a happy life. Some of the teachers believe or not, you go to them and they will be very soft to you, Everything they tell you will be very soft and positive, But if you ever get to be very intimate with them, you will realize, that there is a huge wall which you cannot crash in. If you ever crash in, you will find that teacher is worse than you.

Life is not meant to be lived that way. Life is meant to be faced. Each weakness has to be faced and lived. If you want the moment to slip by, somebody will take advantage of that moment, and that s the end of you. That is why individual consciousness cannot find all of its facets lived; that is why we live in group consciousness. And group consciousness must reach a state of universal level. It means as a group, we must be open. Incididually, we have some many facets, that we cannot be secure. That is why we need a Brahmacharya .. Brahmacharya is a human.

Now according to the western knowledge, Brahmacharya means celibacy. That is absolutely the wrong meaning of the word, it has nothing to do with that. Brahm means God, Achar means action; one who has a God like action. Now is God is a celibate, and everyone became celebate, there will be no human race in 75 years. That is a misuse of the word, and a misuse of the meaning of it. That is why, my friend, I say to you. Learn to have and use the Brahm in you.

First of all try from today, try when you are minus, you are negative, just cut the negativity and you will be plus. " Oh it is humble."... "no it is Not." That's all it takes. Any thought which is a negative thought, cut it right on the spot. And when the thought pattern learns that you cut all negative thoughts. when thoughts of a negative thoughts will die, it will be feed for the positive thought. Like bacteria, when the negative bacteria die, the positive eat it and become strong, and you become healthy for a long time. When you cut your one negative thought, you become strong and then you live positive a long time. That is one way to do it. And any person

who does not have the tool to cut the negative thought will live in the jungle of negativity. Each negative thought is a tree around you. And if you allow the negative thought to grow, you will be in its jungle of it. And then someone has to bring a helicoptor right from the sky to bail you out and that is the angel of death. We call it Shiva. There is a very common saying in India, " May lord Shiva take care of you" Do you understand, what these beautiful words actually mean? It is a polite way to say, my dear friend, you should die now.

Some people are miserable, and they love to make others miserable. They call it feeding the core, You have two cores, one is a negative pouch and a positive pouch. When you are negative, you cannot live within youself, you must feed it to somebody. You can't carry the poison of your life without stinking up somebody. Either you empty it, cut it and boil it out, within yourself, or you pass it on to somebody. It is their passing on which is creating a problem. You Know, there is a slang in the west, they say. " He is passing the buck." And problem here is when someone passes the negativity, you just start to be with it, One gossip multiplies to ten, ten to 100, 100 to 1000 and we live by that. If someone is feeding you negativity, just see whether you want to eat it or not. If not, live rightly and say thank you my friend, I am not hungry for it, You'll see me doing it sometime. Some people start whole hodge podge. I say, " wait just a minute, isn't there some story other than this that you can tell me?" They get upset. And then I smile, I say "My dear friend, you get upset because my setup is out of gear." I say, " Get out of my sight" That's all you can do. Get out of my sight.. You go out and vomit it out." You know by telling no, he finds a way to become positive. By catering to negativity, you only spread negativity. It may be coming out of your children, it may be coming out of your husband, it may be coming out of anything, There is a normal thing in 3HO. First sadhana goes, then turban goes, then he goes or she goes. It is a test of you. First the sadhana will go. Second the turban will go and third the man will go. That is why in 3 HO whenever someone finds somebody without turban, he always thinks whether its person has done the sadhana or not. I have seen people get scary about it. Somebody from India was in San Franscico and they told me, " In India women do not tie turban." I said your my friend, in India there is no Khalsa" We sat down and in 20 minutes, he really realized that Guru Gobind Singh never diferentiated on spiritual level between man and a women because it is a reality in spirit, ther is no difference. The difference is in physical, metabolism, in needs, in envirinments. But ther is no difference in soul. Everybody tells me, I want to go to Taos to see Taos. It freaks me out I say to myself, " Has this person seen the Taos in him or her? Do they know there are mountains in you? And there are deep oceans in you ? Do they know their mind is like a moon, it has creator, it has heights, it has bumps? Have your seen your own inner beauty sometimes, and work it out. Have you want to decorate it? Have you sometimes taken an assessment? of yourself ? Have you cared ever to look at your own balance sheet ? Have you realized everytime that you have a chance to be saintly? What is a Saint : When the world comes to that person, he is a saint, when the world goes away he is very unsaintly.

You know when a dog has a tag, it is safe, and man without a tag, how can it be safe ? And the tag of man is the guidline. It is ever a great convention. When ever a person will say. " Whose your Brahmacharya." Immediately, the person will let you know who is. Brahmacharya is the other person will know the rest of the story. What you call it is a Guru Acharia. Guru Acharia is nothing but a guided process way to be a Brahmacharia..

July 31, 1975

Now the difference is the time has created....

Can you people discuss this conference out side here, when you come near the course don't discuss any private household things. I don't have any body around me who has that liberty. Don't distract when chores is going on if there is a fire, call the fire brigade and get out of the situation.

Tomorrow, we will not allow anybody to attend the class who has the rights to leave when he or she wants to leave. And anyone who leaves this course, must be packed out given a refund and sent out period. Packed away, right away, with out asking of any questions. It is ridiculous, we are adults and we do not know the basic manners. We have lost out head to our ego. When you come to learn, you can only learn if you come to learn in your fourth center of consciousness. And learn ther is an aura, ther is a dscipline and that there is some grace about it. It is not a theatre where you have paid three dollars and you can walk in and out of it. Don't show up, you are not the only one who will learn. And those who do not have a class discipline, should not appear in class. It is verydisturbing, it is too much nonsense. We are not teaching you here, because without you I'll die. Though my principles , I have a knowledge someone shared with me, I want to share with everybody. If your hear is not open enough that it can be filled with something new keep your dirt within you, and move away from here. It is not a catering spot. People don't understand me. I am known as Yogi Bhajan, I never cater to anybody. You are getting to be a heck of a nuisance. I am teaching you a science to become human and you are not even a student how can you become human. You come to my class or you want it you get out of my class or you want it. Who the hell you are? What do you think you are ? There is a limit to everything And there is only certain areas where things can be tolerated.

Now in the Humanistic approach of life. Life has to be and the brainwash we have is thateverything is groovy. Everything is positve. Everything is smiles. That is your worst enemey If you ever want to know who destroys you, your imagination destroys you. If you ever want to know your enemy, your imagination is your enemy. If anybody wants to know who was made you as miserable as you are its your imagination. You have a set imagination that everthing is green, then it is O.K. Now my friend, that is not the way life is. Life is totally different the way you live and think and imagine,. Life is when everything is not greenyoumake it through. That is life. Life is when everything is miserable. you are not miserable at all. That's what life is. Life is when youcan go through the clouds into the sunshine, and you can get through the clouds and have a happy landing. They call it flight, Life is a flight, my dear. It is a flight through the tremendous anything. And in its saying of a simple person. Do to me anything, you will find me nothing. Because my nothing is my Guide. My God, my Guru. I have nothing in me, therefore you cannot do anything. That is the life of a disciple. He has already given himself and herself to the Guru. No one can do anything, to that person. That is why they say, " He who the Guide protects, God cannot do anything to." Because Guru can give you God and God can give you out of mercy, only one thing theopportunityand chance to make your stand at the door of a Guru. Thereis no such thing direct between you and God. Between you and God, there is a definite wall, and that is the wall of time and space. That is the wall of life you have to live. "Live for what" This is a granted period."

"All right, so-and-so, 46 years, 9 months, 3 days out in the earth." "Why?" "Enjoy it." Now if you want to be miserable, that is your problem. What is a misery? Insecurity! What is a joy? Security! From where can you have the security? You have to give it to yourself.

It is the funniest thing. One of the girls was talking; she had a strange experience. They took care of her, they liked her. They did everything, they respected her. She asked them, why they were being so nice to her. That group of people answered, "Well, you have come from Summer Solstice, you have grown alot. We want to know what went on there." She said, "But that doesn't mean you have to cater to me." She asked me on the telephone, "Why does this situation exist?" I said, "Honey, it is very simple. You have taken a step to change. Inside, they want to change. Now they want you to cater to them to change. That's why they're nice to you, because they need you. When you are nice to somebody when you need not need somebody, then you are real. So long as you are nice to somebody when you need somebody, you are unreal. You are bargaining, you are bartering. A behavior pattern for a certain materialization, for certain manifestation, you are catering for certain reasons. When you cater without reason, then God caters to you.

You remember the words within and without? Without manifestation, without reason, without planning, without imagination. If you give, then the whole universe is yours in exchange. But when you are nice for a moment, or you are nice for a manifestation, or you are nice for a purpose, the moment your purpose is out, your niceness will be out. You know the person who has picked you on a frequency of niceness cannot tolerate you in a nuisance frequency; then it will not work right for you.

Most of the marriages fall apart because we think marriage is nothing but a groovy partnership. Actually, marriage is nothing but a test of partnership. It has nothing to do with sex. Neither does marriage have to do with economics, nor with coziness, nothing. Marriage is one institution which has nothing to do with anything. Marriage is nothing but a test of partnership. If you can separate, you were never married. If something can separate you, you were never married. You know, there is a saying of Shakespeare, "even clubs cannot separate them," and that is marriage. Marriage is a carriage of happiness through the test of times. If it is based on realistic feeling, then you do not have to have any wheelings and dealings to carry it on. By itself, it is an institution. Try to understand it in law, common law. In this universe wife is immuned from every action she does for her husband. If the husband is a murderer, no one can give shelter to that man except his wife. Why so? Law recognizes it. When you live the life of love, and your love has no horizon, then you have started living. Endless horizon in life in the living of the two in oneness of the soul.

There was a man who had difficulty seeing at a distance. One day he said, "Honey, I see a beautiful bird in the sky." She said, "Oh, it must be very beautiful." He said, "Do you see it?" Now she didn't say he had weak eyesight. She said, "Darling, what you see and what enchants you is most beautiful. I am blessed with it." She had her fulfillment. Now if she had started beating him, "Wait! What do you see? I don't! How can you see and I don't? Why do you see these weird things in the sky and I don't?" Well you have trouble in hand right then and there. He has seen it, he is telling you he is seeing it. You enjoy with him. If you can't enjoy with him, just say, "Dear, I don't

know, I am not seeing anything. God bless you if you are seeing something." Just get out of it.

Creative life has a reality of living. If somebody is stronger than me, "Welcome." If somebody is weaker than me, "Welcome." All I know is how to welcome. There is the fundamental existance in the human life. Live to be, because you are a being. You don't need security; you are a security within yourself. Live it! Each moment lived is worth each moment. Each moment lived is each moment worth living. All this planning, all this catering, all these coverings do not mean a thing.

Now listen to how Nanak looked at it: "Ek ong kar sat nam karta purkh nir bhao, nir ver, akal moort, ajuni sai bang." All these facets of God which are in the human are described, and then he says, "Gur prasad. Jap! Ad sach, jugad sach, hebi sach, Nanak hosi bi sach." That is the total impact of the whole life. Truth was, truth is through time, truth is now, truth ever shall be. O.K.? He starts explaining because he knows you are intelligent intellectuals. "By thinking it many million times, you can't think anything, because all the time will be wasted in thinking. Think, think, think, you become Mr. Think, not Mr. Live. Through silence, silence, silence, there will be no silence because you are trying to silence; trying to silence is talking. I talked to Hari Das Baba, "When are you going to speak?" He wrote back to me, "When do you want?" I said, "This is a double speaking. First you have to speak, then you have to write. You think you are silent; you speak twice." We are friends; we kid each other. He wrote back, "Why am I silent?" I said, "It gives you a sympathetic secretary as an interpreter." You know, it is alot of fun. You ask a question, then he writes it down, then this beautiful lady speaks to you. So the coarseness of his life is turned into the sweetness of a woman. It is a very effective instrument; it is an absolute psychological gimmack. It gives you a gap, a barrier, a safeguard.

At Jaganath Puri there is a way that they cook tons and tons and tons of food. Guru Nanak said, "By cooking tons of food and feeding with tons of food, will there still be somebody hungry? It takes away all the hunger? No, hunger is there, therefore food is there." Another teaching is, "With all your plannings, wisdoms and pursuits, nothing will go with you. When there were no teeth, God gave you milk from the bosom of your mother. He turned her blood into the milk so that you could be fed. New He has given you teeth; He is not going to give you a meal? You think He's that lousy ? You honestly feel God is the lousiest thing on the planet. This God is great you say out of fear, not out of love. If you say it out of love, the abundance will roll on you.

You know, there are alot of saints who say alot of beautiful things. "In gratitude lives God, let us live in gratitude." Bob Shaw says, "To whom should I tell my story? Who is there to understand it at all?" The same thing you can say: attitude of gratitude is yoga. The rest is a hodge-podge of life. Yoga makes you great and your greatness is in your gratitude. Your greatness is not in anything else. You may look great, you may dress great, you may live great, but if you are not great in attitude of gratitude, you are useless. You are haughty, you are proud, you are egocentric, you are sick, you are an idiot. Everything. Because you do not know how to thank and whom you are thanking. Thank your soul. Your own soul needs thanks. Thank you my soul for carrying me through this day. Talk to your soul. Talk to it consciously. I have seen people talking to plants. They say when you talk to plants, they grow, they

are happy. When you talk to your soul, it will grow and will be happy. Plants want talking; your soul doesn't want talking? Why have you come all the way here? Just so that somebody can talk to your soul None of you is here to listen to Yogi Bhajan. If I don't talk to your soul, you will run away. Some of you get up and run away from the class because your soul gets disturbed when it hears something. It says,"Why didn't somebody talk to me earlier?" You say, "Nothing doing, ego, you can't stand it." Most of the students have walked away from me because they could not stand that anybody can talk to their soul. Talking to somebody's ego I don't know. I have not learned that. I am not a teacher to cater and talk to any ego. Because to talk to your ego, I have to have an ego. When I have an ego, you do not even relate to it; you disappear. It is such a monster ego. Some of you have seen me talking through an ego sometimes, then I cut through destiny. That is the last thing I wish. This is one of my prayers. I say, "Lord God and Guru Ram Das, bless me with Thy spirit." The soul talks to you, you talk around soul. When you start talking to soul you become divine, because soul is that divine essence in you.

This morning I said to somebody, "Do you trust me?" She said, "Yes." I said, "Then don't worry." That's it. Life is just yes and no. It is not yes and no, no and yes. One-pointed way, one-pointed guidance, one-pointed commitment. Word is God, God is word. You said it, you live it, you are God. You said it, you didn't live it, you are gone. Living essence of life is when you live it, not when you talk about it, talk around it. If somebody wears white, ties turban, looks beautiful, is perfect, chants Sat Nam, and adopts the job of a madam, what can we do? You think that person will become Sat Nam? That's why I say, 3HO is healthy, happy, holy living. If you can't, try it; if you couldn't; try it again. What a fascinating family we have built: an absolutely new order. Somebody asked me, "It is so beautiful, why can't we all do it?" I said, "You should know." Why should you all have to do it? If all will do it, where would we be? Let everybody realize it, experience it, and live it. It is a new concept of life. We don't bow to the man, we bow to the Word of God. Word of God are those men who experienced God. This is first time in humanity that man doesn't bow to a man. This is the first time in humanity when man is initiated by the steel of the double edge. You know that double edge initiation, the Amrit, you know what that means? It doesn't matter if there is a right or a wrong; you have to cut through. If somebody tells you you are great, you say, "God is great"; If somebody says you are an idiot, you say, "God is an idiot." Walk through, keep walking, keep going. Because you have to make it; you have to reach. You have a limited time to make it all up. You can't fool around. Once you lose that given time, you have lost everything. "Time is up"; you are up. You are up against the wall. You can't have the time again. Whatever you have wasted, you have wasted. Whatever you have, make it. That's what I say. If you cannot have the best, make the best of what you have! But make it!

In your happiness, in your coziness, think sometime how much an actor you are. For God's sake, think how much you act. Then think, "Is it essential?" Your realization will agree with me. This anger, hate, this insecurity, these tantrums, this yes and no, these shows and no-shows are all traps. What is the me? I am a human, you are a human; that's all we want to know. You trust me, I trust you; you love me, I love you. You are for me, I am for you. More than that is nonsense. Those who have Siri Guru Granth as their Guru have to have one "knot" that they belong in that reality of God. Granth means knot. Don't we say when tomorrow you have to go somewhere, so you may not forget, put a knot in your handkerchief. It is that knotting that binds you. When you say to

somebody, "My dear friend, now you can trust me," do you know what you are saying? You are saying, "You have all rights on my territoy. Walk over me." When you say to somebody, "I love you," do you know what you are saying? You are saying, "I give up myself to you for all righteous purposes." But when somebody says"I love you", you think that he has given to you for righteous purposes as well as wrong purposes, too. No, then don't say I love you; say, "My dear, I lust you.. I long to get you and then I'll kick you out." Say it. Why do you say I love you? Why do you cheat yourself? What game you are doing to yourself? Why are you polluting yourself? You know, once you say, "I love you", you have no retreat from it. It is then a battle for the rest of life. If you don't want a battle with that person, why do you want to cheat that person? Why do you want to get a curse? Use your words very sparingly, but just use them. The words are so like bitter melons. Bitter melon is one vegetable. No matter how you cook it, it remains bitter anyway. You can use all techniques, bitterness will not go. Somebody asked me, "Why are there bitter melons so bitter?" I said, "That bitterness in it is one thing which can cure any blood disease. When the bitterness goes away from the melon, it is no longer a bitter melon and what use is it then? Now eat zuccini."

In reality, we must start living as we are. We should start presenting ourselves as we are. These are the fundamentals to start living. Accept your weaknesses as you accept your strengths. Please don't live in imagination. Somebody asked me, "Yogiji, you know 3HO family has grown now and facilities at summer solstice should be more than what they were." I said, "My dear friend, I'll remember your name. Next time you want to come to summer solstice, you'll not be allowed at any costs." I said, "If I have anything to do with summer solstice, you'll be one person who I'll never allow to come in." I said that sadhana brought us all of what we have and we do it just as a challenge to ourselves. We are not fools to go in the wilderness. We know how important the wilderness is to us. We just live there on bare facilities. We give ourselves to our bareness, our nakedness, our realness. If in ten days in your life you cannot do that, you are too materialistic for me. You don't matter at all. You think when you have wall-to-wall carpets you are happy? It is surprising, if you honestly want to understand your life, it sometimes wants to be as it is. It cannot live under these covers. That is why it is covering talk you give to somebody, "Oh, I love you," and so on; it is like a routine, it is like a tape recorder. Have you called somebody who has a tape recorder on line which says, Thank you very much for calling us. We are out at a dinner. You can give your message, Bla-blah-blah." It is always the voice of that same person you want to talk to. Everything is perfect, but you still get mad because at that moment that person is not with you and that upsets you. So why shouldn't you live upset and terrible and tortured because most of the time you are not with yourself. None of you is; you live the lives of lies. You are never with yourselves, and you want that God should take care of those who are not even with the selves given to them. You think that cosmic consciousness is so idiotic. You live in these tiny, tiny, dirty shelters. The furniture, the carpet, the tiny homes, the mud, that is your security? What has happened to your soul which carries you through everything. What has happened to that universal mind which can give you the realization of the universality you talk about? How long can you afford to live in this falseness? How long this kissing and these hugs and this catering and this polite talk and polished words will carry you in life? Not very long at all. How long your negative tantrums, your plannings will work it out? They won't. Nanak says, "Nothing will work."

Nor if you are a bulldozer, you cannot be a car. If as a bulldozer you want to live as a car, whom are you fooling? That's what you all do. We can take the engine of the bulldozer and put it in the body of a car. It may look like a car, it may work like a car, but what a car can do the bulldozer can't; what bulldozer can do, car can't. So accept yourself as you. Live within yourself so that without can relate to you. Prosperity is life; life is prosperity. Out of you can spring beautiful thoughts. Out of you can spring beautiful radiance. Out of you can come peace. Out of you can come God. But everything has to come out of you. Before it can come out of you, first it should be there. It will be there when you are there. When you are not there, how can anything be there? You are not in the house; how can guest be entertained? My friends, we have to learn to live with ourselves. We have to make a compromise with ourselves. We have to recognize that we are living in this body. That is why they say, "Don't live by temptation, because temptation will lead you to each consequence." But when you live consciously, then it will not mean any pain to you because you are living it. How can you love a tree and then walk away and think that the tree will walk behind you? Life is a tree and life is a root. Here is no tree which can live without roots. There is no human which can live without reality. Reality is living with yourself, accepting yourself and being within yourself. That is the secret of prosperity.

Please write a two-page article on what you have seen and heard on the subject, "Life is a prosperity within itself." We will meet again.

RELEVANCY

July 31, 1975 P.M.
Espanola, N.M.

Well many of you are here in the course because God wanted you to be here. Some of you are forced to be here. Some of you are here because you are forcing yourselves to be here. So there are alot of levels of consciousness. You are graceful trusted people, you are here for a purpose.

The idea to have the Summer Camp is when people can come to learn the discipline and discipline themselves. If you don't want to learn the discipline God doesn't have a school in the heavens that can teach you. The idea to visit earth is to learn discipline. There's no other idea. There's alot of planets where there is no discipline. Animals don't have to learn any discipline, their instinct is their discipline, it guides them.

There was a gentleman who was asking me, "My back hurts, can you cure me Yogiji?" I said, "No I can't cure you, you can cure yourself." He said, "How?" I said, "Stop messing around with every girl which is available to you." He understood it. Now it is his choice whether or not to do it.

You must understand, if you would take away O from the GOD, it would be GD. Sometimes you don't want to learn discipline, but I don't agree with you. Because this God you are talking about is total discipline. The sun rises at a specific time. It sets at a certain time. Spring is at a time, fall is at a time. Oh fool, people of this earth, you will never go away from this earth. You will rot on this earth for the rest of your life. If you will not discipline yourself to cross time and space, there is no hope. And the power we can develop to go beyond time and space is only through discipline. Organization. "O", the central pivot of GOD.

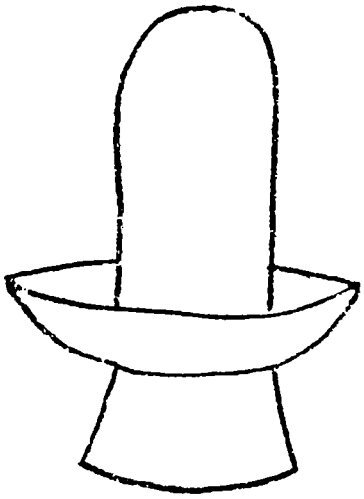
We cannot cross through red lights as we want, it will cause an accident. I know that through red lights you can make it most of the time. I know you love to do that. But when you are blind to the red, you are blind to your destiny and then the life lives as a cripple life.

Colors are very important. They choose the red - STOP. You don't want to stop. Somebody has a green, they have to go. Go will get into stop because stop is going. The life is when you want to stop you should stop. When you have to go, don't stop. When you have to stop, don't go. That's the gimmick of life. There is a teenage girl I have known for 5 years. She lives in a most neurotic family. Her father has a history, her mother has a history, her brothers have a history. The whole thing is quite a scene. So her mother told her, you should start dating, and she replied to her very intelligently, she said, "Let me finish one date of mine." The mother said, "You are dating?" She said, "Yes I date every morning and every evening." The mother said, "You never told me, who is it?" She said, "I go to my Guru, I sit with him. Is that not sufficient dating?" The mother said, "Oh no, I didn't mean that, you have to find a boy and start finding your life." She said, "Mother, after 5 husbands, you have just found the 6th one, and still you are fighting every day. Is it not enough for you? You want me to go through the same product?" She said, "Oh no you just need certain things in life." The daughter said, "I know and these things will come to me." After all this talk.

and said, "Guruji if you went away why did you come back?" He said to them, "I was glad you organized yourselves. I wanted all my life that you should organize yourselves, but I never wanted organization for negative purposes. That is why I walked away. But when your organization became positive, for positive purposes, I came back. It is no secret."

"O" has no facet. "O" is round you can use the organization for the negative or for the positive purpose. And the organization in you is your tongue. You have nothing in you more organizing than your tongue. It can do anything. You can use it for positive purposes and for negative purposes. "O" is your mouth, and the tongue is the energy in it. When you let your O do anything and you let this energy start working in it be careful how you are using it. Why do we chant the mantra? We want to make the tongue habitually chant that, rather than any other thing. This energy can be used for negative purposes; it can be used for positive purposes.

Out of all holes there is one hole - the Shiva lingam. The yoni, the female organ, and the organ of the male is sticking out of it. People worship, but they don't know what it is. And some people say it is funny. There is the female and then the male is coming out of it. Normally it will look like this.



In most temples you will find this statue; it is normally of a black stone. Any great Hindu pundit will tell you that it represents the female organ and the male organ - the ying and yang story. It represents the Goddess with the God power in it. Listen to this story for half an hour. then ask him, "Why is it coming from this way up? It should be going into it. Normally the male organ wants to get in. Why is it reversed?"

This mouth is really the yoni and this tongue the lingam is coming out of it. The tongue is in it, it doesn't go in, it comes out. They call it fixed polarity. Every fixed polarity has a non fixed polarity. That is the male and female separated.

How do you hook the female? You talk sweet to her. What is the biggest thing you get her with the tongue shabad (the word), the language. Give a woman everything on the planet but don't talk to her and she will leave you in one week. If you don't give her anything, talk to her and that is enough. Don't stop communication. Yell, scream, low, talk, yes, no, it does mean a thing. Keep talking.

the mother came to me and asked me if there is any way she can be like her daughter, and she can have that confidence and that intelligence. And the fundamental reply which I gave was, why don't you try to learn from her. Living in this ocean or insanity, she is perfect. She gets up at the right time, does her sadhana, sits with Guru, doesn't know how to read it, just sits with the Guru. She comes from the school she just changes and goes to the Guru and sits with it. She has been doing it for the last 5 years honestly. And when I say faith moves the mountains, otherwise you cannot pick up a stone, you don't believe me. Nothing in this life can work for you. Short cuts are short cuts but they don't cut the long way. This world of ours today is not any different than it was yesterday. It is a beautiful earth, but we have freaked out. We have lost our roots, it is a rootless society. You have to have a personality and its roots. That is why we have to belong to something. We have to have some standard dissipline. We have to have some organization about ourselves and within ourselves.

Scattered things can grow. But as scattered things grow, they can be picked up by a scattered situation. There are wild roses, some get plucked, and some do not even get looked at. They grow in vain. Nobody looks at them, but they do grow. But the roses which grow in a garden are the part of that garden. They are known to be in that garden. That is their value. The rose which grows in the wilderness and the rose which grows in the garden are not two different roses. Perhaps the rose in the wilderness is more beautiful than the rose in your garden, but its purpose and beauty go unappreciated. Where the other, the purpose and beauty is appreciated. One appreciates the life, while the other doesn't know what life is.

My dear, there is nothing free. There is no such thing as freedom which is free. Every freedom has to be paid for. Every liberation you have achieved, you have labored for. You see my mind, how I work? You are all here to learn my mind, right? If I would not have been like this, I worked, God gave me the opportunity. God also gave you the oppotunity.

You can do window shopping on this earth, but you will not bring any groceries hom. You have to enter the shop. You have to bargain. You have to pay for it. And then it is yours.

Inevitably you have faculties and facets. These have to be organized. Disease comes when you are not easy. This occurs when you are not organized.

In every relationship, whether you have a plus or a minus relationship, that is what you relate to. Relative, relationship, relevancy. Life is nothing but a relevant value. When relevant values create relevancy it becomes a relationship. It is a ship in which relevancy is judged. And relevancy cannot be judged without frequency, and frequency cannot be judged without polarity, and polarity cannot be adjusted without rhythm, and rhythm cannot be adjusted without organization. What should I tell you now? I have told you what this God who is just hanging us here does to us. This funny guy has the power to create so he makes a mess of anything he likes; but the one thing we know about Him is that He is very organized. The way to match up with Him is to get more organized, that's all.

As God is not unorganized, you can not live in the kingdom of God and be unorganized. This funny thing called God is most unorganized with people who are unorganized. It is most organized with those who are organized.

You have a freedom of choice because you have earned it. Through the virtue of the Guru you have earned this human body. It is not a gift to you. The gift of God in the human body is the mind. Body you have earned. Mind was a gift. And mind is a variety of choices. Mind is the most scattering thing you can have in you. It goes and goes and goes. If you go along with your mind, you have no place. Who knows where this mind is going to go? Then we build a route. When we put around this mind, the arc of God, the line of God, the "O" of God, we say wait, you are my mind, this is what I am going to do and this is what I am not going to do. Without that you can't live.

When you are going to do something ask yourself if it is healthy to do. If the answer is no, don't do it. Will it make you happy? If the answer is no, don't do it. Is it holy to do? If the answer is no, don't do it. Will it make me happy, healthy, or holy? If the answer is yes. do it. A simple guideline in life is: either I am happy, healthy, and holy, or I am trying to become happy, healthy, and holy, or I am helping others to become happy, healthy, and holy. Be, to be, will be. And my security is God and my guide is Guru. It is a protective aura, nothing can get to me.

The Lord creator is Rama. Ra means sun, Ma means moon. "A" means one which creates. One which creates the sun and moon for you. Have you ever understood that?

There is a wonderful story. Some guru had about ten disciples. One day these disciples got together and they said, "We have a Guru but he doesn't agree with anything we say. Everyone have the same experience?" They said, "Yea." They said, " We should make him agree to do something." OK. They all got their scene together; they all organized themselves. They went to him and said, "Guruji we want you to do something." He said, "What?" They said "From eating 3 times a day. we want you to eat just once a day." He said, "That's all." "Yes" He said, "Thank you." He then picked up his things and said, "Goodbye." He walked away, just walked away.

They did not know what to do next. They sat together again and said well there was something wrong. They all chased after him and when they caught up with him a about a mile away, they said, "We are sorry, we want you to come back." He laughed, "You are still fools, don't you understand a person who won't eat on your terms is not going to come back on your terms." They were very sad, but finally a bright student looked at his notes and found a teaching from the Guru which said, "When you can do nothing right, pray." So the students tried it. Through a big storm and other disasters without food or water for 4 days the students sat and prayed. The did not move. Some began dying, but they did not give an inch.

Finally, when he heard they were SATIYA GRATH (the knot of the soul, when you tie yourself down and put yourself into it) the Guru came back. He loved them. He took them back to the ashram. One day they sat together

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Have you seen those people who are very silent on the surface ? My God, what a volcano they have in their heart. Sad, insecure and depressed people. Either they will talk too much or they won't talk at all. Normal organized talking is the secret of happiness. If you want your personality, if you want your life to be valued, then you must value what you talk. Your whole thing is nothing but what you talk. You are known by what you talk. You are what you are. You are known by what you talk. Talking is not a small facet of life. That is why we practice alot of mantras. So that our talking language should be mantras. Always select words you have to say.

I learned a lesson of the clever mind. We made it a point, it doesn't matter what you have registered here for, you have to go through the one discipline. In spite of that you'll be shocked to know, that some people have one excuse or the other to get away with the thing. You don't get away from anybody, you are getting away from yourself, baby. I'll sit under this tree and watch for how long. I have learned to sit and watch many years. I sat and watched many incarnations. I know it pays.

People want a temporary solution to their problems. They do not understand that problems come from permanent causes. Problems are not a result of temporary causes, and permanent causes have to be rooted out permanently, so that the cure can be effective. That requires patience, patience is the price of it. Why are there so many more wives here than men? The question is very simple. If we want 3HO families to live peacefully, we have to provide a house, a permanent house where every woman can get away from her domestic chores for a while because we understand that she is she to begin with. She became wife 2nd; she became mother 3rd. If she looses her she neither she will be a mother nor will she be a wife. We know the fundamental. The moment she is not with he, he has to find out what she is. When they find again and again they become one and one. It is known as missing the consciousness. I know what I am doing, but I have to do it slowly so that you will not catch me. One thing I know is that you don't respect authority. You are rebellious, all of you. If you find that I am authoritative that is enough for you to run away. Sometimes you find me not telling you what to do. There is no fun in telling you what to do; you will find it anyway. If you have no patience to find it right from me, you will find it right from the time. Time will tell you. Time is the teacher of this earth. It teaches everybody and everything. But one thing this teacher does, it does not allow anybody, to go a SAROOT, that's the God.

God is the root of every soul. Those who cater to the times never reach God, ever. You write it down in your notebooks or anywhere, those who serve the time never reach God ever. Those who serve the God they never serve time. In rational life, what is a Guru? I don't know what you have been told. Guru is a neutral, unexploitable, and unexploiting personality. If you have a Guru who is a man or a guide who is a man, or if you open Siri Guru Granth Sahib it will only talk to you a talk of truth and infinity. This is because the Guru doesn't serve the time and the earth. It serves the infinity and the ether. It is always a polarity to those who have to live successfully in prosperity on this earth. It is a neutral gender, a Khalsa, it is pure in its own equilibrium. You listen to it now. You listen to it never. it doesn't matter. So long as all your emotions are not centered together, they will not make a bunch of devotion. De-

votion is one-pointed emotions.

You may try your best, but without bhakti, there is no shakti. Without shakti, there is no bhakti. That is why we make the Sikh Dharma flag half white and half yellow. The yellow represents shakti while the white represents bhakti. We fix a pole on this side and say the other side is the unseen pole of God. That is why one triangle comes from the heavens and the other side comes from the pole side of the earth, We put the Adi Shakti logo of infinity, on it. The triangle of the yellow is cut downwards. It represents the earth. The triangle of the white is cut upward, it represents the ether. It is a union of earth and ether. That is our symbol, it is a symbol of Raj Yog. We are yogis, but we are kings of our domain, we are princes of our own domain.

Our motivation is life without grace is worst than death. Are we going to go to a restaurant without a way to pay the tab and then wash the dishes? Is our stomach aching so much for that meal that you are going to kill yourself. Remember wherever you go, go with grace. Come out with grace. This completes the circle. Any incomplete circle is a karma. In essense we are made to live prosperously provided we prompt ourselves into a very organized self-blend.

What is happening in America? Why are we in trouble? In God we trust. This country was based on this one sutra. In God we trust. It was so powerful that with anybody's God no one would interfere. This country was laid on one fundamental argument. Everybody has the worship of his or her God free and independent. The state will never interfere, even our dollar bill carries that sutra, but what has happened? The trouble is we say it but we don't live it. We trust our emotions· therefore, we have no devotion to God. We have no devotion to God; therefore, we have no God. And those who live Godless live in pain and misery.

You should go and see those millionaires. Oh my God, I go and visit everything. Yes I have fun, I see them. I meet them and talk to them. "Ha, last summer what happened to you." "Oh I went on a trip, on a cruise." "Then what happened?" "Oh we danced and we ate, you know a champagne party every night, we had fun." "Alright, what else?" "We came back very happy." "What else?" "I don't know. There is nothing else."

They passed away prescious time eating, drinking, and sleeping. They call it a good time. One who doesn't have a GOD time, how can he have a GOOD time? Good is double "O" , God is a single "O". You have to be God first, then think of a good time. Actually, the fact is they do not know what they are doing.

You know you all are worried about paying your bills. You all earn it. A bill is nothing but a karma. And what about your cosmic bill? Who is going to pay that? Who is going to do it for you? Who will do your sadhana? Ultimately you will sleep and there will be an earthen pillow around your head. This head which you do not allow to be dusty, shall be under the ground. This ego of yours which is today telling you you are the prince and the princess shall end up in this dust. You love to sleep, oh fools, sleeping is not the life. One day shall come when you shall do nothing but sleep and then nothing shall wake you. Now is the time to wake up. Now you have a chance to wake up and you don't wake you sleep. You will then pray and scream for waking and there will be no chance.

July 31, 1975

The only advantage of this human life is worship of God. Don't forget about that part. You live, you work, you earn, you enjoy, you eat but always within the reason and limits of grace. Never walk on this earth ungracefully. God has a grace, even animals have grace. Believe me or not .

You love the dog, Why? It is your pet. When there is a strange dog you don't love it. This is not your pet. Both are dogs. One is a pet and one is not. Dharma is a pet way to God and the pet way is a set way. You know your dog is not going to bite. You know that dog is not going to hurt you. You know alot of things. There are chances it may bite you, it may hurt you. Those are chances because the exception proves the rule. But normally you can trust the pet but not the stray. But your pet was a stray once too.

Every mind is a stray mind to begin with. Just pet it and set it so that it can be your mind. When your body doesn't have your mind, who are you? If you or your mind does not have a set path to walk on, what can you do? It is that helplessness which is the path of misery.

Think about it. Christianity was a love of God. It was a love of everyone. That was the Christ consciousness. Instead of love, that was the Christ consciousness, they started making wars and they started falling apart. Judism the religion of light, they do tratakam. You know there are 10 days of CHANNUKEH. You know, when they have to burn at a candle each day, and they have to look at it, and they have to pray at it, actually it was a tratakam kriya of yoga. That was their total religion which they have forgotten. Totally. It was the religion of the enlightened ones. If you ever talk to a real Jew he'll say we don't convert anybody. Sure, how can you convert anybody? Wise men need not convert anybody. They all get converted themselves. Beaches don't come to your home in the morning. "I am the beach of so and so come have a swim." You go to the beach. Wise men don't convert anybody. Those who want to become wise get converted. It is as simple as that. You are not supposed to convert anybody. You have to be so radiant, so beautiful, so wise, so stimulating, that the whole world should convert after you.

Relevancy is the relationship. The student knows he is the student. The teacher knows he is a teacher. Student has a relevance of performance. Teacher has a relevancy of his preference. They both continue and that formulates a relationship, but if we are to sit and chant and someone comes and starts dancing, it is irrelevant. Irrelevancy will always spoil the relationship. You talk irrelevant, act irrelevant, you behave irrelevant, with a secure man if you talk insecure he will leave you.

On this earth everybody wants to find his soul. If you can help the person to find his or her soul he is yours. If they want to leave, let them leave and don't worry. You do your job, if they like your stuff, they will buy it. When somebody wants to buy it you can say the price. When you want to sell it you can't say the price. That is what I did for 5 years. I didn't ask for the price. I tolerate every nuisance. It didn't make sense to me then, it doesn't make sense to me now. But at that time I was unknow and you were known. Now I am known and you are unknown. Now I can ask the price.

What gave me the right to ask the price? Patience. Have you not learned in 6 years of being with me that patience pays. Now when you go anywhere, "Hey it is Yogiji Bhajan's student." I am there already, I do not have to present myself physically at all. When you tie the white turban and you move anywhere, I move there. You need not even introduce me, you see how related we are? This morning I was not wearing anything white at all but that doe not mean that I am brown, black, yellow or anything. I may wear anything now or not, but I am white, because my established aura is totally white. What we do day in and day out establishes the aura, and once the aura is estalbished God is found. Wahe Guru ji Ka Khalsa, Wahe Guru Ji Ki Fateh. That is all it takes, that is the trick.

So long as your mind is a flirt mind, it will never be an alert mind. Once the mind is one mind, it will never flirt.

You go to any spiritual teacher. You take my name. He will say, "O Yogi Bhajan, forget it." Nothing can move him. I have my own reputation. I listen to it with my own ears to. Why this got estalbished? When I came 6 years ago they told me alot of things. Do this, this, and this, etc. I just said one thing to everybody, "I have to learn nothing, I have come here to teach. If I can't I will try. I will do my best. If I can't God has goofed." Simple answer. They told me many things would fail me. I said I am not going to learn from you period. If you want to learn, sure I will teach. I never moved an inch. The greatest people tried to talk to me on many things but I never moved. I had one purpose. I would not have come at all. In India I saw many people being mislead in the name of yoga and religion. I said it won't work here. Let me go somewhere. And look here, now in 6 years we have become the teachers and they have become the students.

But those 6 years were filled with one pointedness of mind, God and Guru. Where I couldn't fit in anything, I fit in Guru. Where I couldn't fit in anything I fit in Guru Ram Das openly, without reservation. Because I have a faith, I have never seen a temple of gold and marble. I have never seen a temple where 10 thousand people visit a day and still it is the cleanest temple on earth. I have never seen a place where everyone is welcome and everyone is fed. I have never seen a place where you could always live. I found it out. This guy who has this temple has everything. All known facets of earth and ether are covered in this house.

We will carry this house all over. We wear white because the dress of the house of Guru Ram Das is white.He wore white all his life. He was known as the white saint.

Listen to how I was introduced to America. They said that people don't care for their kids, home, parents or anything. They are a shoppers nation. I said that as long as they are shoppers we will hook them. We'll open up a big shop. They will not have any windows either, they are in or out. I will change their 6 things: ASA, IST, APASANA, KAN, PAN, PARHAN. What will happen? I said, "They will never shop, they will have a grocery within themselves." I met the same man this time in San Franscisco and he said to me one thing, "You remember we talked." I said, "Yes. word for word I remember." But do you remember I told you I would learn nothing. We have learned alot from you."

Conviction is the victory over mind. If you are filled with conviction, you can give anything you want to anybody. If you are empty, what can you have? What can you share? What can you give? Your words must have a juice in them. Your word must have heart in it. Your words must have prayer in it. Without these three things don't utter a word. Put your heart, put your essense, and put your prayer in every word. The juice is your essense, your Self, and that is what life is.

A doctor can treat you but he can't cure you, you cure yourself. Look how funny we are, we want the doctors to cure us. Now who is that doctor which can cure us? None. Doctor can not cure us, he can treat us, and when the doctor treats and we cure ourselves, we get cured. Therefore my friend, the time is now. This earth is the time, the ether is waiting. If you do not make yourself worthy of that ether you can not get in there. When the time is up, neither you will be on earth nor in ether, you will be hanging in between, a ghost. Ghost has no host. That is why we say holy spirit, holy ghost. We want to make even the ghost holy because we don't want it to hang around. The Christians are very clever. The choose the most negative word and make it into a positive. That was the teaching of Jesus Christ. Make every minus a plus. That is the basis for Christianity. It is a religion of minus and plus. Judaism is a religion of light. Christianity is a religion of minus and plus. They lost their minus and plus and they lost their balance sheet and now they do not know who they are. As Buddhism was a wisdom, the ultimate wisdom of God, that is the essense. They got lost. You are saints and soldiers in essense. If you are not saints, you are useless. If you are not soldiers, you are useless. It is a blend of Shakti and Shanti. That is why you have been made to live like a saint, dress like a saint, eat like a saint, but also you wear a sword. You should understand that when time calls on you, you have to defend the weak and the meek. You are asked to wear the sword all the time, because anything you worship as an altar you don't misuse. All nations, all people who worship arms they never misuse them. Arms are used and misused only by those who have no reverence for them because then they use them for exploitation. When arms are used for exploitation, they always bring pain and misery. That is why Guru Gobind said make the sword a symbol of worship.

By temporary exploitation, by temporarily going left and right, life is not lived. Life is a constant flow of truth to flow into truth. That is why you are given the mind so that you can guide yourself. That is why I say to you that the time is now and now is the time. In essense life does not have alot of secret because life is very sacred but for those who do not value it, there is a problem. We would like to share with you whatever the grace of God and Guru is with us. As I said in the beginning there are always certain laws, and there are always certain essenses behind certain laws. the meaning behind every learning is to learn the essense behind the law.

In your natures you have many faculties. But one faculty is that you can be still when you want to be. That is the first faculty that the man should have. Unfortunately that is the last faculty that you develop. No car is road worthy which doesn't have perfect brakes. If someone checks your car, he will check the brakes first. That is why we can have the facility to stop when we have to stop.

That is the faculty which is not with the flirting and scattered mind. They can't stop. And when you can't stop and you have to stop, what shall be the result? So they live from accident to accident, incident to incident, they live everywhere and no where. They long to belong and they long to belong and they belong to none. That is what we want to change for a healthy, happy, and holy living. We want to have a society within the society where we know where we are going. Where we can stop when we want to stop. When we want to move, we can move. You will ask me where that society is. We are the ones who are trying to make that society. We are trying to awake through this awakening of the time so we can make such a society. We are knowing pains so that those who follow us will not suffer. We are going through the sufferings and we are recording our journeys, and our journals will tell the upcoming generations where we goofed and how we corrected, and how we made it so that the path for them will become easy.

Watch today what you have learned. Watch and see how much you can control. Each day when I talk to you, each day when I talk to you on that facet of life, then go and practice that. That is sadhana. Sadhana is to come to learn. Radhna is to practice what you have learned and that makes you Prabhupati. God is then married to you and you are the husband and God is the wife. Otherwise God is He and you are the she. You all are shes, He is the only He. Because you are all creation and He is the creator. It is natural, seed, bead, bindu, spermatozoa, male organ, male principle. That is why we call God He.

I love everybody and I live among woman. Everything is wonderful, but one thing you can't do. Every woman can come to me, but she can't play me around. It is impossible. You can't do it. Why? I worship the woman, shakti. Adi Shakti, Adi Shakti, Adi Shakti, Namo, Namo, Namo
Serub Shakti, Serub Shakti, Serub Shakti, Namo, Namo
Pritum Bhagavate, Pritum Bhagavate, Pritum Bhagavate, Namo, Namo
Kundalini Mata Shakti, Mata Shakti, Namo, Namo

That is the shakti mantra. Shakti is woman. Man has no shakti. Every man has a very powerful shakti behind him. My shakti may be transparent but I know it. What is a shakti? What saves me? Simple. I worship but I am not a war ship, so when she comes MEEHEE ! ! That is not my part. That is not my job. I can't fit in that MEEHEE ! To me woman is nothing but Gods living grace. Her essense is all divinity to me. When from her forehead 2 horns come out and she starts waving her tail and hoofing the earth, I am free. I have got nothing to do, I don't go near warships. That's not my baby. I am not a navy commander. If I have to deal with a buffalo. Why should I have to deal with a Taurus. Can't I buy $100 of buffalo and keep it? Have I to have a human buffalo in myself. If I love a cancer, I'll have a crab, do I have to have a crab in me? If I need a leo I will go the the zoo. There I can find a fully caged Leo. Your zodiac signs were given to you to master your animal nature.

Criss Cross of Consciousness

August 1, 1975 AM

Espanola, New Mexico

As day changes to night, so night changes to day. But we don't like it sometimes. Do you understand that part of you? That part of you is, "Oh God, its going to be night". You know it is positively going to be night and the sun is going to set. The sun does not wait for you, me, or anyone. But some days you want day to be long and some days you say, "Is it morning now? Am I to get up now?" That day you want nights to be very long. My friend, never can nights be very long nor days be very long. Day has to be a day and night has to be a night. In this destiny clouds will come on you; they have to come on you. They can not be very long, but they shall be there. When in your destiny sunshine comes, sunshine has to come. Sunshine cannot extend itself because you want it. On your wanting, good days and bad days cannot come, because you have earned these bad days and good days.

Now, the point is, you have a given asset which they call principle life. You have three things with you:

Principle Life
Principle Consciousness
Principle Destiny

They are basic. Now we ask ourselves, "What is the answer?" If destiny is so determined and the lightening has to strike me, then what is the use of protecting myself?" And you can also say "Yogiji says..." Yes, I do say we have a destiny, because that is what thousands of years of human scriptures have told and proven. It is a proven thing. Each individual has three basic things. What is your destiny and what could you be? A good astrologer could tell you about your destiny and your principle life; a psychic can predict it. But whatever the psychic will tell you, whatever the astrologer will tell you, whatever anybody will tell you, it will be a matter of this earth. Everybody can predict your earth time, and guide you through your earth times. But do you just want to go through the mud of life? Now you can stop, and if you stop one day the mud will be dry. You have to walk through that area, (you can't avoid that) but it won't hurt you when the mud is dry.

Now how can the pain go away? God wants this and you want that? Are there two governments to run the same thing? One runs one. These are not two governments. Your basic destiny is run by the natural or cosmic law, but within that there is a guided life line. They call it the umbrella of the Guru. When the negative pole projects and beams at you, then nothing can save you. That's true. There's no two opinions about that. That negative ray has to filter through your aura. We call it subtle body. But if it does not effect your subtle body, then it cannot affect your physical body. And when your aura is merged with the aura of the Guru, the negative input will be zero. Tremendous dark and negative rays can come. The destiny can be written, "Mars will conjunct with such and such, and Jupiter will be eclipsed, and moon will go with the dragon head, and all stars will project at the eighth house, and this man shall die." Agreed. There are no two opinions. It is an exact science. Okay. The psychic says, "I see a six foot by four

foot box, and I see you going down in it, and I see people putting flowers on that. The flowers are white and red. Therefore you will die from an accident on such and such a day" Agreed; that is okay. Astrology says it, psychic says it, and the intuition is there; still, you see the man alive. There is one instance when Jesus told Judas, "Go and do fast what you have to do." It is written there, "Go do fast what you have to do." Now, do you want to blame Judas? I don't blame him at all. Jesus could have sat down and said to Judas, "Why are you jealous of me; if another woman has put ointment in my hair and massaged my feet, don't get bugged. I am sorry, I will not let it happen in the future." That's all. The master could have penetrated into the consciousness of the disciple, and Judas could have changed. Instead, he said, "Judas go and do what you have to do and please do it fast." He knew his time had come. He knew he had to go. He knew it.

The principle direction, the principle life, and principle destiny are basic; combined, they are called elementary life. Elementary life consists of what? Name those three things I said to you. Prinicple life, which is the basic life. They call it pran shakti. X amount of pran shakti is given. Life is not determined by years, months, dates, no,no,no. You are given X amount of pranic energy. It is given to you.

What is the second? Principle direction is your power to locate your own horizon. Sometime you cannot see beyond that mountain, but there are those who can see beyond the mountains and even beyond. Principle direction determines your horizon, and your faculty of movement of your consciousness. Also your height of consciousness determines the horizon. There are some people who can just take it up to that time. You just press them a little more, and they freak-out. They can't take more than that, because they don't have power. You know, you can't fly a mono-plane higher than 10,000 feet without oxygen. That is the limit-period. But there are planes that go miles and miles high, and they are comfortable.

What is the third? Principle destiny. You have to fly from Albuquerque at such and such an hour. You are already but someone knows that is not the right destiny, and he doesn't want it to go wrong; he interferes. Your destiny is there, and nothing can change it. It is all set, all laid out. You are ready to fly but something clicks in between. This is known as elementary life. Elementary life is lived by the animal also. The animal nature or elementary life in you is well governed. This is organic or original living.

Wista means the stool, or that which comes out of your anus. There is a worm which is in the human stool How can it fly? It can't. Some power intoxicated it, so that it can fly. What I mean to say is that there couldn't be a meaner thing than the residue which comes out of you, and it is impossibly impossible to imagine that even if there was a worm in that stool it would start flying. But this saint says, if that is happening, don't be wonder struck and don't be surprised. The elementary life of that worm is only to die in the stool. That is true.

The contrast is how mean a thing may or may not be, it is mean because it's elementary living is mean. There's no two opinions about it. Elementary life is the animal life. Non-elementary life has no bounds. I definitely know, and my personal opinion is: anybody who has been raised emotionally

and is basically insecure, and moreover he has used drugs, that person is unfit to survive. We know he is unfit because an emotional birth means total insecurity. What is insecurity? It is elementary doubt. You know in America, everybody says: "How is it, what is it?" That is elementary doubt. They have been raised that way. From early childhood, they have to relate to things they cannot understand; so they say: "Why, what, where, when, who?" This why,what has become the principle. Personally we know, medically we know, and scientifically we know, these people are unfit to survive. It is good to know. What can you do? Put the person on a non-elementary life, and the elementary won't affect him. Period. When you do not live by your ego, how can you be affected by anybody else? Then let us give everybody a non-elementary life. A non-elementary life is known as a dedicated life. We will take that life from you like we take money from you and will give you a receipt. You have given your mind, your body, and your soul; received, thank you. Then we reverse it; we make profit out of it. It is simple economics. You read from all religions and all scriptures and everything, these are only two principles of life, nit and namit. Nit is the elementary and namit is the dedicated life.

There's a wonderful story: There was one woman who wanted to marry a person who would keep her from walking. She never liked to walk. She gave this one condition; I'll marry that man who promises me that, for the rest of my life, I'll not have to walk on the earth. Sat Nam, that was the condition. So everybody came with their securities. The whole thing was checked out. Finally she found there was a king who had everything, and so she put the ja mala. The marriage happened. They carried her on that pulki, four or five people got hold of the bamboo sticks; there was a type of chair in the center and all of that. So wherever she went, from one room to bathroom, and from bathroom to next room, she was not to walk on earth; she was always carried.

One day the Raj Guru came and he said: well you've had fun in your life, now you start walking. "What? What do you mean walk? Walking for what?" He said, "Now you shut up and start walking. She said, "No, I married on the condition that I didn't have to walk." He said, "That's o.k., you married with that condition, and that condition brought you to be queen. That's o.k. But now it's a personal matter. I am the Raj Guru and I am the learned one. I tell the king what to do and he does it. You are the queen, and you have got to do it. This kingdom and this king are dedicated to me; I own you." (Raj Gurus are great acharia, brahmacharia) He said, "Queen, from tomorrow onward, you'll walk." Now she knew the protocol. It is very bad to say no to this guy. But you know a woman; she has clever ways. So she became egotistical.

Sometime my staff says, "Yogiji, I understand." I know at that time, they understand zero. I keep silent, and they keep silent; life goes on like that. What's the big deal. I know this person does not see. He does not see beyond these mountains, and what I am talking is 3,000 miles from here. So where can we match in consciousness? Not at all.

At night when she had made the king very comfortable, the queen said, "Maharaj, I want to know one thing from you; if you tell me very honestly I'll be very grateful." He said, "What honey?" She said, "Do you have that intelligence that if I ask you something, it should happen? It may be

impossible?" Now rajah came in his ego, you know kings have ego-rahut. He say, "Yea, I am maharaj. You have made me so happy that, if you tell me anything, I can't say that I'll bring the stars on the earth, but I'll bring you what is on this earth, in my territory I can do it." She said, "You'll not be mad at me?" He said, "No, I won't be." She said, "Is there anyway to get rid of Raj Guru?" King immediately said, "Yes, it's very easy. We can get rid of him. Right away. Right tomorrow." She said, "Well, that is fine. You are very sweet to me. How?" He said, "You start walking."

You understand the story? That is the act of brahmacharia. Brahmacharia is he who can create God-like actions. The red light doesn't talk to you. The traffic light doesn't talk to you. If you cross it, it is not going to cry. But it can bring the highway patrolman after you. In its silence and its service, it regulates and organizes the flow of traffic. You don't like it at all. Nobody likes the red lights, you don't like parents, you don't like teachers, and you don't like anybody who tells you to stop. One should stop when someone tells you to stop. And you must ask him, "Where to go now?" If you are told where to go now and taken all the way, then its a worthwhile trip; only stopping won't do. Suppose the red light becomes totally red and doesn't become green at all? You know, a cop will appear and start regulating the traffic. Nothing will work which stops the flow of life, but it can be regulated and channeled.

Now, having one defeat, she didn't give up. That was not enough for her. There are times when you take a stand. They call it an ego stand. This is when the person puts the whole thing on one stand. There are three types of ego: one is rahut, one is turia third is balhut. Balhut is the ego of the child, when they want something, they want it. Then you have to stand, yes or no. There is no argument left and right.

When Ramchander was a little boy, Dusit was playing with him one day, "Hey, hey, look at that moon." Ramchander grabbed him by the neck, he said, "I want this moon in my hand." Now how can the moon come in hand? Ramchander started crying. So Dusit says, "Is there any such procedure by which he can touch it with his finger?" That's all he wanted. Two days, everybody tried, nothing happened; finally they went to the Raj Guru. "Please help; this guy is creating a lot of nuisance. He has been crying three days and nobody knows what to do about it." The Raj Guru came and got a very well polished silver plate. He told him, "Ramchander, do you want the moon right here?" He said, "Yes." He fixed the plate so that the image of the moon came into Ramchander's hand. He said, "Here, touch it." "He, he, he, the child started laughing.

Turia is the ego of a woman. When a woman wants to get a job done, you can cut her all the way and prune her through and through, but my God, she will get to it. After getting through it she may think she was the greatest fool on the planet. She has a universal creative nature in her, and when she uses it to grab something, only God can protect you. There is hardly any chance, 99.9% defeat is sure. 1% may be a fluke.

Rajhut is the 3rd type of ego. When the king comes into ego, then there is a disaster that follows. The queen knew the matter was lost. One defeat was there, and what would be the next? She started thinking, 'O.K., if I can get rid of the Raj Guru by walking, then it is better to walk and get

rid of him. I need not walk on the say of the Raj Guru, and it will be my victory."

Lord Rama, the lord of the universe knew that there ws no deer of gold. Sita, the mother of the universe knew that there was no such gold deer. But the Lord of the universe became brainless. Lord Rama, on the insistence of Sita, took the bow and arrow and started chasing that deer, which was a maya. Meanwhile Ravanna came and kidnapped Sita. The question is, how could the Lord of the Universe, Lord Rama, who was an incarnation of God, become befooled with imagination. He was befooled on the saying of his wife, who was a savitee. She was so pure that he has to chase that deer. When bad days strike you and the brain doesn't work. At that moment your link with the Guru is broken and the ego takes over. When the ego takes over, you are going direct to destruction. You are fulfilling your elementary destiny.

Sometime people accuse me, "Why did you ask my wife to go away? Why did you tell my son to go away?" I don't know. Sometimes I juggle around, sometimes I fail. Who cares? I cannot write the destiny and I cannot wipe them out, but juggling is not a bad.

So she said to the king, "Alright, I'll walk tomorrow, and then it will be my privilege to dispose of the Raj Guru." The king said, "Alright, but you are to ask the Raj Guru directly how you are to dispose of him." She said, "God, how can I ask him direct?" She said, "Maharaj, what are you asking? You promised me that you grant me the boon!" He said, "Yes dear, I promised I would grant whatever is in this kingdom. He said, "Raj Guru is not in this kingdom. Oh fool, how do you understand how Raj Guru is? He is not in this kingdom. He is not a subject of this kingdom." She said, "Then what is he?" He said, "He is the kingdom. I and you exist because of his wisdom. I said to you that Raj Guru will be disposed, and I'll give you Raj Guru's disposal. I am asking you, though, to ask Raj Guru how he is to be disposed. She said, "What do you mean?" He said, "He is not an ordinary man. Don't worry, in a couple of hours, there's going to be a morning, we'll see."

I message was sent to the Raj Guru's house telling him an audience was sought with him if he'd like to visit the Palace. The Raj Guru came and went straight to the Queen's palace; he didn't show up at the King's palace. He sent a message for the King and told him to appear there. He asked the queen; he said, "Raj Mata, you are the queen of our kingdom and to obey your order is the privilege of every subject. You want to dispose of me. You want to give the order for my death, because I came and told you to walk today. You have walked today, and the King has promised you that he will give you whatever he has. According to that, he has me too. So I am willing to die. You want to roast me, you want to put yogurt on me and let the hungry dogs come and tear me up. You have five or six proposals in your mind, which I know. She said, "How do you know?"

Anyone who is beyond ego can see ego. That is a law. Whosoever has crossed the orbit of his ego, he can see ego more clearly than anybody can even imagine. So, as does every ego-centric person, she became non-virtuous. She said, "yes, I want to dispose of you, I am sick and tired of you. You make puppet of me, you make puppet of my husband, you make puppet of everything. I am sick and tired of you. We have to close our doors every night

at 9:30, that is your order. Are we the king and queen or are you the king and queen?" So the Raj Guru said to her, "There is but one situation which can make the whole scene better. She said, "What?" He said, "You better listen to me. If you care to kill me the people won't tolerate it. I am their ultimate guarantee of justice. You can't dispose of me. If you decide to kill me, your destiny will not let you. But because you want to dispose of me, I want to tell you a way out. Just kill me as you like after one week, do it secretly. A week will be enough for me."

She said, "Okay." A non-virtuous woman agreed to it. Ego makes a person non-virtuous. That is a law. Ego limits, and the flow of the cosmos does not enter you. Then you live within your own energy, and you become non-virtuous. That's all. When you are linked away from God, you are non-virtuous. Ego is when you think of you, and you consider you, your comfort, your child, your husband. You, you, you, you, you.

The Raj Guru sent a letter saying; All should know that I am leaving. I may return or I may not return. Nobody should try to follow me and all that. Thereafter, Raj Dabar will decide who will be the Raj Guru. I leave no inheritance, no legacy, and no one to follow." He sent the announcement and told the king and queen. The king was very upset. He said, "What is going on?" Raj Guru said, "Don't worry. I have to go." King said, "Well, why do you have to go?" Raj Guru said, "Fool, the comfortable bed, when you are giving a promise, you could have found out at that time what uncomfortable days it can bring you. For that moment of lust, you lost the love of your dharma. I was protecting you with divinity, but you couldn't protect with your destiny. So now it is okay, son. Don't worry, it happened."

A very sad and very bad situation occurred. On the fifth day, she was coming down the stairs in her regalia and her foot slipped. The doctor came to take care of her. It was useless; she was crippled. Below the waist there was nothing. You know in pain, you always like to get to wise people.

There is always a difference between what you choose not to do and what you cannot do. Some of you cannot choose to be good, so you cannot be God-like. But still, there is an effort. Destiny is written, and it can be read. This person will suffer, because of this, this, this, or because of that, that, that. But some things can be slipped around.

So she called the Raj Guru and said, "Holy sir, can I walk again ever?" And he laughed, "ha, ha, ha. He said, "Raj Mata, just to give you an experience of walking, I told you to walk. I was not bugged by your not walking. I knew this was coming. I knew you would be crippled. I understood all that. I wanted you to enjoy walking a few days before you became crippled. You shall never walk. You will always be carried. First you were being carried because you could walk and you didn't want to walk, because it was your ego. Now you cannot walk. Have fun. Everytime I gave you God, you let your dog loose on me."

That's what the humans do. It happens to me sometimes. When I will talk

to somebody about divinity and wisdom I see them looking at me. Nyahh, nyahh, nyahh. But Yogiji. But, that gunshot I hear clearly, that but. That but will go in the buttocks,then they will know what but means. Well, what does it matter to me, I'm not on an ego trip. They are going to suffer. What do I lose? I wash my hands many times a day. How much can you do? These ifs, and buts against destiny, it's God's will. What can we say? When we can't say anything, we say it is God's will. Ungracious, ungrateful living is caused by ego.

Ego limits you and frightens you and makes you insecure. That is the job of the ego. Ego has one purpose. It tells you who you are now. Then at that time it compares you with the universe. When it compares you and the universe, then it tells you all the insecurities. Moment you are insecure, you are away from God. By your insecurity, you can measure the distance between you and God. By your ifs and buts you can measure the distance between you and Guru. If you just want to measure, measure it so that you may know who you are. That's why they say when you live with the learned, live in silence, listen more, talk less.

God is in every facet of life. God is the elementary life and the dedicated life. Destiny is final but destiny has a crisscross in it. Destiny is steel, but you can make a scissor out of it and cut through every cloud.

Simple Living, High Thinking

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People have very weak pasts, I am aware of it. And they sometimes come very heavy as we are their slave and they can lay a heavy number on us, as without them we will not survive. My honest opinion is try to understand who we are. We are trying to build a new environment in which our generations must not suffer. We know you have suffered, and that's not our problem, but since we know you and you know us, our effort is to let us not suffer, that's all. And working for that there are alot of problems. You are mentally sick, some of you psychologically messed up, some of you have been raped, some of you have been kidnapped, some of you have been raised as pets. "Do this John, I'll give you a buck, I'll give you this, I'll give you that." Some of you come from broken homes. I am willing to count all ten million defects of society. We have come out of it. Now 3HO has no place for that garbage. One thing you must understand: Yogi Bhajan will not sell his consciousness to any pressure. Therefore, please don't put any kind of pressure on me for any reason. I'm not going to give in to this nuisance ofyours. I don't need your bucks, I don't need your influence, I don't need you at all. I'm telling time and again and please when you go back convey my message to everybody. I'm an out and outfront man and I want to do what I want to do which I know will work. If anything else is going to work, then please you work it out, but don't call me for the consequences. Then be at your own, have fun. What is wrong in that? We have suffered, I agree we have suffered. I know each pain of yours. But, we have to convert the entire atmosphere so that we must not suffer again. That is what the wise man can do, and we have to work it out together.

I can't steal because I have no money for it. I can't be negative because my mother was negative. I can't be insane and idiot because my father was it. You better forget that choice. Everybody is always responsible for everyone's life. Group consciousness is there to help you to acheive that. You do not understand 3HO at all. 3HO is not creating disciples. We are not a mass movement. We are individually mass movement. This difference about 3HO you do not understand at all. We don't cater to you. We are suggestive guides so that you can become strong. You must understand how great you are. If you are not strong within your own sphere, within your own personality, and you do not radiate to us better, we think we are handicapped. If you want to tell us lies, then we want to tell you, "go and prove it." We believe in actions. And we have to create an environment in which we must survive. In this ocean of insanity and this tantrum emotional living, we have to find a central freeway to get to where we want to get to. We can pocket nuisance, we can pocket negativity. But we can not have dogs as humans, who know nothing but barking all the time. And that sound is not righteous for any reason. Barking and biting is not a human faculty. 3HO is a home of the Guru where either people are trying to be healthy, happy and holy; or they are healthy, happy, and holy; or they are helping somebody to be healthy, happy and holy. Our honest intentions are there. Our techniques and methods are experienced ones and we are going to see that we practice them honestly and we find honesty in our heart. You must understand, one part of human body, one part of individual brain can not tolerate one thing. Without one thing you can't live. That is why I can take you to Los Angeles.

I have got students who are multi-millionaires. There is one student of mine, somehow he sometimes appears. He has every make of every model of every car, plus every kind of boat. I asked him once, "Haven't you been into the ocean?" He said, "It is dirty and it is polluted." I said, "What about this investment?"

He doesn't know. I have eaten with a rich man on a table that was longer than this room. In between us was a single candle. We ate two artichokes. I couldn't shout his name so that he could hear. He couldn't shout my name so that I could hear. It was a redwood table, from this corner to that corner, do you understand that? I have lived with this American ego, my friends, I have lived in Hollywood. I know you! John Wayne is still your hero and Mickey Mouse is your inspiration. Don't ever tell me I don't know you. I have lived among you through and through. I had to give Lord Shiva meditating posture to your children from Mickey Mouse, and I am not against Disneyland.

Once Richie was driving with us and we were discussing one thing. The highway pass that we were on was snowed up with crystal snow and we skidded and almost landed thousands of feet down below where we had been. But somehow something happened. Our car got turned around and we were all right. There was no known reason for living. So I just made a remark. I said, "Richie, I don't know why things don't work out right." He said, "Sir, you should not close your one eye. From your birth, you have been looking at Lord Shiva meditating, Ganges blowing, pigeons talking, and that whole beautiful scene. That is your motivated force which you look to. We are born with Mickey Mouse. Now how can you compare us to you? And since then I have remembered it.

Once I told a girl, "Today I am going to tell you a very painful thing which I know." I asked her her experience and one experience was she was raped. I worked with her psychologically. After nine hours I came to know that she offered herself for rape. Now take that one case of a woman who will head a family, who will head a home. It took me about six weeks of constant hassling to get to the root cause of why she offered herself for a rape. Then I couldn't believe it, but she went to the court and pressed charges and got the guy convicted, just for the fun of it. My problem is I know your perversions and I keep silent. You think I don't know anything; that I am a dummy. My dear, I am a very gentlemanly and I want to sit back and watch you progressing and growing. That is my intention. I feel that if you go through your own fears and feelings and tantrums and personalities and you become <u>you</u>, then you can help anybody. If you have not swam in the ocean and gone in hundreds of miles, how you know what is there? Basically realize, we know that cities are polluted. So then everybody should run away from cities? Where will you go? Then you'll pollute the wilderness and the suburbs. This is how I look at people sometimes.

Every one of us knows stealing is wrong; many of us might have shoplifted. Is it good to brag about it now? I say to you we have weaknesses. Let us start that way. But now that we have found ourselves, let us get out of it once and for all. Is it not a good psychology that you can start assuring yourself that good days are ahead? The sun will rise again tomorrow. There will be less mosquitoes tomorrow. Anything positive won't hurt you. I agree you are very secretive and you don't want to talk to anybody. You don't want your weaknesses known to anybody. I know you are a big mess, I agree. But can't you talk positive to your own self without talking to anybody else? Positive talking is also a gift and it is a personal gift to your personal self. Some of you do not understand, and that is your problem. For 2000 years you have been told you are sinners and you do not know anything else. For alot of years your parents lived together or were separated and as children you have played mother against father; father against mother. They have played you against each other. We call it "inter-relationship of psychology game on the basis of security." And it is a basic instinct of the child to do that. But does that mean now that you are adults you should play that child game again?

Something really took me off balance and since that day, I am now going to think of a procedure to work it out. How, I don't know yet myself, But soon I am going to know. what practical method we should adopt to overcome this difficulty. I asked one beautiful husband, "Can you tell me the secret why you cater to your wife so much?" He asked me what I meant. I said, "My personal feeling is that you cater too much and it is not normal." He said, "Sir, I don't understand the meaning of it." I said, "I am telling you. When somebody caters to another person through and through, it doesn't matter what the relationship is, there is some handicap which one is covering up." And he said very honestly to me, "My past with a woman is very troublesome and I don't want to get it back to me again." I didn't say a word to him; I kept silent. But since that minute I have not stopped thinking. Because I know where you have a relationship between teacher and student, husband and wife, child and parent, you cannot use the catering technology because these relationships are known as "basic relationships", and basic relationships are very open and honest. If the basic relationship is not open and honest, life is not open and honest, and that is what they call "insecure living". Insecure living is a hell of living. Better God not give anybody that kind of living.

I'll give you another example. One husband has a beautiful wife. One day we were sitting in a great intimacy and I said to him, "Is there something in your life that's bothering you?" He said, "My wife." You won't believe it, from six feet two inches I became four feet two inches; I thought two feet of mine were gone. I thought they were the most intimate and pretty couple. But when I looked at his aura and read something and went a little deeper into it, I saw that there was something bothering him. Who? Why? I didn't ask a question; I kept silent. Then I sat down and thought. Two days after I talked to him again. I said, "You know one thing? You should not worry about your wife." He said, "Why not?" I said, "You should not." He said, "O.K., if you say so. I'll do that." In the evening he took me aside. He said, "Are you serious?" I said, "I am really serious, what do you mean?" He said, "Are you serious that I should trust my wife?" Now they are living together, very beautiful pigeon-like people. I said, "Yes. I'll pick-up the tab of your damages; if she ever damages you, I'll pay whatever it is." And you won't believe it; he was in a bliss. He said, "Thank you."

Every woman goes through menstruation somehow. And every woman freaks-out either before or after. It's natural. It's a natural change of hormones and it does effect the pituitary gland. Now, women capitalize on it. "Oh, I am freaking-out." So, go freak-out. You have to freak-out four, five days. We know about it. What nonsense is that? Go ahead, honey, freak out. Either you will freak-out before or you will freak out after. It's God's gift to you. It's not unusual. It's not unnatural. This world would be total boredom if woman did not know how to freak-out. And there is one thing, a note for men. When woman freaks-out, just pray. Don't play with her freak-out. You have a safety clutch right in your life. Whenever a woman is negative, don't share her negativity. If you do, you are done for the rest of your life. I am not saying women should not freak-out. They should. It is natural for them. It is like a wave which comes and cleans the shore and then goes back. That is what woman is. Woman will keep you on your toes. Otherwise she's not a woman, shakti. It's like an electric current in you. Either she'll push you too much or pull you too much. It's O.K. Sometimes, she'll pull you down to the hell to test your faith. Sometimes she'll push you to the sky to test your faith. Both ways she does one thing and if all the time you come out very faithful, she will believe you. What do you want to do with it? Have you seen an ingrown hair? Now this is an ingrown thing in a woman. She must test the man she loves. And she will use all 180 plus 360 facets to prove that

to herself. She's not going to harm you. She's not doing anything to damage you until you get into that mud. How do you deal with that consciousness? Answer is very simple. Tell her about God. Read Panchtantra. Remember those little tales. They are very good. They are tales about birds and animals and this and that. They have a very great moral about godliness in them. You can lay that number in return. Some of the men have a problem, when they feel woman going from "A" to "B" they start figuring out a danger. No, my dear, woman is not a dangerous person at all. You make her so. It is the male tie which has an action or reaction. Woman is always action and reaction. Have you ever seen an ocean without any waves? Have you ever seen a moon which is a full moon for all the thirty days? The day you will have a moon clean and clear equal and full for thirty days, that day your woman won't test you. She has to plunge into darkness and she has to plunge into total light. That is her moon cycle. She is a reflection of the sun. Therefore, take it easy.

Six years ago, I had a dream, and the dream was that once a year for a month or two we'd get the wives of all the teachers and we'd freak them out. You can ask me why I'm not doing it. We are not so homogenious and congenial that we can take that liberty. Plan is there. And also there are alot of plans, but they all depend on how we grow. We understand the science of humanology, human patterns and their action and reaction. We know that. We also know the thought patterns, their action and reaction. We also know the personality actions and reactions and the effect thereof. We have a tremendous and vast knowledge about that, but we can't implement it all in one minute. We have to grow, we have to have resources, we have to have all the conveniences for it and we have to come out with positive experiments. So today my basic approach is that we have to understand one thing about 3HO. It is for the people who have the intention to be healthy, happy and holy, or they are healthy, happy and holy or they are helping somebody to be healthy, happy, holy. Sikh dharma is a confirmation of that idea. It doesn't matter that we are a minority. Majority has no right to mock at us. The Christ consciousness for them is to accept us as what we are. Christ said, "Love thy neighbor." And I am not wrong when I say we are the Christ consciousness and they are practicing the Christian rituals. Tell me a single person who's not jealous of another man's wealth here in this country? Tell me a single Christian who turns his other cheek to anybody? I studied Christianity when I was a little kid. I know that religion. I know the teachings in it and I know the love in it. I was speaking at the Inter-religious Council one day and I said very frankly, "Look at me. I don't even accept them as my followers. They are me and I am them. At least they look like me. You don't look like your master. How many of you look like Jesus Christ walking on this planet? You have your funny costumes. You have your funny rituals. I can quote from the Old Testament, from the New Testament from everything. They understand when I talk like that.

Simple living, high thinking is a great principle, but one thing you must understand: neither hate anybody nor indulge in hating. You should not be so self-centered that you do not see what is left and right. Exist as you are. That is the fundamental teaching of 3HO. I want to tell you and make it very clear to you what 3HO is. 3HO is a technical process way of life in which man can start accepting himself as the Creator has made him or her. From that glory onward a person is allowed to progress to a universal consciousness of love and grace. A person should be made mentally prepared to leave this earth in that innocence in which he or she was born. If you know that through every action and reaction you can be innocent , then you'll never be punished. Innocence is the biggest weapon of the human. Innocence is the greatest gift of the human. This crookedness,

this cleverness, this meanness, this plotting and planting, these tantrums, these actions and reactions are all a very shallow waste of energy. Human energy is not meant to be wasted for that. That is why I say, don't worry about any temptation. Every temptation on this earth is a trap. Worry about nothing, for whatever you will have you shall have. If you ever want to follow my teachings, see me as a person, as a God, as a creature, as nothing, or as everything, one thing you must learn, "It isn't the life that matters, it is the courage you bring to it." And if you cannot have the best, make the best of what you have. Living on this earth in grace and leaving this earth in grace is the motivation of life. Therefore, never indulge in ungraceful talk, never indulge in ungraceful thought, never indulge in ungraceful action. Never live ungracefully, never relate to anything ungracefully. Be grace! Wherever you are, whatever you are, whatever you will be, whatever you were, you are created by the Creator and God the Creator is graceful. You are created in His own image. That's why we don't wear any make'up. Make-up is nothing but a bunch of adjustment of color on a normal given base of a skin. Make-up is nothing but a bunch of adjustments of a behavior into certain polite and unpolite words or a basic need for communication. Make-up is nothing but an adjustment of personality for the security of existence.

We ask you to wear white so that you will reflect what is outside and go within yourself. That's what white clothes can do to you. The most difficult thing on this planet is to wear top to bottom white. It is the greatest therapy. If you really want to test yourself, live in a white room. What it does to you in one week will shock you. From one Sunday to another Sunday, you'll be a differnet person without doing anything. In Los Angeles I had a white room built. Later on I told the guy, "Put something little here and there of color." He said, "What for?" I said, "I am not going to live in there My guests are going to come and I don't think they can handle so much divinity." Some people think we are laying a trip. No, my dear, we are not laying a trip on anyone. We wear yellow. We wear blue. We know these colors and we know their reaction. Now, you can ask me, why do we wear yellow house turbans? We wear them when we are very relaxed or we are doing a very relaxed type of work. We are not formal. Now, you wear that and sit in your living room and then wear a small white house turban and sit in your living room. You will find the difference. Don't ask me. Colors create in you the inertia of inspiration, productivity and expansion. Inertia is an uncontrollable action of your subconscious mind. Colors have a hysteric effect on the consciousness.

There are two important things in the human life which effect the human most: the color, the hair. You may have a bald head. I have seen a bald-headed person going to visit somebody. You know what he started doing? He took a comb and he combed three hairs here and about ten hairs there. I couldn't believe that shining, flat head. Sometime interview somebody who doesn't have hair on his head and if you can talk very in to him, you can understand what his mind is like. Sometime you ask me why we have to wear a turban? The arc-line of the lifeline is on the line of your hair. That is where we read aura and that is where your strength of your entire divinity lies. That is where we want you to be reflective rather than rejective. It is a simple therapy. For God's sake try to understand one fundamental thing. We are not doing anything out of the blue. We know what we are doing. Somebody asked me a question, "When Guru Gobind Singh formed the Khalsa, he gave them the yellow robe. Why do you tell your Khalsa it was his action to wear white?" I said, "Guru Gobind Singh had the creed of men who were weak. I have the creed of men who are tyrants. Guru Gobind Singh had the men who had the most little egos. My men are a bundle of ego and nothing else. If I make them wear yellow, next day the police will be at my door. I think with a little turban

we are alright." Then he asked me another question, "When are they going to tie a kamerban?" I said, "When they will decide there is no other way to avoid the back pain." Kamerban which Guru Gobind Singh gave to the Khalsa is responsible for keeping the vertebras of the lower back in tact and the disk in its place under any stress and strain. Brassiere and kamerban are human necessities. Then the gentleman asked me, "When are you going to tell your students to wear it?" I said, "When their back will start hurting. Up to this time they are doing Sat Kryia; they are alright."

Your aura should be a least three or more than three feet from your personality. Sometimes when I see someone with a six inch aura around, I almost freak-out. The animal has about nine inches to one and onehalf feet. You are human. You have a nine foot minimum range. Now God has given me those eyes that are not as your eyes. Have you ever understood my handicap? Have you ever realized that sometimes some colors bother you very much? Have some of you understood that white bothers you too much? Have you understood that sometimes you can totally mess up your life by cutting your hair and covering your forehead? You will see a group of people, they will look like Wha-wha our dog; you can never find his eyes. And that guy is a sneakish, loving thing. This hairline of yours is the base of the arc-line of your aura. The arc-line of a human being can be between one millimeter up to three inches. The total impact of the aura of a human can be nine feet around him all the way. That is why the root in the ground is nine feet. Nine feet means three yards. Trabolista baha tere jata. Bolista is one yard. The aura when it touches with the earth and grounds itself with the earth is your roots. That is where you get energy. That is energy which will take you to the heavens: the ether. You are not that physical as you look. Physical we can't look clear. You have a glaze of aura. You are not really seen. Do you know that?

In America they wear a turquoise color here between the eyes (eyeshadow). Ask me why they do it. Many of you have worn it; many of your mothers have worn it. It was invented in the harems. Alot of ladies there got very anxious. They wanted to know in whose eyes the male, the king was going to look. The women started wearing an attractive, soothing color, turquoise, so that when they lowered their eyes at the feet of the master, this place became attractive, and he could really gaze at the face. Now that was it. But none of you would like to research the history. You know what your Max Factor company tells you. Now there is another nuisance. It is a pressure machine. You put the eyelashes in it and you press it and they go upwards. Now that kills the entire purpose of having eyelashes.

There used to be a thing known as surma. Surma used to be a black thing. It used to be made out of a codgel. It was a medicine. Two things are medicine: cleaning the root of the tongue and getting water out of the eyes will save you from blindness. Because after forty-five years the eyes will get worse and worse because the water level in the eyeballs becomes less and less. Inflow becomes less. The tubes become hard and dry. It's natural. But if you keep the root of the tongue clean every day and let the water come, it will take a long time to affect the eyes. Second was surma. Mustard oil was put in lamps and they put a cup over it. Out of that flame the carbon would come. It would be very soft deposit. They used to take the deposit, rub and powder it. They used to make a medicine out of it for the eyes. Now, what you wear on your eyes, God bless you. You cannot wear anything on these eyelashes at all, because they are the antennae of the fifth way wind. They call it nag-y-u. Nag-y-u is a co-relative of the sympathetic nervous system. It works like that, you have eyes and somebody goes like that and they automatically close. Who catches that signal? The eyelashes. When you do anything

to this area, you get more prone to accidents than otherwise. Your defenses become weak and your sympathetic system doesn't support you. It supports you, but it supports you less. The fifth y-u, the nag-y-u are the serpent air, which has a direct relationship with your central line of action, shushmana becomes weaker. Your active turn tension is above the eyebrows. This area, make the eyebrows a line, and make a circle on it. This semicircle controls your total defense mechanisms. But it is subtle; it is the first line of defense. Second is your rate of breathing. When you are in a dire nature of defense, where you have to defend yourself, you require to act. You may be breathing through the left nostril, automatically right will start working.

Sat Simran told me today, why do you talk this science. Talk about God. You look so beautiful when you talk about God. I said to her, "What should I do? Without knowing this other hodge-podge, what God can do?" Now if God is going to kiss you and there is lipstick on the lips or God will look in your eyes and there's mascara all around, whatever it is, what God can do? You know poor God has to go through alot. He has to come with alot of brushes.

There is one very secret thing in yoga called kungl kriya, elephant kriya. Kungl kriya is a process that when you clean your monkey glands, then you have to bend forward and drink water to fill your stomach. That's the only way you can fill your stomach. It is not to quench a thirst. It is to fill the stomach, so you have to bend down a little bit, about 60 degrees. You'll get alot of water. Then you can exhale and pump your stomach, not much, a little bit, so that the membrane in the stomach may get washed really properly. Then you have to really bend. Normally, we have practiced to take water out at our command. We need not use fingers. But then you can vomit that water out. It may look very rude to you what you are doing. It has to be done with lukewarm water. Stomach temperature they call it. It may look very rude to you, but in the bathroom there is no camera that you are being seen and watched by anybody, so it is a very solo and meditative place. Do it there, the rest of your life you will live very light and happy. Don't believe me, but do it sometime and just see how you react to it. I do it when I get alot of pimples. Pump enough water so that the secreting membrane through which the bile comes into the stomach, water just gets moved in that. So that if there is overacidity or any deposit it should come out. It should not go into the colon. This should be done on an empty stomach.

Another kriya, matongue kriya is a different kriya. You eat a heavy meal. After two and one half hours you drink water and you take the whole thing out. But there is a problem with that. If you do it, day after you must take two ounces of ghee and a glass of milk and you must drink it within fifteen minutes of doing that. That matongue is meant to clean and captivate the total working capacity of the small colon. It's a great thing to do. But it is a very technical thing to do. It's very fantastic. You know your metabolism, your entire body, your capacity is based on what your colon assimilates. Stomach doesn't do anything. In the stomach, if you have eaten meat, it should just see which protein it has, which vitamins it has, make a hodge-podge of everything and push it to the colon. Then the colon does its number and it goes into the intestinal area. What is left out should be digested and finally the roughage has to go out. When you go to answer the call of nature, look down to see if it is settled or swimming. If it is lighter than water, you have digested well. Otherwise all the dollars have gone to waste. If your residue has no vitamins, no minerals, but is just roughage, it will be lighter than water. If it is heavier than water, call

Yogiji as fast as you can. The second kriya I didn't explain how to do it properly because it has to be done under very proper environments. I just explained it to you. The first one is O.K. That you can do. The second one you have to do under supervision. That is why I explained it in such a way that you can't do it. But I told you because it exists.

Tonight I am touching an area we call "why I am doing so". I am answering the question before I leave you here. "Why I am doing so." I am doing so for these reasons: Insecurity, to expand my communication, to understand and realize wider horizons of my personality, and I want to have a deeper acquaintance with my surroundings. Finally I want to know who am I. On these areas lie all your activities. You may do what you are doing. It is fine with me, but if it doesn't let you know who you are, think about it. It may not be worth doing at all. Anything in life which does not give you self living experience is worthless and a waste of life energy. It is most difficult in life to find your balance, but it is the easiest thing to remain balanced. When you try to find balance, then you have to know yourself and the environment. But when you want to live balanced, then you have only to know yourself, that's it; environments will balance themselves.

The entire nervous system relates to the central nervous system which is the shushmana. Now the funniest thing is, they will tell you alot of things about the shushmana. Now I will tell you the meaning of shushmana nadi. The scriptures say and the Western translators say, in the center of the human there's a very fine nerve system which runs through the center of the spine. It is the thinnest thing in the world to imagine. On this power, the infinite divine power, the kundalini rises and makes a man God-enlightened. You have read that in many books. Neither they know what it is nor how to translate the scriptures. Shushmana translates like this, shu-shu-man-a. And say the first syllable like iishh, shhhh-man-a. Shhhhh, what this means? Silence, shhhhh. Man means mind, a. "Oh, my mind become silent." Why when there was a man there was no Sanskrit? Man came first, Sanskrit came later. This was the first language of man: shhhhh. That means say something. Shhhh means stop, silent. That is shuu and man means mind, human being, shushmana. Man, mind, man. Man is that which has a mind. Who has no mind is not a man, but an animal. Shushmana: a means come, now, being. Ek. Guru Arjan Dev wrote Sukmani. Suk, comfort, is the essense of the shus. Such, one is shu, one is see. Sukmani, the Song of Bliss, the Peace Lagoon was written that way. The sutra is equal to the sitra of twenty four hours. Check it out. Fifteen minutes per breath. Count the minutes with the hours, multiply by twenty four and read the Sukmani Sutra. You will find the total number is the same. On the average, man breathes fifteen times a minute. Check it out. The entire reading of the Siri Guru Granth covers, according to sitra, your entire breath, total prana. These are deep classicals which we have to go and study deeply. After all, we have got this pranic energy.

Today the funny thing is this: Ask the eleven year old girl, "Why you look like that, dear?" "I have got a headache." Now, ten, twelve, fourteen, fifteen eighteen year old girl has a headache. Isn't it surprising? Why the headaches? Brain has no foundation; it floats in the serum in the skull. When serum is too thin or less than the requirement it should be, the brain cannot remain in the center for protection. It becomes itchy. There are alot of ways to get out of such problems. One of the exercises is the ear lock. You will do it with me right now. It is very good to do this exercise when you are overworked and tired or you intend to overwork and get tired. Both ways it works. It is to create the balance in the central nervous system of the spine. That is why we say to you,

when a woman is menstruating, she is not to do any heavy work in those days because there is more chance of a disk coming out of her spine than in the case of a male. Those mothers who overfeed and overnurse their children must also understand, milk does not come out of the milk tree, it comes out of your blood and if you have not a creative mechanism to support that overflow of the blood that is converted into a milk for the child, try to watch yourself. There are alot of funny theories regarding how a child should grow. It has to be healthy, happy and holy.

I tell you my story. In 1945 I appeared for my matric examination, which is tenth grade according to you. I was four feet, two inches tall. When I came back to go to college, I was six feet, two inches. Doctors are human, they are not God. If you want your child very tall and long, I'll tell you the procedure. Make a homemade yogurt and churn it slowly with a churner and take the butter out. Whatever is left is buttermilk. Pass it through the cheesecloth. What has come in the cheesecloth rub on your face. It will make you the most beautiful man or woman on this earth. It is the best thing for the skin that God could let you know. They call it chidee. Whatever is left, put honey in it and give to your child. Measure in inches how much he grows. Americans only know how to criticize what is what. They do not know the answers. We had a problem here. There was one child we had to make fat. Now we have to make him tall. Look at that whole stuff. It is a funny world. I never knew that as a Yogi I would have to do all that. God has no standard. God has gone to Carribean Island on holiday and left the entire world to the M.D.'s of the United States of America, these baggy pants fellows with alot of ego. Nobody has tonsils; the guardians of your health, the breath cleaners, the protectors. These tonsils are the gateway, guardians of your whole life. You take them out as they are a piece of junk. You pay $200 to $300 up to $1000 to get them out. You cannot buy them back for a million dollars.

Once a doctor told me I have tonsilitis and should get rid of the tonsils. I said, "I'll get rid of you." I never visited him again. After two years we met. He said, "Oh, I didn't get to see you." I said, "No, I see you every day when I know I have tonsils." They are the funniest creatures. Surgery is a good thing, but it is good only when it has to happen. Surgery is not a surgery but a murder when it's done to get money out of the person. So please try to understand, the body has the mechanisms to cure itself if you give it a chance. It is a very simple thing. One ounce of sesame oil, six ounces of milk can keep you alive, fresh and young for the rest of your life. One ounce of olive oil with eight ounces of milk taken in the morning as first thing can keep you really in good tone. You know one thing, if you can ever make an ice cream with coconut oil, this is how it is made. Coconut oil is taken and coconut meat, that poor little thing, we call it coconut butter. You call it coconut meat. Mix it with peanut oil. Put the mixture in warm milk which has been boiled long enough so that a thick layer of skim forms on top. Mix bananas with it and blend it. Put in cardamon seeds and powered cloves. Put it in an ice cream maker with ice and rock salt. Taste it sometime. If you ever make it, give a little to me. Figure out the proportions when you are making it. It is not only good for one thing, it is good for alot of things. It is one way to bring the metal balance among children. According to the basic theory, every disease, every weakness comes to you when your metals are out of balance. When metals are out of balance, then vitamins go out of balance, then proteins go out of balance, then carbohydrates go out of balance, then you go out of balance. There is one funny thing; for God's sake, never do that. There is a thing going on in this country. It is a product of some mad head that you should not have any carbohydrates. A carbohydrate-free diet they call it. It will make you insane and brainless. Carbohydrates are

only one area which turns into glucose for the brain. It is very essential. Even if you are hypoglysemic, you can eat lots of bananas. You can take one toast, little wheat berries. There is alot of stuff in this country. "No oil." But cold-pressed vegetable oil is the oil of life.

If you ever want to get skinny, mix three oils: Peanut, almond, sesame. Take an ounce of each. Put with it one fourth ounce of olive oil. Take a pound of each in this proportion. It means three pounds and one fourth pound of olive oil. Add vinegar, either white or malt, not chemical vinegar. Take all the oil mixture and add equal amounts of vinegar to it. Fill it in a jar. Cut an onion, put in ginger and garlic and soak it. Let it be there till you will be seeing the vinegar makes the ginger go reddish. You can add pure sea salt. You can add to make it hot a few red chillies. But you have to add reasonable black pepper when you fix up the whole stuff. To every two pounds of oil formula, add one half pound of fennel seeds, one fourth pound cardamon seeds, one eighth pound of cinnamon, one sixteenth pound of cloves. We call it "Royal Pickle." Royal Pickle is a formula. Eat it sometimes about two spoons of it when you are eating your meal. See what it does to you.

Now there is also another way to live. Take all these oils and mix equal a amount of lemon juice with them instead of vinegar. But remember when you mix onion, etc. (See Royal Pickle recipe) try to see that the whole thing is dry; it has no water. But that way make this pickle to sit in the sun outside all day so all its water may get evaporated.

Now if you want your children to be healthy, take one pound of fresh ginger. Blend it with a pound of honey. When this is totally blended as one life, start mixing it with one pound onion water (juice) and put it out in the sun. Each day take one big bulb of garlic, crush it well. Put it in cheese cloth, tuck it in the whole stuff. Juice will go away but that solid stuff will remain there. Do it for seven days. Keep it in sun up to fifteen days. Each day you add more garlic. For children let the juice go in and the solid stuff out. For adults we take everything from the cheesecloth and put it in. After fifteen days, bring the whole stuff out, blend it. Give a little teaspoon full to a child on a toast or anything. They love this honey business of it. They don't know actually what they are getting. It will save the child from alot of cough, mucus, whatever you are calling about. These old Indian aureovedic remedies are wonderful.

There is another way to live very nicely. Take a corn, peel it and don't break its fiber: inside is there. To that inside merge it with black pepper. Then oil it with sesame oil. Then take the skin all the way up. Tie it from the top and make it like corn on the cob. But you have to put it in a heat where the skin should be on and it should be done over a fire, but not burned. That will do the number inside. Then take all the corn from inside. Throw away the part which is useless. Now it is ready for you. It is right before you. Then boil that with milk. That is called ashsute. Ashsute means when you multiply the power of the medicine into many millions of times. Potency, you know potency we call ashsute. When you have a terrible cold and you can't talk, it works a miracle.

If you have diarrhea of any sort, don't run away to somebody and take a medicine. Take mint tea and add one ounce onion juice. Take every hour. In a couple of hours you'll be O.K. To play with diarrhea through medicine interferes with the natural action. You can be constipated the rest of your life for one such mistake.

August 1, 1975

Putting flaxseed in milk is nutritious. It is done as you do rice pudding. It is the most nutritious stuff on this planet for the human body. It brings the balance of the entire metals and metabolism. It takes away all the rusting things which are in the digestive tract right from top to the end. It cleans you out and makes you young.

Next, husk seed. If you take it at night with hot milk, at 4 A.M. you will be in the bathroom firing a gun. But if you ever take it with cold milk, you will forget to visit the bathroom for two days. Some thing works differently when hot or cold. If you are an adult and you get diarrhea which has alot of pain and blood with it, take husk seed with some sherbert. It is one of the tastiest drinks available here. What should I say. Well, it is a Greek medicine. It is made in India. It is available at India Bazzare in Los Angeles. I'm sure it's available in New York. They call it Rooafzea. It is an herb thing made with sugar, which you don't like at all. But they don't use honey. Anyway, it is a very tasty drink. Telephone Brand Husk Seed. It is internationally known. It is available in England, Norway, U.S.S.R. It is one thing you can find all around the world. They call it husk; India brand. It is not very costly; $1.00 a packet and that can last you one month. You don't heat it. You put it in your mouth and put hot milk with it so that it can get in. Otherwise, it will start bloating up in your mouth. Yes, it is so fast. You can understand that. Don't take more than four tablespoons, maximum. Sometimes you freak out on it. Then it tells you where it is going. It is like a pregnancy going baby, going into the whole system. The quality of it is very jellylike. It pops up and goes into the whole thing but it grinds itself so it takes everything from the whole system with it. If you don't know how to clean yourself, you don't know how to live clean. This is very good for those who have bad breath.

Kungal and all that I told you today will be enough to relieve you of alot of your body problems. Sometimes with the digestive tract certain pieces of food never move. They stick there. They make their own colonies. There is another problem and Sat Simran will testify to it. Sometimes we feel very chilly and cold and weak. We make ginger-stuffed bread with a little black pepper and all that stuff. Drink lots of milk with it. Otherwise she will tell you the other part of the story. We drove once from Hartford to New York. We had that chapati. Chapati was prepared like this: Take wheat flour, make a dough out of it, not using onion water, honey and water. Chop up and garlic. Stuff lightly. But I did it worse. Don't saute it so much that you have to eat the whole chapati. If you ever do it, drink alot of milk with it. Otherwise at every gas station whether you need the gas or not, you have to stop. That one chapati made us to stop sixteen times. We were two hours late. The funniest journey.

And lastly you have to have rice. Make rice, simple and pure rice that you get from India. Bazar are watermelon seeds. You know, picked out watermelon seed. You know picked out watermelon seed, zuccini seed, pumpkin seed. They are available at Farmer's Market in Los Angeles. Take these three seeds, add almonds equal weight to them. Almonds should be soaked at night peeled in the morning and cut into small pieces. For one pound of rice add all these seeds in equal weight. Take one ounce of saffron. Soak it in milk at night and add that milk and the ounce of saffron ih the morning when the rice is halfway cooked. Serve it to the family once a month as a treat. It will keep you away from alot of virus diseases.

For mosquitoes get vitamin B-12 or B-complex. Two tablets a day and mosquitoes will leave you alone. They are not malaria mosquitoes; we call them nuisance

mosquitoes. They are good in one way: they immune you from poison of the malaria and other bacterias and are very anti-virus. In one way they are good; in another way they are terrible: you have bumps all around you.

Good night. There's a movie Bambi. Tomorrow is a holiday. You are not going to go a long time. But Sunday is again a day of joy; New Mexico is a land of enchantment. It is worth seeing. Don't cause trouble. Go around and see and enjoy. Sunday is a Gurudwara that is Guru's day. It is a day of sun and energy, but have a party in the evening, have fun. Two days of relaxation to you and to your body.

BASIC CONSCIOUSNESS IS A CONSCIOUSNESS OF FAITH

August 3, 1975

Espanola, New Mexico

We are not animals. Our fiber of mind is different than that of the animals. There is nothing in the world which initially has not been granted to man. Life is meant to be lived and within the realms of life there is a basic consciousness. Basic consciousness is a consciousness of faith. Doubt and faith don't go together. Those who are living in doubt are living in hell. There is no hell better than doubt, and there is no heaven better than faith. I have seen through these eyes that there is no such thing as heaven and hell. It is right here. It is an unfortunate living. It is a rootless living. It is living in the pain of the burning fire of your lust and ambition which makes you doubtful. It is nothing to go to God and get judged and be tucked up in hell. You are already in hell. Because your life is a life of faithlessness. It's a life of temporary, lustful ambitions. It is like that idiot dog who for the greed of that little temporary bone forgets his master. It is all in the mind. Body is a cover. Soul is the source. The physical actions which we do do not come from the soul. They come from the mind. Polluted mind is a living hell. Lustful, flirtacious mind, the mind which takes you off from your center, takes you off from the gift of the Master. It takes you away from God and we do it every day to ourselves. What can true Guru do? There's a very popular saying: "You can take the sinner from the sinning house and put the sinner in a very reasonable, respectable locality to live, but if sinful mind is not gone, then that sinner will start sinning in whatever healthy environment there might be." If a judge can be assured that this thief has totally changed his mind and he's not going to steal anymore, I don't think there is any judge in human skin who would say, "I'd love to punish this person."

Once a man of God was walking and his staff fell on a piece of land. Like a nail as it goes into the foot, he yelled and cried and fell back. There was a disciple walking with him. He said, "Oh Holy Sir, oh Sage, what happened to you? This is nothing. There is no nail. There is absolutely nothing. It is as good as any other ground is." And the Sage said, "This land contains in it the dust remains of an ungrateful human. Unglorified human, unfaithful human in whose depth the glory of this world was preferred over the glory and grace of God. That insane, idiotic creature who was created for the sake of the glory of the Master, who was made to live to realize the expansion of that vastness of the creativity of the Lord. Who abandoned the Lord for the lustful living of the moments on this earth. This land has the dust remains of that individual.

In youthful, drunken ego, in youthful blinded mind we forget the vastness of God. We are so blind that in the brightest of the day we don't look to this blue sky which covers us everywhere. This practical thief robs us of our individual, universal grace and leaves the ego behind. So that we can live in the burning hell of our own thought patterns. Sayeth Nanak, "What the True Guru can do when the Sikh lives in doubt." There's no relationship, my friend. There's no document, my friend. There is no guarantee, security or agreement, my friend, which can carry you through. There is no miracle yet known. There is no Ridhi and Sidhi, no technology which can give you happiness. It is only by giving your mind to the Guru that the distance between God and you can be reduced to zero. You may

give your body, you can give it temporarily. You may give your soul; you do not know what it is about. I am talking about your mind. You do not know whether you have it or not. But God gave you all these three gifts to be a human. He gave you body and placed a mind in it. He gave the source of His own energy, the soul, so that we can live in peace and harmony. This earth of ours is a very temporary home. These distances on this earth are not measurable by mind. You are never separated. You separate yourself because we live in basic grossness.

Once somebody was blessed with a son they call the Holy Man. "Sir, come and visit us; God has given us a new angel. We'll appreciate it. We are very lucky if you can visit." Holy Man said, "Wait a minute. Don't ask me to visit your house. It is a huge ashram. Why don't you build a small and cozy room for that little one?" They said, "What?" He said, "Why do you have to make a room here in this ashram of yours." He said, "Well if you won't make it, then I'll ask someone else to do it. I thought it would be better if you help me out." The mother said to the husband, "Let us get away from here. I think he's mad. We came here to tell him the good news that we have been blessed with a son. We came here to ask him to visit our home. We came here to ask him that we should be blessed. And in return he is telling us, 'Don't go back home, build a little home for the little one.' I think he's crazy." So mother knew better; she took away the husband. A month went by. This Holy Man said to his disciples who were living with him, "Just build a small place. A visitor is going to come to us who will cry too much, and I don't want my sadhana to be disturbed. So pick a safe corner and build a home where a woman and a child can stay. Well, the faithful ones understand the language of the Faithful One. When the house was ready, they asked him, "Sir, the house is done and complete." He said, "Thank-you." A week after, the child was brought. It was the same child. The parents had to leave. The relatives asked the man, "Sir, what is this? Why did the parents have to die? Why did this child have to be orphaned? Why did you build a room with a woman's attendant room a month ago? Sir, we do not understand this mystery." The man of God said, "Blinded by the wish of God, those parents forgot that they had to quit. Coming and going is in the hands of God; it is nobody's property. The only grace lies in living on this earth. They forgot they had to go; I couldn't forget."

This doubtful living in the mind limits the human soul, totally. The light of the soul can not penetrate through the doubtful mind. Because doubt means when it is clouded there is nothing clear. That is why in Siri Guru Granth even Nanak has to say, "What the poor True Guru can do when the liveth seeker is nothing but a doubt and flirtatious mind doesn't allow him to settle the account." Humans have forgotten that cockroaches also have body, mind and soul. The human mind forgot that there is no creature which doesn't have a body, mind and soul. What difference is there between the creature, a human and any other one? This human was given a mind to investigate the very <u>in</u> of the soul. Whereas the animal and vegetable kingdom has no such privilege. But, still this mind, this body, this human lives in doubt, and does not listen to the word of the True Guru, and his ego only acts out of fear and insecurity. He creates an environment and relationship which is based on lust and belittlement of his own security. He is only interested in gain and profits. How can God's light prevail through such an individual? How can this human deserve to take anything without giving everything? What can this human give that does not already belong to the Creator?

What can a water bubble give to the ocean when it is already a part of the ocean, and it is created by the little air out of the ocean. Sometimes I sit and wonder if there is any way that humans can achieve the state of godliness. Then,

I get to one word which Nanak said, "Gur prasad." When a human is offered to the Guru, discipline comes in. It is the mind which takes the discipline to its root. It is that little mind of a man that can take him to the ecstasy of all what God is about. When on this earth the mind limits you to this earth, tell me honestly, how can you go away from the earth? When all your practices, all your promotions, all thought patterns, your intelligence, logic and reasoning only want you to be successful on this earth, how can you get away? You forget that it is beyond the earth from where you came and beyond this earth you will go. There is no enemy of any individual human. Death and life is the gift of God. The only enemy we have is our mind when it is in doubt. The only friend we have is the mind when it is in faith. It is the same mind. We even forget the sky. When you see the tallness of the trees, you don't compare your littleness to it. When you see the grass under your feet, you don't understand the humility of it, it still survives. There is nothing, my friend. You are a drop of water. Drop of water cannot do alot, but when it becomes steam with the heat from the sun, it can move a mountain.

The unvirtuous use this mind to secure themselves on this earth. The virtuous secure their minds to be with the ecstasy of God. They are the individuals who belong to the heavens. On the tree there are many fruits. Some will not even go beyond the flower. Some will not ripen. Some will ripen but won't be eaten. Some will even go to the table to be eaten but will be forgotten. In essence, our mind doesn't do a thing other than one factual fact. It was given to us with a tremendous, virtuous capacity. It was given the knowledge to create opportunity. Human mind is not to avail opportunities. It is the animal mind which avails opportunity. None of the people understand the basic difference between the animal and the human. All books and scriptures and sages and peers and prophets have totally been forgotten by this egocentric maniac. Human mind is not created to take the opportunity. Human mind is meant to create the opportunity because it has the vastness of the God in it. It is the animal which takes advantage of the opportunity. When the human takes advantage of the opportunity in his lustful living greed, it causes a cause for which he has to pay the effect and price.

Oh, my fellow beings, one day you were young, today you are adults, tomorrow you will be old. If in-between the hand of God doesn't pick you away, finally you will go anyway. Why not know where you have to go? Even if you don't believe in God, and the economics and the bread on this earth is your God, and you have lost sight of the fact that you have the spirit, remember without the spirit you are dead. Remember schizophrenic maniacs are all tucked up in hospitals. Even we humans don't tolerate them. Remember there is no virtue in a non-virtuous living. Remember, by limiting your mind you create a weakness which limits you. And remember it is the animal which is limited, not you. It is the animal which is the slave of its own instinct; you are not. When you cater to your instinct you live worse than an animal, and then even God can't help you; forget about the Guru. It is like the animals. They sleep, they eat, they play, they make love. They do everything that you do. They have their own language, they have their own secrets. They have their own dates. They are not cheap. Have you seen a dog betraying his master? Lord God is your Master. How sincere are you? You have not even learned from the dog how to be sincere and loyal. God created this vast kingdom so that you can learn from it. But in your desire for momentary, lustful satisfactions, you belittle your emotional rejections. To satisfy your corrupt, flirtatious mind you prostitute your gift of life for nothing. How can that ugly and dirty piece of human be accepted into the beauty and grace of God? That is why the purpose of life is to give what God has given to you so that the balance on this earth may not be disturbed.

August 3, 1975

This was a land of peaceful people who believed "In God we trust." We started that way and it became the voice of our heart and mind. But when the riches came to us, we forgot about our trust and our faith. We became unfaithful to the Giver. Oh, look inside of yourself and search your heart and ask yourself a question. Each breath of life which God gives you, fifteen times a minute, can you pay the price for it? Oh, crazy, low animals of your own nature, God wanted you to be the highest in your ecstasy of spirit so that you could flow and enjoy. You adopted a life of fear, of insecurity, and of a complex, lustful living. Sometime, some moment in life you have come to go. As coming is a law, going is a must. You may not know that you came from the unknown. But you know you have to go to the Unknown. What will you take with you? If you have not praised the Unknown, Unknown will remain a mystery for you. That's why sayeth Nanak, "Lord God I see you doing, acting, and I name you that way. But Truth is Thy Name."

Truthful living is living in God or God living in you. Truth can get to truth, as candle can burn another candle. But candle cannot burn the sand. Whatever has a fire in it can catch the fire. Wood can catch the fire from the candle, but stone can't. You think stone has no fire in it. Yes, it has. Rub it against another stone; you will find a spark coming out of it. It is that unsophisticated, clouded mind of ego which totally takes away the soul. Without the spirit of God and the soul, the individual which walks on two legs has no equilibrium. Nothing will take you to God. God created this earth; earth never created God. Oh, you bunch of dust which walks with the radiance of the soul, you have given your mind to this earth. How can you go to the One who gave you all? We are not temporary existences. We are a drop out of the ocean. We toss ourselves on the waves of the vast ocean and we get together and we look great. That is a group conciousness. But if that drop does not merge back into the ocean, it is never ocean. Yet, if it merges back, it becomes the ocean again. A doubtful mind is a mind which lives on the outskirts of the God kingdom; it never enters. Therefore, when mind is given to God, God lives in its own gift. Body becomes radiant, man becomes enlightened, grace is seen. He is happy here and he is happy hereafter. It is so simple, if the individual can see the doubt. If there is a cloud in the mind, how can the truth of the soul penetrate and how can the body be radiant? Oh, my mind live with God. Oh, my mind you are a light of God, recognize it.

Oh, beggars of this world, the God which can create this earth, this world for you, you think he can not create opportunities which you need? But you have no faith; you have no God. Your emotions are your God and your lust is your prayer. How can peace come to your heart? That is why in Jap-Ji Nanak says, "Those who have done that hard labor have learned about the lust of mind and taken an attachment to the praise of the Lord." Those who have shed off the opportunities of this earth and have allowed themselves to live to only one opportunity, to praise the Lord, such people live on this earth with radiance and grace and they go also to God with the same radiance and grace because there is no difference between them and God. God is the Essence. Essence is the God and doubt is only a shade inbetween which separates the man from God and God from man. Therefore, in the house of Nanak man was asked to worship the word of God so that there may not be any clash in personalities. So that there may not be any choice of egos. But, Ek Ong kar, Sat Nam, Karta Purkh Nir Bhoa, Nir Ver Akal Moort Ajuni Sai Bhang Gur Prasad. These are all facets of God in us. "Gur Prasad. By virtue of the Guru. Therefore, I'll urge you today, let us get out of our Hell of doubt and let us live in our faith of heaven so

that at least animals may not feel betrayed. Sometimes I wonder that those horses might be thinking why those people don't walk on four legs. It is very secure and permanent. And they might be wondering why those two-legged horses do not eat the proper food and do not do the proper exercise. They might be worried about you. They may be thinking why are those people very unrelaxed. They might be wondering everyday and asking questions. I wish and pray if through the cycle of their life, if they ever become human, they should become better humans, and live to their true nature. Now at least they are horses. They are real. They are true to their animal nature. Therefore, my friend, life is the greatest gift and mind is the greatest energy. Use it the way you want to use it. But, if you give your mind to the Guru, God will live in you.

RELEVANT AND IRRELEVANT LIVING

August 4th, 11 A.M.

New Mexico

Today we'll go through the process of elementary consciousness and dedicated consciousness. Life is basically a relevant term; that's why it is a relationship. We like somebody; we don't like somebody. We have to live and everybody has to live. That is an area we call area of relevancy. I love you, I hate you. I know you, I don't know you. I do this for you, I don't do this for you. It's all relevancy.

Elementary consciousness and elementary relevancy is a lust. Ultimate relevancy in consciousness is love. You don't love someone and then you feel he doesn't love you. There's no such thing as that. Love is a one-way traffic. Anything which you feel is returned to you because of love is a business. Because when you are demanding some price for the love, then you are getting paid emotionally, sentimentally and in relevancy. So, elementary consciousness is a lustful living. There're no two different opinions about it. But when it becomes dedicated, then it becomes love. In that you don't fall back; you go on. And then it penetrates. Love has a power. If you have love for humanity, the entire humanity will be attracted to you. If you have a love for your family, your family will be attracted to you. If you have love for a man, a man will be attracted to you. If you have love for a woman, a woman will be attracted to you. The drawing power is the power of love. Now, consciously, sometimes we are not sure that we love for the right reasons. The moment you start deciding on reason, there's no love. Reason, logic, argument, gain, loss, restrictiveness: these are all anti-love elements. Love has no reason; love has no argument; love has no space; it has no time.

Man is a social animal, and he likes to live in the environment of like kind. That is why individual consciousness always gets turned towards group consciousness, always. Tribes, clans, nations, territories, cultures have no meaning. It is an instinct. It is a tendency. It is our faculty to create friends. As children we do it, as people we do it, as adults we do it. Group consciousness is our faculty. So, whenever there will be a group consciousness, then the individual consciousness which has an ego would like to control the group. There are two ways of life there. Either the group wants you or you control the group. If the group wants you, they call it "universal conscious attitude." It is an individual who is wanted by the entire infinity of that consciousness. But when you try to control the group, then you try to make group consciousness to follow the individual consciousness. If the group follows, that is different; if you want to make the group follow, they call it dictatorship. When the entire group wants to follow you, then they call it spiritual lead, because each soul, each fiber wants to follow. When the teachings are universal and practical, people whose consciousnesses want to grow will always come to you.

Insanity and insecurity are not two different things. One is a prelude to the other. What happened to you yesterday will happen to you today. Each day is a God of you; it is unknown. You can measure it by your time and space. The clock will keep going. You will live each moment whether you like it or not. You can live a moment of secure consciousness, of creative consciousness and you can feel that one principle who created all this universe, Ek Ong Kar. Sat Nam, true identity. Karta Purkh, a being capable of doing everything. Nir Bhao is fearless. Nir Ver, revengeless. Akal Moort. Akal, undying self, the light, the aura. The subtle body is undying. Moort means picture; undying picture. How can picture

be undying? It is the aura, the subtle body without which there can't be any physical existence. Ajuni, it doesn't come and go. The energy, the infinity of energy doesn't come and go. It is there. Sai Bhang, it is there by itself. You're not responsible for it; therefore, if you worry, you're a fool. But how can you be so secure? Gur Prasad, the dedication. Gur Prasad, be the gift of the Guru. People translate it gur prasad. It comes to you from Guru. No, no you dedicate to the Guru. Be prasad of the Guru. Prasad meaning "what is given as a gift." Gift yourself to the Guru. Ek Ong Kar, the one creator which creates the creation. Sat Nam, true is the identity. Karta Purkh, being which is capable of doing everything. Karta means it is an action--action. Parhta means learning. Parhata means teaching. Karta means doing. Purkh means being--be-ing. Parbrahm Purkh So Kehi-e. Nir Bhao, fearless; nir means no. Nir Ver, revengeless. How can electricity be revengeful. Touch it, it will shock you. Don't touch it; leave it alone. It will leave you alone. It has no frustration with anybody. He whosoever touches the naked wire will get the shock. Guru is like a naked wire. You touch the Guru, you'll have the shock of it. You get in his presense, he will straighten you out. You tell him any nonsense, he'll make sense out of it. Guru is not a gimmick. Guru is your reality. Akal Moort. It's a very wonderful thing to understand. It is undying picture. The subtle body never dies. Sai Bhang. By it's grace. That faculty, that fascination, that manifestation of that God which Guru Nanak describes comes to those who become Gur Prasad. Normally, an Indian Sikh will translate it differently. He will say it is Guru's prasad. Guru is going to gift you something. So, the ball is in the court of Guru. You have to do nothing. You drink wine, eat meat and do not get up in the morning. Trim your beard and do all that stuff and still you call yourself Sikh. And when somebody tells you this is not the way of Guru Nanak's life, you say, "Gur Prasad. If Guru wants me to give, he'll give." God is at blame, not you.

Translation is what? Interpretation. Interpretation is what your consciousness is. Your relevancy is what you are. Your frequency decides your relevancy. At what level you are, at what height you are, who you are, that decides. Nothing else decides. Gur prasad, you become Prasad of the Guru. Food of the Guru. Guru eats you up. So long as you are you, you are an ego. What is the food of the Guru? Ego. Where there's a Guru, there's no ego. Where there's a love of Guru, there's no ego. It is a dedicated consciousness. And scientifically speaking we know without dedicated consciousness there's no creativity and relevancy. We know they are law. Gur prasad, then what. "Jap - Jap." Repeat. Jap is which is done by the soul. What you jap? Ad Sach, confirmation of creativity of that relevancy of creative consciousness. Ad Sach. In the very beginning of the being it was true. Jugad Sach. It is true through the jugs, through the measured time. Jug is nothing but a relevancy of polarity of this earth. Hebi Sach, now it is true. Nanak hosi bi sach. "It shall be true." Nanak confirms it. He put his name to it. He put his prestige to it. He put his affirmation, certification to it. Therefore, the truth is the ultimate, truth is the relevancy and truth is the frequency. So, be true. Be true to yourself, be true to your surroundings. Be true to your environment. Be true in your relationship. Be true in your communication. Even be true in what you are, what you will be and what you were. That is your essense.

You lose everything when you lower your frequency and relevancy for sensuality and sexuality. When you guard your ego, you deny your God. Actually God gave you you so that you could observe and live and see the frequency at which relevancy you existed with the entire creation. The idea of giving the ego to you was not to misuse it. I never gave you the car to go and hit people. I gave you the car to reach the destination. Therefore, ego was given to you so that in your individual consciousness you could observe the flow of the universal consciousness around you.

August 4, 1975, 11 A.M.

There's nothing wrong with institutions. Marriage is an institution. It's a well-protected, laid down, experienced institution. It's a creative institution of human consciousness. Marriage is a carriage of united consciousness, united happiness. It's a yoga. You get married; if you feel separate in one account, you'll feel separate in every account. Why do our marriages break? Because we feel separate on one account and united on other accounts. That's not the way this institution is established. We found out that individual consciousness can not help marriages.

Our life has been so damaged. We have been raised with such an egocentric attitude that we are sense maniacs. Sensitivity and sexuality is our God. "Kicks." We want a kick out of everything. It is unfortunate; if you ever drive a car which works on kicks, you know go, stop, go, stop, go, stop. Have you driven a car that goes on jolts? When you can't ride a car that jolts, how can you ride a life which jolts? "You are such silly idiot brains that you always say the irrelevant as relevant." Kabir says in his own words, "Lord, I am such an idiot zero." Now orange always has a color and people call it narange, which has no color. The name of orange in Hindi is narangi. So Kabir says, "Something I have never seen without color, they call it colorless." When you take the milk and heat it, it makes khoiya, that solid thing. When you take the milk and boil it, boil it, boil it, finally it will become a solid thing. Then in that solid milk they put sugar and make burfi. It is a kind of a halvah out of pure milk. It's known as khoiya. Khoiya actually means lost, gone. Kabir says, "When out of milk we find pure protein and pure calcium we find it, we call it khoiya.

When Kabir sees these funny things he weeps, he cries, he's in pain.. That is interpretation of our consciousness. We interpret, we want in our life kicks, we want in our life jolts. We think it is smooth. Oh, my dear, foolish friends, when you ride a cart or a car or anything and you get jolts, your entire body aches, your mind gets disturbed, your soul revolts. If your gears start giving you a bad time, you feel miserable. How can you ride on the car of life, car of consciousness and have jolts? You need for the conscious journey smoothness. Panth is pathway. Dharma, pathway of righteousness. Dhar means the fall. Ma is the mother sound and creative, compassionate consciousness. "Dharma"means a smooth fall of comparative consciousness, smoothness, compassionateness. Sikh Dharma is seeker's pathway of comparative, compassionate consciousness. Each individual wants that, seeks that. Why are you miserable? You are miserable because you are miserly in your universality; you are limited. Whenever you limit your universality in thought pattern, you become miserable. It doesn't take a long time to become miserable and what is limiting your thought pattern: ego. Ego will give you insecurity. Insecurity will give you misery, pain, disillusion.

According to the law of karma, out of kick living, you will get a kick back. It is going to kick you the rest of your life. Because you draw the kick of the environment of time and space. You used something to draw that kick. You used yourself; you used the surroundings; you used the relevancy and you used your frequency. You did everything to get one jolt. And the problem with jolt living is one jolt is always followed by another. You need one pack of whiskey, then you go on packing youself till you become a pig. But you always start with one pack, you don't do anthing more than that. "I am taking one pack to relax." Is there relaxation in it? No. It will make you alcoholic. Why are you thinking negative? Oh, I just wanted to get a kick out of it. Alright. Relevant living is creative living. Irrelevant living is egocentric living. There's no individual living. It is all relevant in terms, even ego is relevant in terms. When ego in relevancy and frequency becomes insecure in thought pattern, you get

in trouble. "What will happen to me?" Whatever will happen to you will happen. In creative consciousness you don't ask this question. You don't doubt your future. Never doubt your future. Even in the West they request people, "Do positive thinking. Think positive." They say it helps alot. They say so. But they don't do it. One of the best sold books in the United States of America is about positive thinking. How many people think positive? None. Whenever you start positive thinking, you start positive living. That is where they both happen. When you start positive living all the world deposits positivity with you. Then the universe starts catering to you. When the universe starts catering to you, the Creator is with you.

Irrelevant living is a life of fear. We don't live in the world in brotherhood. Nations have fear against each other. Why? Because they grab each other. Every master wants a slave. That's why there is a war. War is the product of the ambition to get slaves. Every master, every spiritual master has slaves anyway. "Nanak das kia kehi vichara." What can pure servant Nanak say? God has us all because there is a rule of spirit. When there is one bright spirit, everything looks to it. Why? Because every spirit wants to be brightened. Every person wants to be enlightened. You call them followers because they follow a pathway. If the nations start living in love and in fellowship, not by saying there is one God, but by living in the spirit of the one God, there'll be no wars, there'll be no armies, there'll be no fighting, no killing. Surprisingly, even the animal kills when it has to kill. It is only the human who kills without having to kill. When one nation becomes strong, it wants all nations to submit to it. All the other nations get their scene together because they are all weak, and they want their independence. There starts the war. What is a war? War is nothing but killing for ego. The weak fights for its soul and spirit and for its independence. The strong fights to make other nations its slaves. If all people are given the freedom of their culture, geographical habits and environments, worship of their soul and their God, and they all sit together in harmony and think this world is a house of God, of one God and all belong to it, there'll be no war, but peace. That's why today in the world they say, let us have the diplomacy of negotiation, not a gunboat diplomacy; it doesn't work. Prior to it, it was a gunboat diplomacy. Armada of guns will go and tell the nations, "Hey, you want to do this or you want to give up?" Now they sit across the table and talk. The United Nations was a world government. It was an institution to avoid wars on this earth. We'll sit, discuss, negotiate. Find out whose wrong and then we'll subdue the wrong and uphold the righteousness. It was an institution based on a neutral consciousness, but it became a field of conscious diplomatic battles. America used to veto everything. Then all nations got together, got their votes and now they veto everything. America says karma, tit for tat, so shall you sow, so shall you reap. Some people ask me, "Yogiji, what is karma?" I say, "It's a Western thing." "No, no, we understand it's Eastern." I say, "It's not Eastern. West knows about it. So shall you sow, so shall you reap." That is your proverb. Whatever you do, so shall you reap.

Creative consciousness is a dedicated consciousness. It is a life of a devotee. Word is vote and it is de-vote. Vote means voice. Devoted means de-voiced: id. When I have no say, I have no vote. It means I have veen de-voted. Id means existence, ego. There may be many languages, many ways of expression. But that does not mean languages and expression came with the human. Basic principle every sound is alike. Now word is bhagat. Devoted means bhao. There are two words, bhagawan, bhagat. Bhag means yoni, the uterus of the woman. Gat means liberation. When you get liberation by the uterus of the woman, it means you don't come in the cycle of birth and death again. That's the gateway to come.

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Bhagawan means who has the bhag. Who has the control, wan, siri wan. Ratwan is one who runs the rat. The driver of the rat. Rat means the cart, that chariot is known as ratwan. Bhagawan means who runs the bhag. Runs the bhag does not mean who does the intercourse. That means one who runs it. It is the God. That's why God is known as Bhagawan. You think you control the yoni, the gateway to come to this earth. But consciously you understand it is God. Coming and going is all the energy. There are two things in this world: matter and energy, energy and matter. You can be paid in cash or kind. There is a principle known as subtle payment. That is done by seva, selflessness in matter and service. That brings back to you the subtleness. We call it unseen hand of God. So long as you look to the seen hands, you don't live by the unseen hand of God. But when your consciousness becomes universal, then the unseen hand of God stakes it's protection because you are then a captive, creative creature in the creation of mental environments to which the universal mind must cater to because your existence is the process of the universal mind. Your fluctuations are your individual process. Therefore, life is nothing but a dedicated energy following a pathway. That is the foundation of every dharma. Those who live in their individual consciousness and cater to their ego become stale. Each day they feel and experience their fiber is falling apart. Their life is falling apart, they are falling apart. The clouds of insecurity hold on them forever. But those who move in that creative dedication know they are moving, they are going to get out of it. They are going to make it. The rejoicing and happiness in life is the hope of living and making it! There's nothing happier than that. That's it. When a person knows that he's living to make it, his spirit is then with him or with her. They say, chardi kala. Kala is spirit. Kundal, kundalini is also known as kala. Chardi kala, that rising spirit. Your beauty is nothing but your rising spirit. If somebody's falling, lift him. "Nanak nam chardi kala tere bhane sarbat ka bhala." "Nanak, the process of japa, nam, will give you charde kala." I have spirit. When? All the time you are chanting, you are relating to the infinite. Infinity has no limit. That which has limit is not infinity. When you have unlimited progressive, creative positiveness in you, that's chardi kala. I have great spirit. You know these Indians say, "Great Spirit." Then through that grace, all will be blessed. You will be wishing good will of all, welfare of all. Not I should be happy, to hell with the world. No, if I can be happy, let all be happy. Wishing for yourself is a wishful living, wishing for all is a graceful living. If you want to be good, be good to all. Let us chant a mantra so that we can fill our reservoir of energy. Fill the reservoir of energy so that the flow can be constant.

"I'm not shy to chant it; I chant it for myself. It fills my heart. It gives me the life energy. I'm not doing it as punishment. I' not here in the correction department to pass my time. I am here to live. I am in jail. This rib cage is my cage. My soul is confined. I am a prisoner. I am a prisoner of time and space. Otherwise I am an immortal soul. I never die. I never live. My karma earned me this cage. I did a wrong thing. I got dropped out of that universal ocean of light and life. I was dropped like a drop of life, like a drop of that consciousness, like a drop of that soul. I have a confinement that's my rib cage, in which my heart beats. It wants to get out, but can't get out. Earth is nothing but a correction department. It is a correction institution. Days and nights are her guard. Somebody is confined there for 30 years, somebody 50 years, somebody 100 years. There was one foolish Yogi I met, "My Guru lived 600 years." I said, "He must be a rogue." He said, "What! You said my Guru is a rogue!" I said, "He's confined so long; he must have done a terrible thing." After all, is earth my home? No. It is my visiting place. The earlier I leave, the better. Who wants to live in jail? But you do. It's a beautiful sakhi:

The king went to hunt and he lost his horse, his people, his prey, everythink. He looked up at the sky and felt that if after 20, 30, or 40 minutes he didn't find a place to stay, he'd be done. So then hither and thither he found a little light somewhere and went there. It smelled bad, terrible. It was the house of a chimar. Those people live in the jungle and they skin the dead animals. They are chimars, not hunters. Chamara means skin. They know how to skin an animal, how to make a hide out of it and how to use it. Because they skin dead animals, they are considered very low; it is considered very menial work. So there were skins, hides and all those dead animals around and their skeletons. You know the king had never slept in such a place before. But at that time he was in desparate need of a shelter. He asked the chimar, "Can I take the night shelter." Chimar said, "No!" He said, "Why not?" He said, "King, anybody who comes and takes shelter in this hut doesn't leave it. And I know you are a king; you should live in your palace." King said, "What do you mean a palace, on this night I am going to die? I need a shelter for the night." He said, "All right, come in." It was a very warm, cozy place. He slept and forgot about all smells, everything: dead sleep. In the morning he got up. Chimar said, "Now you leave?" He said, "No, why should I leave? I'd like to live here." Chimar said, "Are you crazy?" King said, "It is so good, so warm here." That's how we are.

What is our body? Stool, blood, meat, skin, all these tissues. What is inside: mucus. Is it a better hut than the hut of that chimar? But once our soul gets into it, it doesn't want to leave. It doesn't want to go home. It forgets about everything. Chimar said, "You came for one night, O king, to pass your time. The weather is clear, get out to your palace, find your courtiers. The king said, "No, I want to live there." When the chimar really insulted the king, he said, "Alright, give me your knive." "What are you going to do?" He said, "I'll kill myself." Chimar said, "O shameless man, by running away, by not passing your time or paying your karma, will they let you go? They will track you back in." King asked, "What should I do?" "Go, and be the king. Do your job, pass your time. When time comes let God come and take you; don't go faster. Don't go slower. Just flow. That's God's living. God sent you here. God will take you from here. Neither you can come nor you can go. Just lie low and enjoy. In the garden of this earth, the nurse has left you to play; just play, have fun. When your time will be up, nurse will come and pick you up. Come on baby! Let's go."

Wherever you go God shall be. Why do you want to run away? Question is, you people have no scriptures. Neither you read them. So alot of things are just ignorance. Ignorance is the cause of every pain. "Mar ke pehn na paio kaha jaenge." "For after death if you don't find peace, where will you go?" This earth is given to you to pass time. But, when the reservoir of life becomes low, energy becomes low. Ignorance takes over. You need knowledge of the Divine. Then you create the divine sound. Mantra is nothing but the divine sound. Words are meant to give you back your lost energy. That's all japa does to you; nothing more, nothing less. Prana is given back to Pranpati. Pranpati is God, master of the prana. That through which you move your body, your tongue, and your fiber is prana, life force, breath of life. So japa is a technical process of human conscious act, through which the pranas are dedicatedly offered to the Pranpate. Who gives that technical knowledge? One who has experienced it. Therefore let us fill our reservoir. Chant "Ra Ma Da Sa - Sa Se So Hang."

QUESTIONS AND ANSWERS

August 4, 1975, 7 P.M.

Espanola, New Mexico

Tonight we are going to get to another step that is creative consciousness and happiness. We are on the criss-cross. Creative consciousness and happiness. First of all, let us know what is happiness.

QUESTION: When you first gave the mantra (Ra Ma Da Sa Sa Se So Hong), you said it was a healing mantra, and you had us place one hand on another part of the body. Are all these pranayams also healing, and can we place the hand and give the energy to other people as well?

ANSWER: I would like to give you one warning: If this energy is ever used for sensual and sexual purposes, and if ill luck would have it I'll be dead, you are done. That you must understand. Your question had a very hidden answer, and my answer had a very naked question. Massage is never used to arouse the sensuality and sexuality and healing is never used to create intimacy. It is only the channel of God energy which at that time through the power of prayer can pass onto a person. Any person who uses any direct or indirect method to reach sexually or sensually to another person in the name of God or to any such vibration or any camoflauge or any crooked mind towards any person, his seven generations pay for it, not only he. And that is one action for which there is no remedy. Be very honest and clear about that. They start massaging the feet and they go all the way. I know those stories. Whenever you use a healing energy, you need a healing prayer. If you want to excell yourself to give aid or levitate and uplift a person, always be a channel between God, you the channel, and the person receiver. The mind should be clean, clear, and pure.

QUESTION: What is righteous sex?

ANSWER: Righteous sex is when you are sexually right. Never induldge in sexual relationships with anybody for any reason other than to relate to the soul of the person. Don't make that creative energy as a crap. Eighty drops of pure blood makes one drop of semen. Eighty drops of pure semen make one ejaculated drop. If it leaves your head, mentally after that moment you are all gone. If it leaves your backbone, lower back, it works from your thighs, it means your calcium, potassium, magnesium are lost. Each drop of the ejaculated semen contains all vitamins, all basic metals, all fiber which has to be used for everything. It is a very pretty, precious thing. If you take on average $3.00 a meal, one ejaculation costs you $150.00 in the meal alone. Be sexual; I don't mind; you can play with it as much as you like. But baby, when you are 65, you will think about it and there will be nothing. The bottle will be empty and you can only then blow the whistle.

I think sex is the only wonderful thing. Attachment to it is just a trap out of which you never come. It makes you worse than an animal. An animal is done when the spring season is there, new blood is there, energy is there. You have a spring even in the winter. When you do sex as a release, when you do sex as a communication, when you use sex for any other purpose than sex, you have lost yourself, period. Now think about your mind, and what you want to do. Sex is your sixth sense. You must understand that when you induldge in sex, you just join your bodies together. Your aura integrates with the aura of the other person. Positivity of sexual relationship is gift of God. And other than that it is a hell.

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Some of the people have used sex with an older woman; some of the people have used sex with women of negative characteristics. That is one point of life when you are totally exposed. All your gates can be damaged. Nothing can be left in you.

QUESTION: What can you do now if you had negative sexual relations?

ANSWER: Didn't you know when you did it that it was not right? You did it. Were you not at that time told it wasn't right? Were you not made to hallucinate to feel the presence of God and Guru? Think about all that. And still you have to be safe. I was present by the way. I saw it going in. I travel very fast in many places. Well, the question has to be answered; what to do? Now I know everything, I want to say everything, but... (Yogiji puts his hand on his mouth). People think that I have to open a door to get in and say "hi." It is a funny, funny feeling that people have. I never consider things like that. Wherever the air can go, the prana can go. The grace of pran can go. Everything can be pictured, known, seen, felt. But, there are certain limitations. We cannot interfere with the personal ego. Once we interfere with the personal ego then it becomes bewitchment, black tantric, and I'm the only hope. My apologies, I couldn't shrink it. I could have done it. I did it a little bit, but you were on it, so... I let it happen. Was it a fine time? It is good to roll over sometimes when there is such difficulty anyway.

QUESTION: Is it essential for people to wear white?

ANSWER: No, why should I have to say it is essential? But just answer me one thing: Why are you afraid to wear it? It will not be essential, but why are you afraid of it? You know why? Because then you become One, Ek. The dress of the Khalsa, which we adapted here is such an Ek dress. Such an Ek thing. You go through millions of time and space, you will just be Ek. Now ask me why. If from top to bottom you are in white, the subtle body reflection goes always three times more than your physical arc-line. What are you talking to, stone?

There is nothing that eats up a person but insecurity. Insecurity out of fear takes away all your vitamins, takes away all your energy, messes up all your metal balance. Moment the metal balance is messed up, the whole thing is off. That's why in the whole 3HO family we are trying to create one thing, "Security--is my right." Then it will be rightfully given to you. That we want to say. You can always fall back on home, Guru's house. It is not just this spiritual part I know and the rest I don't know. There is no such thing. It is the whole packet, because that makes you Ek, the One. If you go to India, you will find men as Khalsa, but you will not find women as Khalsa. Ask a woman, "Are you a Khalsa?" She will say, "What?" In the beginning they asked me, "Why, Yogiji, did the American Sikh women start wearing those turbans?" I said, "Did they ask you to pay for it?" They did it. Listen how much it saves us. Well, after all we have hair. Then we are to spend alot of money on styles. That's all gone. No styles. Then you had to spend alot of money on colors. That's all gone. They are all tucked in. At night nobody knows what colors they have. You know that. And then you go and you have to do alot of funny things about them. The average American spends from $9 to $15 on hair-dos. But those who are funny get their hair set at 3 o'clock and read magazines with those helmets. I call the hair-helmets. They're plugged in like they are flying in space. And get out, $16. For what? For messing up your hair, which is the most potent, purest form of protein in the world. The very root of the hair has the oil of the protein. It is enough to hold your brain through any activity. They don't stop growing.

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One thing nature knows is that in every part of your body you have to have hair, because that is the antennae for that cell area of the body, because each part of the body cell has to change. And who is to provide that change in antennae? Hair.

QUESTION: You didn't mention what the particular effects of the different meditations were. The first one was for depression.

ANSWER: Those that I did this morning? The effects are very tremendous. But I think when you people do it for forty days, then you can write to me. I know the effects. Better you know it.

QUESTION: How much do you practice them?

ANSWER: Those meditations. A whole lifetime. Those meditations are so powerful, I will tell you one story about that. There was a person born in the Shudra family. Shudra family is the low caste. Brahmans don't even look at them. They think looking at that man is worse than looking at an animal. But he was a very spiritual person. He wanted to be great. He sought here, he sought there, he went here, he went there, he talked to that person, he talked to this person, asked for this thing, asked for that, and nobody sheltered that person. So, one day he went to a Guru's house. And he climbed a tree. Someone asked, "What are you doing there?" He said, "I am chopping off the dead leaves and I am just making it beautiful." So he stuck himself there. He saw somebody doing this kriya. He watched it, he observed it. He sat out of the ashram and started doing it. That Guru was a master. Not only did he have a mantra, but he was doing it right. When his sadhana was complete (it took him a couple of years to complete it), one day that great master was sitting in his meditation and he told his disciples, "Get ready, let's go!" "To where?" "I don't know. Something is directing me, so let's go." After three days' journey, they came to the house of this Untouchable. When the news spread that such-and-such great man, high spiritual teacher, is coming to that village and is going to the house of an Untouchable, hundreds of thousands of people gathered to come and see. You know what that great Guru did? He went and prostrated before him and asked for forgiveness. He said, " I was unfortunate; I could not give you that kriya. But now pray for me that I should be forgiven for that blunder." Does that clear something?

QUESTION: Why do Christian and Buddhist monks shave their heads?

ANSWER: Oh, you have asked a very beautiful question.. Because they are monks. A monk is a person who only carries a message and is dead in his personality. Actually you take a monk from the neck and beat him to death, he should not utter a word, if he is a monk. That person has the right to shave his head. Shaving head means you have lost your total existence, energy, and your contact with God. You are only carrying the master's word. You have nothing of your own. Is it clear? We pay to shave our heads. For many centuries, even in the West, the knights, the barons and all those big people, when they used to lose the war, they never used to get killed. They used to ask for death. The winning knight would just cut off the locks of the loser.

QUESTION: Why do you lose hair?

ANSWER: You must start losing the hair because you must know you are losing time.

Make it up. Hair has no control with ego, with your ego. They come, they go, they measure the life span, because they relate to the cosmic energy, the prana. At a certain age you start seeing your hair get thinner and thinner and whiter and whiter, not green. When they grow like mine, they tell me, "O fool, now at least do some white job. Now we are hanging out of your beard. It is time to go." But still I do my black act. It is my pleasure. They do their job. They hang around here all the time. Antennae tell everything that is happening in the television. If you don't look at them, then that is your problem. Hair is the pranic antennae. It is energy, pure protein. You take a bunch of cut hair and put it around a tree and see what happens to the tree. It shoots up.

QUESTION: When can you look at the sun?

ANSWER: When the sun is more than 10 degrees from the horizon, it should not be looked at direct. When it loses its mass color, that red you know, the gold ball coming up and going down, it is very good, very healthy, beautiful. But when the sun is high and is projective, it is very damaging to the eyesight.

QUESTION: Can you build up a tolerance for that, a strength in your eyes?

ANSWER: Yes, you can build up a lot of strength, you get blind! It will totally break your retina. There's no way. People love to look at the full moon. That's the worst thing to do. So much so, some people look at the water where the moon is totally reflected, even that is wrong. Just look for awhile, see the moon, it is all beautiful, then sit in that light. That is a wonderful meditation. Don't peep at it. Casually it's O.K., but don't start doing tradakam with it; it will get you. Especially people in 3HO should never do it. None of you should do that. It makes you topsy-tervy. There is a word known as "berserk." That's what it does.

QUESTION: If the sun is so damaging to the eyes, then why do we always have to do tantric yoga in the sunlight?

ANSWER: Have you understood the question? So that your nose gets burned. Looking at sun directly is what we are talking about. Anything else doesn't mean a thing. When the sun comes down at 30 degrees to the horizon or when it goes up 30 degrees above the horizon, you are elevated energy when it goes up; when it goes down 30 degrees at horizon and farther than that, you are thinking of many things. Whom to call, where to go, what to do, where to pass the evening, where is Yogiji, is he going out on the town or not. I know all those thought waves that you spin back and forth. But that is a time of prayer. We call it Reiras. That is why the Gurbani Reiras was written, so that you can understand your standard and purpose of life. It starts, "Ik oa'nkaar sat gur prasaad." "The Creator of all is One, This is realized by the True Guru's Grace." It is a direct talking to God. Read it sometime. It is in Peace Lagoon. It is so elevating. The most powerful thing in that evening prayer is So purakh. That being. It is an explanation about God as realized by Guru Ram Das.

RAAG ASSA MAHALA 4 (Chautha)
SO PURAKH

Ik oa'nkaar sat gur prasaad.
So purakh niranjan har purakh niranjan,
Har agama agam apaara.
Sabh dhiaveh sabh dhiavoh tudh ji,
Har sache sirjan-hara.
Sabh jeea tumaare ji,
too'n jee-aa ka daataara.
Har dhiavoh sant-ho ji,
Sabh dookh visaaran-haara.
Har aape thhaakur, har aape sevak ji,
Ke-a naanak ja'nt vichaara. 1.

Too'n ghat ghat a'ntr sarab nira'ntr ji,
Har eko purakh samaana.
Ik daate ik bhekhaari ji,
Sabh tere choj vidaana.
Too'n aapa daata aape bhugta ji,
Hau tudh bin avar na jaana.
Too'n paar-brahm be-a'nt be-a'nt ji,
Tere ke-a gun aakh vakhaana.
Jo seveh jo seveh tudh ji,
Jan naanak tin kurbaana. 2.

Har dhiaveh har dhiaveh tudh ji,
Se jan jug meh sukh-vaasi.
Se mukat se mukat bha-e jin har dhia-ea ji,
Tin tooti jam ki phaasi.
Jin nirbhau jin har nirbhau dhia-ea ji,
Tin ka bhau sabh gavaasi.
Jin sevia jin sevia mera har ji,
Te har har roop samaa-si.
Se dhan se dhan jin har dhia-ea ji,
Jan naanak tin bal jaasi. 3.

Teri bhagte teri bhagte bhandaar ji,
Bhare be-a'nt be-a'nta.
Tere bhagat tere bhagat salaahan tudh ji,
Har anik anek ana'nta.
Teri anik teri anik kareh har pooja ji,
Tap taapeh japeh be-a'nta.
Tere anek tere anek
parheh baho simrit ssast ji,
Kar kiria khat karam kra'nta.
Se bhagat se bhagat bhale jan naanak ji,
Jo bhaaveh mere har bhagvanta. 4.

Too'n aad purakh aprampar karta ji,
Tudh je-vad avar na koi.
Too'n jug jug eko sada sada too'n eko ji,
Too'n aape kareh so hoi.
Tudh aape srist sabh upaai ji,
Tudh aape siraj sabh goi.
Jan naanak gun gaavai karte ke ji,
Jo sabhsai ka jaanoi. 5.

6. RAG ASA: GURU RAM DAS

The Creator of all is one,
this is realized by the True Guru's Grace.

That Lord is pure, His Being is pure,
He is unapproachable, unknowable and Infinite.
All meditate on Thee, all reflect on Thee,
O revered God, the True Creator.
All beings belong to Thee because it was Thee who gave them life.
O Saints, meditate on God, Who is the dispeller of all sorrows.
God Himself is the Master and Himself is the Servant.
O Nanak, how insignificant is this man!

O venerable Lord, the One Supreme Being,
Thou art pervading every heart and all things.
Some are the givers and some receive their gifts.
All these are Thy wondrous plays, for Thou art the Giver
And Thou art the Enjoyer also.
I know of none other than Thee.
O Lord, Slave Nanak is a sacrifice unto the servants of Thy servants.
Those who meditate and contemplate on Thee live peacefully in this age.
Those who meditate on Thee, they are liberated and they are saved,
And death's noose is cut from them.

Those who meditate on the fearless Lord, their fears are all destroyed.
Those who have served the ones who serve the Lord,
They are merged in His Being.
Blessed, O blessed are they who have meditated on the Lord.
Slave Nanak is a sacrifice unto them.
Thy infinite treasures of devotion are ever filled and refilled.

O many and various are Thy saints and their forms of praise.
Many are they who worship Thee, O boundless Lord,
They practice penance and repeat Thy Name
Many and various are they who read the Smrities and Shastras.
They perform rituals and the six Hindu Rites.
O Nanak, they are the real Devotees, who have pleased the
Bountiful Lord.

Thou art the Primal Being, the most Excellent Creator.
There is none other as great as Thee.
From age to age, Thou art ever and ever One;
Thou art always the same: Immovable Creator.
Whatever is pleasing to Thee, that comes to pass.
Whatever is done is done by Thee.
Thou it was Who created all things,
And having designed it Thou shalt also destroy it.
Slave Nanak sings the praises of that Lord, Who is
All-Knowing.

Now this is direct wisdom of God by Guru Ram Das, and it has in it So purakh;
Karta purakh and so purakh, Thou that be.

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QUESTION: How do you acquire faith?

ANSWER: Faith is never acquired, my son. Nobody can acquire faith; it comes. Certain things you can't acquire. Love you can't acquire. Not at all. Devotion you can't acquire, faith you can't acquire, selflessness you can't acquire. They are all there. Either you are faithful or you are not. What can be not, can be. When you open the "not", you can be. What is a faith? When you give the self, that is the faith. If you give yourself, take it back; you have never had a faith. You did it as a business. They call it "slip in". Faith is not acquired; faith is there. Love is there. Selflessness is there. When Baba Bandur Singh Babadur was captured, the emperor ordered that his little son may die in his presence, his heart taken out and given in his mouth. He laughed, and said, "O.K., what is it? Go ahead, what else?" Then they said, "Take the pliers and pull his flesh with the pliers till his skeleton come out." It continued for days; that man never once uttered a word of pain. The Englishman who was there at that torture death said, "I have seen Christ being crucified once again, before my eyes." This was a selfless Sikh with a faith. "Tera pani mita nam." Guru Arjun wrote it when they put him on a hot plate. They put hot sand on him. "Sat Nam, Sat Nam, Sat Nam, Wahe Guru." That's all that came from him. This logic, reason, play games, they are games of time. Love, faith, selflessness, they are all beyond time. People of faith never die. Cowards die many times. Don't you sing that song? What is it? "A coward may die a thousand deaths of shame and never know why, but a hero of truth shall know no death; his fame shall never die." Yea, that we sing. These are the exact words of Guru Ram Das as he got face to face with God and this is what he uttered: *(See page 5)*

Now this is Japa. The entire Siri Guru Granth Sahib is written in Japa Sutras. When you put your mind into reading Siri Guru Granth and in letting yourself be, that is one condition, it does stimulate the central nervous system we call "Shushmana." All that movement of your most subtle and sensitive part of the body is there to create positivity. Once a girl asked me a question, "I am reading Siri Guru Granth, but very little is happening." I laughed. I said, "What would have happened without it?" At some places you go, there is a lot of work, there is alot of garbage. There are some places which are very clean. You can't blame the broom. Some minds are very scattered; some minds are very one-pointed. And some wood is very wet. You put dry wood in it, you blow air in it, you do all things, put paper, do all things. All that heat you create around it, when it dries it, it burns up. Then you have a good fire, right? But sometimes you get very dry wood. Just put a little and it will start burning. Is something wrong with the fire? No. Wood is wet. Or, the other analogy is some wood is wet. You make furniture with it. It bends, twists, curls, gets out of shape. Is something wrong in the way you make the furniture? No, the wood was wet. But if you take seasoned wood and make it, it will be steady. So mind has to learn that. There are alot of Sutras in the Siri Guru Granth that can create miracles out of God energy, like miracles! And after that, if that has been the vibration, in your existence then your projection is the most powerful light of God Divinity which will prevail through you. Sometimes we wonder why this?, why that? It's all in the mind. What we do is we educate our mind. When ego starts feeding the mind, mind starts feeding the ego. They are so interrelated, they perform such a yoga that the devil is born out of it, destruction. What is a devil? It is a de-will. You pronounce it wrong. There is no such word as devil. You made it. It was will and de-will. Through the time you started calling it devil and you spell it differently. I told somebody, "Mr. Baker." He said, "No." I said, "B-a-k-e-r?" "No,no, B-a-k-k-e-e-r." I

said, "What is that?" He said, "B-a-k-e-r, a baker is one who bakes. That's our family name." I said, "What family name; somebody must have been a baker. You were known as Baker. It must have been a good bread-making family. And now you are Baker, you are running away. You are twisting the spelling of the word, Bakkeer. That doesn't get you out of the problem.

Now back to will and de-will. When will is lost, it means it is de-will. It is gone. There is no will. Without will, what are you? Problem of the human mind is we are very afraid of the social structure. We do not cater to God. We cater to the social structure of this earth. When we live under the pressure of the social structure of the society, we forget our infinity. I have seen a person asking me, "Yogiji, I have to drive there." I said, "Where?" Moment she told me where, I said, "Wait a minute. Who told you to do that?" "I have to." I said, "You have not to. You are just doing this because of pressure from the family. You will fall apart. Three thousand miles driving straight is a wisdom?" "No, no, no, no, no, my family said it." I said, "Which family? Three days ago they phoned me and wanted to know where you are. They do not even know if you exist or not. They heard from somebody that you are in 3HO. They asked me, and I unfortunately gave them your telephone number so that they could talk to you. Now they want you to drive across country." She said to me, "Should I not go?" I said, "I am not even allowing you to attend winter Solstice. Your physical body doesn't permit it." She did one thing very funny. She called her parents and said, "Yogiji does not allow me to come. Therefore, I am not coming." Naturally her father called me. You know we have found her, we are grateful to you, all of that buttering business, and then you know what he said. I said, "My dear, it is a very funny situation. How can she drive three thousand miles to be with you? She'll have a terrible accident. She has a terrible back problem. You don't know a thing." And that great man had a great suggestion. He said, "Why don't you fly her to me?" I said, "O.K. I'll do it. If that's what you want, I'll do it."

Pressure tactics are good. But before you apply your pressure tactics, you have to understand whether or not the other side can take it. Normally in our family, the fight starts like this: Man goes out, faces the world, he is tired, he's sick to his death, and he's looking at his watch. "When will it be 4 o' clock? Not yet. 4 o'clock? Not yet." He wants to run home at 4 o'clock. He drives back home, 5:30, one and a half hour drive; doesn't stop. Comes in, takes off his clothes, gets to bathroom, takes shower. Now I'm giving you a very well-seen account. And he comes out with only a towel and says, "Honey, I am here." She says, "Shame on you! Yogiji is at home. You come out into the living room with a towel. Get out!" I couldn't believe it. What happened? I went into the bathroom. There was that camel chair. I pulled it out. I sat down. We talked for about one hour. He was relaxing. I said, "You don't hurry for me. You are very tired. You relax. We'll talk here. How are you? How is your work doing? Everything." So when we got ready, we both came out. She said, "God, you took Yogiji in the bathroom!" I said, "No, no, he never took me; I went. There's no problem. Just relax. What is wrong with you? The poor man has come home. Give him a chance. Give him breathing time. Let us listen to what he has to say. Give him one hour. Let him come and be one with the environments. Then we will tell him what to do." She looked at the watch and said, "No, no, no way." I said, "What is the matter? What is in the way? What is happening?" She said, "I have a restaurant reservation." I said, "Wait a minute, I'm not going. Reservation or no reservation, I am not going. This man did not even see where the water tab was. I saw him taking a bath. He's tired. He must have had a hastle today." He said, "How did you know about it?" I said, "Wait a minute.

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"When you entered, I saw you come in. I was standing on this side of the living room, you went by that side. You went direct. You saw me, didn't you." He said, "Yes." I said, "Why did you slip in there? Because you were not ready to face me. I appreciated that." But she couldn't appreciate that. The man is coming from the outside. Let him have a chance.

Give everybody a chance of life. Give a person a chance. Doesn't matter how intimate you are with somebody. Thank God, my telephone wire is a little short. Otherwise, they would give me the telephone in the bathroom all the time. "It's urgent. It's very important. I must speak to so-and-so." Someone telephoned me once. I didn't reply to that telephone call for a week. The guy called twice. Everytime my secretary gave me a slip. I read it, kept it. After a week we replied. I sai, "Hi, how are you." He waid, "What, I called so many times. What happened?" I said, "I didn't reply. That is all. Nothing happened. I have your phone messages. Your four slips are tagged. Right now I can see them. You called such-and-such hour, right?, such-and-such, such-and-such, right?" He said, "Yea." I said, "How is the problem now?" I didn't ask the problem at all. He said, "All gone, it is done." I said, "Are you satisfied? You wanted the job done; it is done." He said, "Then why did I call you?" I said, "You were supposed to. You put out the vib in the ether. Let ether take care of it. Be on the earth. You did your job." That's why we say, "Give a call. Open your mouth; it will be fitted." All teachings have a saying, because truth is the best of the sayings. We say, Sat Nam. It is you who manufacture the fear, the complexity. Therefore my friend, life is a simple process in itself. Life is not a complicated affair. We make it complicated. Why you called in faith? Have faith. You called. You did your job. Now let faith work. Why do you worry? You said it. You did it. Now let God take care of it. So purakh niranjan. That being. Niranjan. Har purakh niranjan. That God being which sees everything.

I went to Toronto and I had a yogi to meet. I invited him to have a cup of tea with me. He sat down opposite me, just out of love. And he did m-m-m-m-m something, and my God, I couldn't believe it, in a couple of minutes I was sitting on a hot plate. I said to myself, "Oh, wow, he's going to show something." Before I could think what was happening to me, I was almost sitting in a burning fire. It was impossible for me to understand what was happening. I said, "O.K. baby, it doesn't matter. You did it, I have tolerated it, and now I can't stand it anymore." Right? I returned it. I might have completed the third side when I saw he was white, cold, like an ice slab. It took a couple of students to rub his feet and hands. I said, "Hello, what happened?" He said, "Oh, you know. Where am I?" "In the ashram. We had a cup of tea, we were talking, you wanted to talk to me about something. Now you know which way the wind blows."

It is the fastest thing to work. When these teachers lay a number on you, "You know what Yogiji does to you....bah, bah... ." And then project your mind and see how that person shrinks. Because it is not that person who is doing something. You become vast. Your dialogue becomes so effective that nothing can stand in between.

And there is a Pouri. It is, I think 17. The slok was sung by Baba Siri Chand. Guru Arjun finished 16. Baba Siri Chand was there, and Guru Arjun said, "Sir," he was respected by the Guru's house, "I have finished 16 Sukh Mani and now it doesn't proceed further; I am stuck. Seventeenth I am to write, please say something." Then Baba Siri Chand said, "Well, wait a minute, Guru Nanak gave the Guruship to you folks. It is your problem to write Gurbani, not mine."

He was just an action-reaction business. Baba Siri Chand was very direct. He said, "I just came to bless you. It doesn't mean I have to say Gurbani for you." And there Baba Siri Chand wrote: "Ad such, Jugad Such, Hebi Such, Nanak Hosi Bi Such." Same thing when Guru Nanak said, "Jap." This was the mantra. And this is most powerful mantra. This is like an atom bomb. If you want to use it against negative force, it will cut through like atom bomb. Nothing will remain. Like a nepalm bomb. Nothing will remain. If somebody gets to ego and you shoot back this, forget it. There will be nothing left, even in the fiber of the other person. But we don't do this funny thing, you know. But if sometime one wants to have fun, then it works. After all in this world there are negative people and positive people. When you meet negative people, just send your positive. There will be a big flame, spark. And in the light of that you can see the miracle of God, if you ever want to see it. A------lok. God, that's it. It seals the fate. Then nothing further can happen; that's it.

This ego, this monkey business, I am da-a-a-a-a. The master computer rotates. You do not know what a heritage you have. You have 1430 pages of the Siri Guru Granth, and each Sutra has a cause and effect on the infinite mind of the universal creative consciousness. You remember those trips when we went to India and we had no hope? Remember? We chanted Guru, Guru, Wahe Guru, Guru Ram Das Guru. Remember? We were in trouble. Even the police were with us with rifles. The officer in charge came and told me, "We will die first." I mean he was assuring me that there was no problem. "We will die first, and then something will happen to you, but we have this unfortunate news, so tell your people to be ready for it." And Lehri came to me and said, "Yogiji,..... ." And Premka almost stood in front of me. I said, "What is happening to you?" She said, "I know they are going to come and shoot at us and kill us. Right? The information is almost confirmed." Well, we took a detour. We went toward a totally different road so that they may not know. We knew about the main road, that we could not pass alive. They were going to do something. So we took a much longer route. But meanwhile they knew that we were going by that road. So they shifted all their guns to get us. Then I said to all of them, "At this time, neither the government, nor friends, none can help." "If a terrible difficulty comes and there is nobody to give advice or shelter, enemies are just approaching and friends have left, all hopes have gone, all shelters have been taken away, if at that time, God is remembered, nothing touches you." We chanted Guru, Guru, Wahe Guru, Guru Ram Das Guru. We were sitting in those fields planning what to do. We started chanting and we said, "Just start the buses rolling. Don't worry; now it is up to Him." We reached back to the camp. Almost three-fourths of them were asleep. "We enjoyed. We never knew what happened." What happened to them? They missed the road. Their informer saw us. He went back and when he was telling them, he just gave the wrong mileage. They admitted they were wrong. So these guys came there, but by that time, we had enough time to go away.

After all, everything is mind, and every mind is a part of the universal mind. "Parba prabh abinasi khel rachaya agam nigam, ka panth chalaya." These are small things. They are just fit-ins, master keys. Little, little sutras. This is Baba Siri Chand, Bibiji's department. I am just an humble servant of that problem. I'm not very expert on that. That is her job. Everybody has their duty. She will talk to you tomorrow at 11 o'clock, if she does not go to a movie. She will tell you all about Baba Siri Chand's life. She knows alot. She will tell you all about it. It is one of the most fantastic eras of life; she should share with all of you. But if she has to go to some... . (Bibiji:) "I don't go to movie in the morning!" No, no, we went last time and we didn't have the money. You see how rich I am! It is all right. I'm not saying I'm poor. I'm the richest guy, and

my Lord is the richest, and my Guru is the richest in the world, and my Father has a house of gold and marble. So there is no problem. But sometimes, dollars are missing. O.K. When they are missing, they are missing. They will come back.

It is the funniest thing. In one of the accounts, I got a telephone call that we have $7000.00 surplus. I said, "Gee, the heavens are wrong then, because I don't see that there. So I called Shakti. I said, "I have to believe because the books say so, but could you just check it out because in the heavens I don't see even one; you have seven grand?" Today he said we had about $200.00 minus. What happened? Somewhere minus $700.00 was read as plus $7000.00.

Accounts are great here, but you know there are some accounts somewhere there. You can look at them. You can feel it. There is no bewitchment. It is clear and simple. That's all you see. But after all this world of ours does rotate, right? And it is a very conscious world. You can learn one thing from mother earth. It goes on and on and on. It never stops. It doesn't even stop for getting gas. It goes on an axle all the time, organized.

If you all can write to Sat Paul Singh in Los Angeles to finish that spiritual directory, I think we will be very happy. He is working day in and day out and we are keeping his wife here. See that it happens. It is a beautiful compilation of work he has done. We just want that to be completed.

I tell you ladies, one thing you all must remember. Four days out of 28 days you have a different metabolism and structure of hormones. Just mark for your life one month to be <u>you</u>. Just for one month, go where you have to do nothing that you are doing but just learn about the God and Guru, meditate and chant and be great. Just from one start of the moon to the end of the moon. One month in life each woman must dedicate to God. That's why in 24 hours, one tenth of the time must be given to God. That is a conscious charity. Our power to work, our power to think, our power to live is a reservoir. This body, this human is a reservoir. It has to be filled with positive energy, and what is more positive than God?

Just think how this mul mantra, this root mantra effects the mind. We are very gross in our consciousness. We want to see that the elephant is the elephant. Then what, eat it? What are you going to do with elephant? Person will say, "Oh, Yogiji, look at that cloud; it looks like an elephant." Yea, sure, it was. To him the cloud was an elephant. Some people really walk into the elephant and say, "Are you an elephant?" It is a level of consciousness, gross and subtle. Your body, given body is a gross body. Gross has no radiance. It is the energy in this matter which radiates and reflects. It pulls you toward something. When it pulls your soul to a soul, love is established. Body does not make love. Neither the logic, nor the reason, nor the computer. A relationship is nothing but the relevancy of the frequency of both minds. They relate to each other. When minds relate to each other, love is established. Then Shakespeare said, "Even clubs cannot separate them." Then there is no distance, no time, because distance and time is the gross thing.

Mother sends the child and knows that enemies are there. Mother says, "Go, God goes with you." Be a sacrifice to the freedom. Do you want your son, 18 or 20 years old, to die? You don't? Then why do you send him then? You know that slavery is a curse and your born must defend independence. When the news of death comes, "Your son has died in the war," the mother says, "Great. Why? O, Mother

Earth, out of Thee I was blessed with a living energy. It was my son. I gave it to defend Thy independence, and glory of thy people." Think of that. Then death becomes a game and play. Do they die? Heroes never die. Those who die in faith and the glory of God, they never die. Cowards die. Freak-out is a coward's living. That's why I don't say that you should not freak out, I just say that you should not try to freak out. It's no good. It doesn't work. You are gifted. God created you; I didn't. I simply remind you. I simply tell you the grace of the graceful One who graced you with this body, with this mind, and with this soul and blended you in the light of it. You are part of that heavenly heavens. The universe is a part of you and you are a part of this universe. What anybody can tell your soul? Who can steal or rob you of your radiance? Who can make you to cow down in the face of God and love of truth? Ek. When you become one with the One. When you become one with the One, then the entire oneness of infinity serves you. That is what human life is for. When God resides in the heart, it becomes a sacred heart. Then all unsacred starts doing duk-duk-duk-duk-duk. Talking, teasing is the gift of the earth. People are ignorant. When the candle is lit, all moths instinctually come and they burn in it. Candle keeps burning. When you will walk on the path of God, you will see the infinity, your vast horizons, but the ungodly can't appreciate it. They will say you are crazy.

Somebody said I am a bewitched spirit; somebody said I am a ghost. When Jesus said, "My Father is the King of Kings," they put the crown of thorns on his head to hurt him. They did it for revenge. He was in his ecstasy of consciousness and was looking to it. He as chanting at that time. He was totally merged in his Father, in his universal God. He was totally in that ether; they didn't know what he was talking about. They said, "Which father? Which mansion? How many rooms are there? What furniture is there?" How can you communicate on different frequencies? The guy who was asking the question is gross. The one who is replying is ether. Where can they meet? Where do they meet? Priti hai, akashe hai, Guru Ram Das. That is where they meet. Union. When the soul is enlightened, the heart becomes the shrine, the head becomes the servant of that light, and it filters that ecstasy. Then what happens is that your own relatives will start jumping at you because relevancy has changed. "What is happening, this getting up in the morning and taking cold shower? Are you crazy?" Yea, you are crazy. One mother got on the daughter so heavy. She said, "Wait a minute. If you are going to go to the bathroom at 2 o'clock, I am going to call the doctor. You're out of your brain. What that silly yogi told you, get up at 2:30?" She got up regularly. She didn't care, poor thing. One day mom got me on the telephone. She said, "Yogi!" I said, "Yes, Mom, what is happening?" I knew the telephone call was coming. She said, "What have you done to my daughter? 2:30 she gets up, she goes into the bathroom. I don't know what she is doing. I can't understand a thing. I said, "Taking a cold shower or no cold shower, how is that arthritis?" "Well, that is getting better." I said, "What else do you want?" She said, "Well, why did you tell my daughter to get up at 2:30?" I said, "Why don't you try it tomorrow? Why should I not tell you, too. You get up tomorrow 2:30 and take a cold shower as I have told her. She rubs her body to the point that it becomes red and the cold water doesn't touch her even. You see in one week her arthritis has gone, do you understand that?" "Sure, well, that's O.K., but... ." I said, "Mom, are you mom are not?" She said, "Yea." I said, "If daughter can get up at 2:30, you get up at 2:30, and have a fun. She said, "Oh, I can't even drink cold water." I said, "No, I don't believe that because I have seen you drinking burbon on the rocks and that is pretty cold. Chilly champagne I have seen myself being opened by your husband and you drank the whole bottle. Don't tell me all that stuff." "Oh, well, Yogi, I can't do it. You know my husband will never do it." I said, "Forget about it. Ask him fifteen years ago

when he was picked up on booze. All night they kept him in wet tub. Does he remember that or not? You know that alcoholic treatment, what they do to them? They pick them up and dunk them in the cold water. The guy jumps out and they put him in again. They do this process for awhile until he becomes very sober and says "thank you."

Mantra is a telephone. What is a telephone? Combination of numbers. First, area code number, then home number. Then the buzzed comes in and the person says, "Hi." When nobody picks up, you try again and again. Right? Then you put in emergency call. That is an emergency prayer. God is nothing but a Bell Telephone Company. Keep on dialing. Once you get the guy on the line, job is done forever. What is His number? There are alot of lines in my Father's home, call any. If he won't answer, some secretary will. Leave the message. Morning hours are very good. I'm not kidding with you; that is how it is. Call on Him and the entire world will call on you. Am I special? I have two noses, four legs, twenty hands? Nothing. I call on my Guru. You call on me. That's the relationship. Whatever comes, I fit Guru Ram Das in and I run away. I have never bothered. All my life I have never worried about anything. When they say something is wrong, I fit him in. "Take it, baby." That's all it is. Now write down: faithless. Now less it. Take that less out. What remains? Faith. Fa = father; it = id; h = holiness; l = life; e = ecstasy; ss = sewage. Father, it is His holiness. That is known as faith. Then there's a word less. Take the cut of the less. There'll be nothing but less. You ask the question, how to have faith. You take the cut of the less. What is lessening in you, cut it off. You know this is " - " negative, cut it this way " ! ". What does it become, " + ", positive. How do you spell God, G-o-d. Cut the d. What remains, G-o. Now cut the o. What remains, G. Yogiji (G). Have you played that game sometime? Now: G-O-D. Cut the G because he's a funny guy, charges too much money, bha, bha, bha. What remains, OD. Cut O. What remains, D. D is de-will. Don't pay G. O will not be found. The result is D -, minus. Go ahead do it. I will not say and you won't pay, Santa Fe. I have eaten one sentence in between. Hurry, learn that language. You want to talk to God. At least learn the language of the Guru. "Gurumukhi", language which makes the mouth that of the Guru. Mukh means mouth. That is why they call it Guru-mukhi. It is a language of the japa. Sanskrit is a language of God. It explains about God. It doesn't do anything. Good night.

Go to your tents. Yea, I'm very mischievious today. What is mischief? When you miss the chief, then chief gets you. If you ever miss a miss then you can never be missed. "When I was virgin I had a joy to get married. But I will never be virgin again. Then I got married, then problem came." Write down: prob-lem. Word is actually probe-lem. Sound current. It is a probe into the lingam of the lem. Shiva lingam. It is a basic root word, prob-lem. That solution is so-lu-tion. This is laya. There was no language in the beginning. This is a human language, laya yoga. Any word you take, you biforcate, you know the soul, the body the gross, the mind in it. Every word has, whatever it may be, except if it's ad mantra. Like Ra Ma Da Sa Sa Se So Hung. It is the soul. Every word has exact three: body, mind and soul. We'll talk about it.

My Destruction is My Consciousness

August 5, 1975 4 P.M.

Espanola, N.M.

Today I'll be talking about a very sad subject. I hope you will not misunderstand me. I don't want to say all of this, but after all it is something you have to learn. If I don't do this dirty job I don't know who will do it. Today's subject is "my destruction is in my consciousness". Now they call it elementary destiny. According to the law of elementary destiny, your child must destroy you. Look at the nature, look at the surroundings. Look at all that is happening in the animal kingdom, in the vegetable kingdom. Seed grows, seed falls, seed grows again. The branches grow out of the trunk of the tree. They eat up the trunk. Leaves eat up the branches. It's a common law. Your own child which is born out of your seed must overtake you! It is a basic instinct. And within 11 years if the child is not handled right and told that he has a territory in the future, not on you, emotionally you'll be dragged out to death. And unfortunately two human pairs have a terrible effect. One is insecure parents and second is insecure children.

Insecure parents add to the insecurity of the child, and insecure child is like that by example. Have you seen a person who is drowning and doesn't know how to swim? And if he ever gets to cling to you, you know what he'll do? That is what an insecure child is. In my study, I have seen certain very fundamental things. I went through a case of a girl who was away from her house for seven years. Her parents did not receive even a card or a call from her. After seven years she joined 3HO and found the security. She felt good about it. She got married. As luck would have it, just on the change of name, she went through torture and tantrums because of insecurity of the parents. Now the marriage is a dead marriage; life is almost a dead life. The only thing which is the saving grace is that she's not in a mental institution. Why did the parents do it? They didn't deal with their own deficiencies as parents, but the moment they learned that something was going away from them permanently, they became totally emotional. It was like a tidal wave hitting you. And there is one basic problem no matter how old you are. Some of you have not emotionally bid even with your parents. Even now you are slave to those old dying ducks. That garbage insecurity which you have with your parents, you don't let go. You lay it on your husband, and if he kicks you back, you are finished. You can never have parents again. You will never be stable.

All around the world at 21 you are legally considered an adult. It is an emotional limit recognized by international law. We call it common, human law. Here we have reduced it to eighteen because of political reasons. At 21 one is adult. Birds are better parents than you. For when the little ones become strong they let them fly and have their own nest. They don't bother them. But do we honestly understand that we have to accept responsibility for our own life? Deep in us is an unfulfilled child. Deep in us is unfulfilled individual. And there is no breast with milk available after twenty-one years old. That is where the life is messed up. Even the universal mother cannot feed that insecure twenty-one year old with a mental age of three years, four

years, or six years.

If you love your husband because you are married to him, that marriage will never go. I can give it to you in writing. He provides a security because your parents don't provide security. So you find a man. You are young. You have an ambition to have sex, so somebody comes and lays you in sex. You remain married so somebody else can't get married. You understand all those attitudes? You are just there. A piece of furniture, a statue who has arms to move, legs to move, words to talk. Because you are not subconsciously and physically there, the children pick it up in a snap, because children are very intuitive. God has given them the gift of intuition for their safety, protection, and for their growth. They can pick up on parents, although they can't talk to you, they can't express themselves to you, and they can't argue with you. But they can lay the stuff before you. A child can bring in you a guilt consciousness that you have never heard or seen. And that is the main disease in 3HO which is eating up the organization in spite of the fact that we are teaching you Kundalini Yoga. This yoga is a technical knowledge that can cut through any human deficiency. But the moment it comes to children we fail. Because the product of the sickness of the parents comes on us in the subconscious mind. In a male and a female relationship we can cut through the subconscious with Tantric. We can start the flow of the boat again. What can you do with a leaky roof when you can't see where that leak is coming from? One can live with a crippled woman, but one can't live with a subconscious prostitute.

What is consciousness? It is just like a bowl of energy. It is a mind-contained energy. When it is filled with subconscious blocks, people lay in it. Then there's no stability to relate to. You can see a street dog and a dog with a collar. When a dog with a collar will walk behind the master all the street dogs will bark at him. It's a natural instinct. Four dogs can live together, but if the neighbor's dog comes in, they all jump on him. Why? That fourth or fifth dog represents insecurity. "Oh, this fifth dog is going to take away part of our rations. Bite him, make him run." When the child grows and needs energy, he looks to what? Whenever parents want to raise the child they actually destroy the child. Child should be raised by his own energy, by his own virtue and by his own geographical expansion. Parent is only a guardian. Every guest must live in a hotel. You simply maintain the hotel. You don't maintain the guest.

There are certain periods in the life of consciousness of the child. We call it period of "No, no, no." when the child is between three and five. At this age the child comes out of the psychic barrier of indirect manipulation to direct manipulation. And when child is between eleven and twenty-one he comes from submissive authority to exertive authority. If you give in to the child during these times, you have had it for the rest of your life. Your own seed becomes your own destruction. Now, you can keep the face. You can talk to the world and say my child is great. Like I say "3HO is great." But many of them are in 3HO five years and they are still on the outskirts of 3HO. You take a boat and go across the Atlantic. You won't get wet at all.

Relationship is ultimately, folks, the relationship of God and that is the relationship of soul to soul. There is no mental, intelligent, action-reaction business in the world. Anything which is for the sake of time and space, convenience and escape is one's own mental destruction. This non-reality will be enough to destroy you because you will never be real. You can put on a perfect act for a few years. Nobody may know it. But it cannot go all the way, that way. One day you must get exposed. What is a film? Film is a potential picture slide. But when it is exposed, print is there. Once the print is there, you can't do anything. That's why living in non-reality, living in an act is not living at all . That is where the pain is. People get married. I ask them, "Why did you get married?" "Oh, I love him." Absolute lie. It is just like a traveler who got tired, and took a staff in his hand. Somebody told him,"Oh your staff is beautiful." "Oh, I love it." No, you don't love it. Your legs cannot carry you, you are carrying a staff to carry you. If your legs would have carried you, why the hell would you need a staff? When you cannot handle your emotions then you get somebody to lay them on. And normally 80% of marital relationships are based on that. We call it emotional co-currents. In humanology, the emotional co-currents are relationships which are based on security for leaning on each other. You want to get in your mud and you want somebody on the shore to get in and when he pulls you out, you pull him in. They call it a chance game. It is very well illustrated. There's a mud pool and you get into a mudpool first. Play with the mud. You are in the mud pool and then you pretend that you can't get out. You need help. Who loves you must pull you out. Bull! And that idiot who will give the hand, you will pull into the mud. And you come out and say, "Try to come out too." They call it co-current behavior.

There is no such thing as depression. "Oh, I am very depressed." Actually, when mental depression happens, that person can't even live. That which we normally call depression is a simple act. It is an act of the subconscious mind to psychically hit somebody who is smooth. And your hunting grounds are the children, wife, or husband, neighbors, relatives, parents. Your guilt and sinful consciousness makes you make more people depressed. You know, there's a God, you know there's a guide, you know there is everything, but you get depressed. As somebody who is to kill a deer, he takes the arrow and the bow and bends it. Now that bend is not humility. That bending is to get along so you will not be caught. And when something becomes your target, hit! Human relationships which are based on target hunting do not last long. For the life energy cannot tolerate depression and oppression. You cannot over-reach. You cannot under-reach. When you magnify your doubt, it becomes depression. After all, what is a human body? Human body is a physical identity with a subtle or astral body around it and it has a universal body around that subtle body. That is all a human body is.

Are all students here to learn? You mean I start at 11:00, I come back at 11:35, even by that time people are not here. Don't you feel that game of mine? 11:00 in New Mexico means 11:00. Don't you understand that mental game? Mind plays the game, "not to learn", "have to learn." Why do you make yourself have to learn? Just to feel you are doing something. Some girls are here to tell their husbands they are learning from Yogiji. Forget it! They may not learn a word from me. You know, when I see this

panorama on my wide screen, then this nudity and silliness of the behavior which comes out is exposed. You will ask then, why are we doing this? Because we have a hope. Perhaps, in two, three generations we'll bring a pure humanity who can live in a normal balance of behavior. We have to wait three generations because every individual intelligence is destroyed in three generations and can be rebuilt in three generations. What we are trying to do is to filter the parents. Parents gave birth to kids. The kids are adult now. We are now training them to be parents to filter some part of it. Then they will raise their children. We'll filter there. If you take a count of all these people and honestly analyze them. How many are under their mothers' and fathers' influence, directly or indirectly? You take a set of 500 people who practice any religious practice. You'll be surprised to find among them only one person who will be dedicated to God as to His original soul. Everybody else will be here, there, for one reason or another.

Fluctuation of mental corruption is a creative gift of ego. Because the moment you relate to id, the ego, you are it. You are neither he nor she, you are it. In Gurmukhi, "it" means the brick. You are not he or she, you are a stone and whosoever gets hit with a stone will get a bump. We live in non-reality. We call it emotional reality. Mostly we live in a very, very powerful emotional reality. One of the poor grandparents couldn't get to the grandchild. They went to the court but couldn't get to the parents, so they went to the State and got us investigated. Isn't it a joke? Their own self-destruction will come on them. There may be a cloud burst and Wha Guru Singh gets up and opens up that little thing to flood the grounds. How do you like it? What do you think of it? There's a cloud burst. Rain comes like cats and dogs and he goes and opens the irrigation ditch to flood the waters in the fields. What do you say to it? You will surprisingly see insecure parents will always destroy their childrens' security. I have heard the telephone conversation myself. The daughter called her mother from my telephone. Mother asked, "How are you?" She said "Great." Half an hour that daughter had to listen to "How the hell could you be great?" Later, the daughter discussed it with me. I said, "Your mother has totally lied. I was on the line. I can tell you." She said, "Yogiji, it's very difficult." I said, "Wait a minute. Your father still has his business, call him." You'll be surprised what he said. He said, "You forget it. You know your Mom is crazy. We are married so many years. She has done it to me. How did you get into it? You know she lies a lot. She lies to me. She lies to you. You must have said that you were happy." That is all he said. "You must have said "happy." It blew my mind. The husband telling about his wife to his own daughter.

There are some people they are rich. They are rich, rich. And once the son called his dad and said, "Well, Yogiji's going to do blah, blah, blah. Can I have da da da...?" Guru Ram Das must save us. The father played such a poor trip that I almost interrupted the telephone call. I couldn't hear it any further. I said to him, "If you promise me that you'll never ask this man for any living favor I'll pay all your bills." You know what happened after four days? There was a $5000.00 check in the mail. It was from that poor, unfortunate, whose family couldn't eat for fifteen days. (We couldn't believe anything he said.) Now, with this type of emotional exploitation, when we do it to each other, we do it to our children, the children do it back to you. It's just like a wilderness.

When you lie to your children, how could you ever expect that the children won't lie to the world? When you don't have your values, how can you give anyone else values? It means you have no base, no foundation. You are a river of life, like a rained river. When it rains it floods. When there is no rain, you are thirsty. You can't do anything. Even if you pound the river, a drop won't come out of its sands. That is not the way to live, my dear. That's why we do the total tie-in. We call it lifestyle dharma. We know alone we can't make it. Together we can. It is one of the funniest things in India.

Once a boy came to consult me. He said, "My parents are going to marry me to such and such girl, what is your opinion?" I said, "Don't get married." He said to me, "Why not, it will hurt my parents." I said, "I can plead for you. If you promise me that for one month you will provide breakfast for me. Then I can go and tell your parents what a wrong decision it is." He said, "Alright, for the fun of it. I promise that one month I will come at the airport and bring you breakfast." I said, "Alright, I won't eat at home." The idea was to get him with me for one month to see the reaction. When I went to his father, we sat down and talked. I said "I think you have almost decided that your son is to be married?" He said, "Yes, we only have to arrange meeting. The girl is beautiful. Oh Baba, (I was Yogi Baba), Oh my God! Guru has blessed us. She is an angel." I said, "You are marrying your son to an angel. He's not a demon to even protect her." "Oh, she's a far out girl. She plays tennis. She plays golf." I said, "This man goes to Gurdwara in the morning and Gurdwara has no tennis courts. You are marrying a spiritual being with a worldly being. It's not going to work. This will not be a marriage at all because I know I will have to be a counselor later. I want to be a counselor now. For God's sake don't fix it up." You know, the father went out of his mind. He said, "Such a fantastic girl, such a fantastic family." I said, "That is the problem." He said, "Tell me the real problem." I said. "Your son is allergic to booze. He's like me. He's my friend. He's so allergic that if you want to make him sick, open the water bottle and say it is champagne. He'll get sick. I have never seen such an extreme case of a mental phobia against drink. I couldn't believe it myself." Father said, "Yes, that is the weakness. He has to overcome it." I said, "How can he overcome it when she drinks champagne and sometimes vodka too?" You know what that silly father told me, "You know rich families." I said, "Wait a minute. Are you poor? You want to sell your son? Are you marrying him to a woman or are you marrying him to money and prestige?"

If somebody's hungry and you give him an empty plate will his hunger go away? And when he says, "What next?" you make him sit in the dining room with a napkin before him, put the silver before him, put the plate before him. And then don't give him anything. What is he going to do? And if somebody's not hungry, you lay the entire thing before him. What will he do? Is he going to eat? That is why this emotional security doesn't go a long way at all. They do not bring reality. Non-reality is never a ground of love, of God, of anything. Normally, these egocentric husbands in 3HO use one word, "Are you going to listen to me or are you going to listen to Yogiji?" Is she married to me you son of a son? She is willing to listen to you provided you talk sense. She is not a slave who's supposed to listen to you and cater to your ego as a husband. She married you as a saintly spiritual person who's walking on the path and she was walking on the path and what happened was you got hand and hand to walk together. Then comes a

child. She wants to circumcise it and he doesn't want to circumcise it. There's a fight right there. He wants to do this, she want to do that. What is this-that? You are a shakti. He is a shaktiman. You give the energy. If he doesn't accept it, you are useless there.

Once a husband asked the wife, "Are you going to listen to Yogiji or to me?" She said, "Wait a minute. We will both listen to him." And the next minute they made the call and I was on the line. She's a very direct woman. I love that person. She said, "Yogiji, tell this man that I am not his mother." I said, "What?" I was shocked. "Is is true that I am his mother or not?" I said, "You are his wife." She said, "Tell him." She said, "Get him on the line." He got on the line. I said, "I know she is not your mother. What is going on?" And when he explained it to me, I said, "Wow, she's right. She's not your mom. What are you laying on her? She's your partner. You walk hand in hand with her." That is why in America you will find almost all marriages break down between the ages of thirty-six and forty-five. Why? The juice is out and then dryness cannot hold it together. There is no reality. There is no commoness. Both have lived at each other. That is why we say in a marriage, First is God, Second is the Guru, and the Path, and Third is you. It is this way so that you may not feel that you can freely do anything and get away with everything.

Our Guru is Siri Guru Granth. It is Gyan Rupt Guru. It is a Guru of reality, not of emotions. When you open the Siri Guru Granth it will never tell you, "Hi!" and if He ever tells you "Hi" it will be how much you are with God, "High." E-Man Mera Too Sada Raho Har Naale. Direct hit. You say you don't understand it. Why should you understand it? You want emotional solutions. It is giving you devotional solution. It gives salt water. You wanted Coke Cola. It's not there. For Coke Cola go to somebody else. It's a very direct Guru. If you are a very indirect Sikh, how will you fit in? When you open it, it talks to you. And you get puzzled because you hear your own voice. And when you say to yourself, E- Mana Mera Too Sada Raho Har Naale. Oh my mind, be with God and you are not with God. You are not <u>even</u> with your husband. You are not with this earth. You are only with your ego. Ego is a suspense between God and earth. The suspense of existence is ego, id. If neither you have feet nor you have a head, what can this trunk do? Have you ever seen people leave a trunk alone? Have you ever seen an example? Moment they find there are no leaves, no roots, they cut it into pieces. Either they make wood for houses or they make firewood. That is what ego does to you. When you live in ego then you are dead. You are in that suspension death. Then everybody will eat you up. No negative force can touch a man if he has his roots on earth in the graditude of God and if he has his head on earth in the attitude of God. The head must lead the attitude to God and existence must believe in graditude of God. That person who lives like that cannot be touched by any ill-will. Otherwise, you are just an actor or actress. You will have temporary fame like Hollywood actors and actresses. And then you'll be forgotten. You will be like a bubble. You will rise and then the wind will blow and you will disappear. Your act is over. You may be acting like a king. You may be wearing what a king wears. You know when I came into this country my American manager told me, " Yogi, you have to look like this." I said, "You better forget it, man. I have not a single thing." All my clothes were stolen. "Are you going to teach in western

clothes?" I said, "Yes, sure. Look manager, first of all you are fired. I will never see you again. You are useless for my purposes. I am going to teach yoga. I am going to unite people with God consciousness. Are they going to look at my clothes?"

One day in Los Angeles I saw a yogi on television with a loin cloth. I know Americans sleep naked at night. That is why they can't tolerate anyone naked. To the American mind nudity is connected with sexuality. They have been trained that way. They have a Puritan background. Now, it's alright that they all got eliminated and they are in the minority and you people are in the majority. But values are values.

This country has spiritual values so set that your fashions, your insanity, your tantrums won't fit in. That is why we will prosper. All this garbage will be dropped. All these emotional convicts will go. You know it doesn't matter when you tell me, "I am this, Yogiji, I am that." I say, "Forget it, you ant. It doesn't work with me." I fundamentally know in the world there is only one country whose money carries the message "In God we trust." It has a Kundalini eye on the dollar bill. That pyramid with the glaring eye is the logo of Kundalini. It has has an eagle on it's side, the ether. It has the arrow, the Mars. It has the wheat, the Jupiter. I need not investigate anything, I can see that seal and I know. You don't belong to this country to be very honest. You are alien here. You are mental aliens because you don't live to the fundamental principles of this land, and the land won't forgive you for that. If you do not value this land, it won't value you. That's why all of you don't have basic values. And I knew it then. Alright, we'll create a society that will be healthy, happy and holy. And if that society won't have values what can I do? For without values we can not tolerate anything. Motivated values are basic values and that is the security of God in us.

Monorail is the rail on which life walks. It moves. When you don't move, you stink. Try to understand either you are this or you are that. You can't be this or that all the time. I have seen some of the students. They go to the parents and become children. They leave and become adults. When you are an adult, you are an adult whether you deal with your parents or anybody. I once knew a situation like that and I said without any disrespect, "I'd like to submit I won't give in." "Why not?" I said, "My moral values do not allow it, and I have the right to have my morals." You all have the right to have your own moral values. That is why I say, "Those that do not give up their past can not have a future." You can always get along with anybody. But if someone has no values for you, you can never get along, because you do not want to be used.

We use our children for security. Then our children use us for security. And life is a mess. Give children their own security and their security is truth and God. It doesn't matter if you have lied to yourself and you have lied in your life or that your parents have lied to you. At least for God's sake you speak the truth for the sake of the children so that they can understand there is a truth. That is Sat Nam folks. Give them the true identity of themselves and you will have angels on this earth. Normally parents cover their mistakes by lying. They lie to their children openly. We call it naked untruth. That is the worse poison that you could choose to inject. It will grow in the child and it will come back to you. If you are wrong just say you are wrong, "I didn't know any better." Errors

are human. Let your child learn from your mistakes. Give your child a chance to live better than you. Don't raise pups. Raise humans.

Whenever a person tells me, "I can not live in the Ashram," I immediately know that it's not living in the Ashram which is important. What's important is the hatred of being known nakedly. In group consciousness alot of you will be exposed. It is that fear for which that defense is being created and shows that things are not right. You mean to say the rate that we are growing we're all going to live in ashrams? Forget it. Everybody is an ashram. Anywhere you live is an ashram. But ashram is where God is praised and dharma is practiced. Whether it's an individual dwelling or its a common dwelling, each home of a Sikh is the mandar of the Guru and each body is the temple of God. But if you have to entertain your friends with booze and send your wife with another person to the movie so you could, and you think Yogiji lives in Los Angeles and doesn't know, then that's your privilege. Things won't work out when you know what is right and you know how to conduct yourself right and still you want to have your little sneakish thing. That will show up. If your shoe has an unhammered nail, after a while it will start giving you a pain. Shoe will pinch, because you can't indefinately put on an act. Sometimes you will relax and that will be the time you will be without the capacity to act. Then you will be exposed totally and there won't be any respect for you.

I'll give you an example. There was an actress in Indian films who would only play a Goddess. That was the only role she would accept. When I became an officier I had a chance to go to Bombay. Bombay is India's hollywood. One of my friends, "Do you want to see anything here?" I said, "Yea, I would like to meet that actress who works for all those spiritual people. You remember her name?" He said, "Ragini?" I said, "Yea." He said, "Come lets go I'll show you right now." I said, "Wait, don't we have to send someone ahead to make arrangements?" He said, "Oh no she is too cheap." He's telling me she is too cheap, that woman who plays so perfectly the goddess. So we sat down and drove and went and really she was too cheap. All these actors and actresses who have the world fame. When they are in the trade why don't they have respect? Because they are not real. They only cater to an imagination, not a reality.

I don't recommend any book to you because books cater to your imaginary non-reality and you'll be more miserable than otherwise. That is why 3HO has only Peace Lagoon and Guru for the Aquarian Age. Why are we so slow? You think Yogi Bhajan can not make money out of books? I asked Sat Kirpal Kaur to write a book with the heading Red Spot on the White Bed Sheet. Just take 20 or 30 girls whose mothers have done "A", "B", "C" in their presence. It will sell like hotcakes. Jewish bagel will not even match it. All these mother lay their tantrums on their daughters and make them flirt or even seed flirtatiousness in them. We know that history.

It is service to this country this phony parenthood? How can a woman who's been divorced 5-6 times teach her daughter to live married. If she would have learned to be married, she would have lived by her own grace. You know if you have a sick parent it doesn't mean you have their cancer on your body. So that you can prove that you are children. "Yogiji I am going to visit my parents, what should I do?" I say, "Do what you normally do, do yoga." One girl asked me, My mother knows all scriptures." I said, "Take peace lagoon with you and when she lays her number on you let it go 30 minutes, then open Peace Lagoon and say Mom listen to this." Later she

returned and said, "My mom is going to tie a turban, she's almost a Sikh." It's a very true story. You know how long a duck can go, 30 minutes is the limit. 30 minutes you can go through, but after 31 minutes forget it. Then you start rationalizing it. The moment the times comes, open Peace Lagoon it will say something good. The other will be zeroed.

You are loved for your conviction, not for your face and body, for your mind. You can not be respected on this earth for anything but your conviction. God is a conviction. Meditation is a conviction. Yoga is nothing but a practical conviction. There is no joy or fear in heavens or hell. It is only weakness in your conviction which is your problem. Faith moves the mountains otherwise stones are heavy. Sat Nam.

Dutiful is Beautiful

August 6, 1975 A.M.

Espanola, New Mexico

Today we are relating to a part of that consciousness we talk about. We have emotions, we have desires, we have knowledge, we have ego, we have experiences, we have a lack of words to express, we have more words to express, there are a lot of facets of this life that we live. Life is inter-related within itself and inter-related outside itself. There is a very old saying, the dutiful man is a beautiful man. Dutiful man-D-U-T-Y. Your knowledge, your emotions, your strength, your behavior, your money, your power, your manners, your words, if they cannot deliver the duty, what use are they? The entire purpose in our concept of living is for you to perform your karma.

Karma, Dharma is Satya. With everything that you have, if you fail in doing your duty, what do you have everything for? And what is a duty? Duty is not action. Duty is performing the righteous action. Karma yoga is the yoga of righteos action. The entire teaching of the Gita ends up in this one slok. "Arjun, do your duty, don't ask for a reward." The reward I (God) give. There is no procedure of self reward. The self reward is happiness of performance of duty. You do it for love, you do it for hatred, but duty has to be done. Do you think the surgeon wants to take a knife and cut you through? No, it is his duty. Man has come with a bullet, it is his duty to cut through, and take the bullet out, stitch it, try to cure it. If it doesn't get cured, what should he do? He is a helper, he performed his duty. Even if you sue him for malpractice, if he has really, honestly performed his righteous duty, no one will touch him. What an honest duty is performed, even God can't touch you. Because God is nothing but a bundle of performance of duty.

Look at God, wind blows, rain comes, leaves grow, spring comes, fall happens, earth rotates, sun is there, moon is there, all perfect. When it doesn't look perfect to you, you start looking to God. We humans even question God in performance of duty, because his duty is related to us. We are the ones who benefit from his dutiful action. That's why they are beautiful actions; that's why we say, "God is great."

Talking in God my friend and living in God my friend, is all nothing but beauty. Duty brings you beauty. "Oh he is very dutiful, very loyal, he does, he delivers things, he is dependable, he is worthy. Bha, bha, bha, bha, bha." What proves it? Duty! "You should meet me at ten o'clock." "Alright." "Now it is your duty because you said alright. Don't meet me, you have missed the duty. Then it is a hassle for me, what happened, how happened. What is wrong. Then you have to explain why you couldn't do it. Bha, bha, bha!

By talking, duty is not performed. Dutiful service is a karma yoga, it is an act of God. Duty towards God, duty towards Guru, duty towards your relationship, duty towards your people, duty towards your land, duty towards everything. Everything is just nothing but duty. Actually, to be honest in expression, you have come on this earth to perform duty. There is a beautiful expression, if you want to learn from that. They call it, "mark your beat". Mark your beat and mark it well. When a person marks his beat and marks it well, he is

promoted from a soldier to a sergeant. Why do you make him a sergeant, because he performs his duty well. And he knows how to perform it so he knows how to teach others to perform it. A saint, a man of God, a yogi, a swami, why do you study with him, be with him? Why do you want to talk to him? Because he has performed something well, he can say something well, he can be something, and you can learn from it. Failure in duty is failure in self. What is a commitment What is a surrender? What is love?

Why do you people get tired and I don't get tired? I go to dinner, I get tired, I teach for eight hours, I don't get tired. Why? Mind and body is in one thing. There is a harmony. When I do the ether job I am smart, great. When I do the earthly job, I am ground to it. Zero. Because I have to pull the energy to act so that I may not be. In this party I should look very smiling, I have to open my lips. It is first, second, third, fourth, vagus nerve. It has to open my mouth, look smiling. A lot of energy is wasted, I can teach on that energy for three hours. "Yogiji, what would you like to eat?" In just answering that, I could eat and digest. Don't ask me anything, just put it before me and I'll just eat it, you'll be surprised. Because eating to me is a duty. Cooking to me is a duty, too! When I cook, My God, I bring such a taste, you can't believe it. It is a duty.

That happiness that you talk about is nothing but performance of a duty in a dutiful way. Performing a duty in a dutiful way is a beautiful way and that is called dharma. It is a beautiful thing and therefore, it is a beautiful thing. It is the duty of the seeker to rise in the morning and be with his own God. It is a dutiful thing that for the whole day, you earn through the sweat of your brow.

Guru Gobind Singh was asked, "How will we know who is pure and who is impure?" He said, "I'll give you five symbols. If they dutifully hold on to them, you will recognize them. When they don't, they don't." It is simple. People ask me, "Why do we have to wear a kara, why do we have to wear a kunga, why do we have to wear kirpan?" Well, it is a duty of the master, do it.. When a soldier does a duty, he has to wear a particular uniform, he has to be there.

It is the duty of a saint, it is the duty of a soldier, it is a blend of a soldier and a saint. Because if you are not a soldier, your sainthood will be kicked around. If you are only a soldier, then you will start kicking around, it is all chaos. Man is a blend of a saint and a soldier. Then he is a complete man. Khalsa is a blend of saint and a soldier. Nonsense he doesn't tolerate, nonsense he doesn't make.

Can you believe these teachings? They are so precise, so simple, so straight, that there is no chanceof hanky-panky. Duty, it is duty of the teacher to get up and teach. It is duty of every teacher to say "Ong Namo Guru Dev Namo". It is duty that when somebody seeks you, that you should serve them, rather than go away for your personal relaxation. When you are called upon and it is your duty and you answer, that act is an act of God. That is divinity. And when duty is performed, the gift,the reward is relaxation. You do not relax in any other way. Going to motel and to resort houses or the mountains and to the hell or the heavens, it is all a joke. You can never relax. Go to Florida and pay for your stay there six months. You will have the same suffering. Go anywhere from suffering, suffering will go with you, ready to receive you. "Hi, come in, I am here also."

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A Moslem teacher, known as a Mullah, learned one day that he was going to die on Friday. So he didn't say his namas (prayers), he just ran away. After running for five or six miles, he had a kind of heart attack and the God of Death came and said, "Hello Mullah, how are you?" Mullah said, "Oh God, you are here." He said, "If you had not run these five miles, I may not have caught you. If you had just silently gone to the Masjid and done your prayers, if you had relaxed, told everybody, 'Well, today I feel I am going to go,' perhaps you would not have gone. But the very fact you ran these five miles enabled me to make your heart fail. Now, I can take you. Are you ready to come?" What can he do?

When we are dissatisfied have we asked ourselves how we have failed in our duty? Our depression and our dissatisfaction doesn't come from out of the skies, it comes from our non-fulfillment of our duty.

Look at the Gita. Arjun, the great disciple of Lord Krishna was told, "Arjun, fight! You are a warrior, dying for righteousness is your duty." He said, "Oh God, they are my relatives, how can I do that? I have played with them, I have raised myself with them, I love them. Now I must kill them?" Krishna laughed and said, "Fool! They are already dead, your arrow is just a media." He said, "How are they dead?" He said, "They are unrighteous. They will die. You will win anyway. Perform the act. Do your duty."

Without duty there is no beauty. If you want to kill somebody, give him nothing to do. The person will be wiped out. Try it sometime. Get a person in the house. Feed him, comfort him, do anything, but don't talk to him. Don't involve yourself with that person. In three days he will run away. You won't believe how fast it will happen. You want to get rid of somebody, I'll tell you the best thing. If somebody talks to you, don't tell him what is right and what is wrong. Be neutral. If that person comes and talks to you after three days, come and paralyze me, I'll pay for it.

You cannot live without duty. It is your duty with the sun rises, you rise. How long can you sleep, until 3 o'clock in the afternoon? You will have to rise one hour anyway. Somethings you must do. That something you must do if you do dutifully...

There is a flag mast. Someone has the duty to raise the flag. Don't raise it, flag mast is not going to complain. But it will be clearly known, somebody has not performed duty. If you want to be beautiful, your dress will make you beautiful, the food at the table will make you beautiful, your cooking, your sewing, your living, your money, your prestige, your ego. All that will make you beautiful. If you do not dutifully deliver yourself, the whole thing will be useless.

Suppose you see a huge stone hanging on the street. Now, that stone has a potential to kill you, but it won't kill you unless it falls on you. So potential and reality are not the same thing in consciousness. When you think potential is a reality and reality is a potential, that is the mess up in the world of living. If you have a potential for something, it does not mean you have it. That is called a misconception. When you think your potential is your life, that is called a non-reality of living. Life is living, potential is your asset to live. If by temperment in behavior, you can establish that

you are very dutiful, then by the cosmic power you will be established to be very beautiful.

Go and talk to any teacher about Yogi Bhajan, they all hate me. There is not a single one who doesn't hate me, I know it. But they don't say a thing. What can they do? Duty is well done. For four years these guys were yelling at the top of their lungs, "Kundalini yoga is dangerous, nobody should do that." O.K. Fine. Now they send their students with tape recorder, "Go and tape Yogi." Now what has gone right and wrong. This is the same dangerous yoga. What happened? Because with the Grace of the Guru in six years, the job is done, duty is done. People are learning the technology, how to be healthy, happy, and holy. It is not a fad; it is now a living reality.

When you are pregnant, there are a lot of guesses. Boy will happen, girl will happen, big thing will happen, small thing will happen. You can write books and books on it. Who knows what will happen? When the baby is delivered, you know it is a boy, 6 ounces or 8 ounces, it is this long, whole thing, and then you name it. And then you rejoice. "Ahhh! God has blessed me." What? You did a duty. You are a woman, you supposed to deliver a child. If God gives it to you. That's all. Its a duty. You got pregnant. It's your duty to bring that child in to the vibrations. Teach that vibration to the child right in your womb. Make him a saint there, he will need nothing on this earth. What you can give to this kangaroo baby in your pouch, nothing can give back. Whatever that mom can teach in that mama's pouch to that little thing, that becomes the thing.

These modern mothers when thier bellies grow up, oh God, what tantrums they go through. Their make-up is no use. They can't go to parties. They create such an ocean of hatred for that little thing and latter on they think that thing can love them. Who has taught you that? Your blood which made his or her brain had that poison of hatred against that life. Why didn't you kill it? Because your duty didn't let you kill it. Then why did you turn your blood into milk and feed it? Because its your duty. Why do you change the diapers? It is your duty. You don't want to, I know you. Duty performed is God lived. Therefore we say, those who are dutiful are beautiful.

House of Guru Nanak teaches us nascom seva. Rewardless. Krishna says to Arjun, "Do it and don't ask for the reward." Regardless and rewardless, duty must be done. When regardless and rewardless, duty is done, God is experienced. But if duty is done with regards and with rewards then ego is experienced.

"Did I do that right?" Well, why do you bother about it? You did it right, let the other person feel it. You felt right, let the other person feel right. Why are you forcing the person to feel right, just because you feel right? What difference is it with one pushing or another pushing? Pushers are pushers anywhere and everywhere. Pushing is retracting your reality, never push.

Push towards God and universality, because that is where you have to go and where you are going. That will create a harmony. Anywhere else when you push, you actually retract yourself. The only prayer of a human is, "Oh, my Lord God, give me that Guru which can make me dutiful."

If you fail as a dutiful mother, you fail as a dutiful wife, you fail as a dutiful husband, you fail as a dutiful son, you fail as a dutiful friend, that is where you fail. But I tell you one of the beautiful things about the whole scene. Whatever can make you to fail, that very energy can make you to succeed. It takes the same time not to do a job as it takes to do the job. It takes exactly the same energy in thinking not to do a thing as it takes to do the thing. That is the law of equal balance. Law of equal balance says human has to use a given energy, either way. It takes the same amount of mind work to not come to a class. It takes the same amount of mind work to come to a class. It takes same amount of energy to not do the dharma, it takes same amount of energy to do the dharma. It takes same amount of energy to listen, it takes same amount of energy to not listen. It takes so much energy just to perform, and it takes that much energy to just freak out. "X" amount of energy will take you to the positive, and "X" amount of energy will take you to the negative. Which switch do you want to turn on?

When we say beauty is God, Sunderta Sat Perkasham, the beauty is the radiance of the spirit, what are we saying? Duty performed is God lived. Look at this scene and how life guides you. In my personal life, I ask myself. One day you have to teach yoga. Why not now? And I ask myself: If is my duty to teach, because it is my duty to learn. I learn, I must teach. It is my duty. If you learn and don't teach, you don't perform your duty. It is one of the worst sins in the world.

Don't go and beg, but when beggar comes to beg and you don't give, you are worse than that beggar. If the learned does not share the learning and doer not perfrom the act of duty, then he is not learned, rather he is a fool. Law of the learned is when you learn, you let other learn too. Live and let live. It is the law of harmony. Learn and let others learn. That almighty beautiful God which performs all the duties; look at him or her or it, whatever you want to call it. Doesn't God perform the duty? If he misses one rotation of the earth you all will be in space, none is going to stick around here. If only for one second of the total time known to man, God goofs in duty, your turban and your chuni and your levis and your cars will all be stuck up beyond these clouds. Why do we say he is infinite? Because his one goof can give infinite damage. Why are you finite? Because your one goof doesn't much matter. You are too little to mess up this earth. You are like a little mouse which goes up to the mountain and hits his head. Someone asked him, "Mouse, what is wrong with you?" He says,"Wait a minute, I am going to move it." He said, "You are on the mountain, how can you move it when you are on it?" He said, "I don't care, I am mouse." That is the story of mighty mouse, egocentric, neurotic. He started beating the mountain with his tail. You know that little tail? Tail got hurt! Blood came out and the ants got the smell, "Ahhah, there is something to drink and eat. They got the instinct; they all came out and ate him up. Now he runs with tail round and round, but how are the ants going to leave you? That is the story of ego. All vices, all viciousness, all negativity comes to you when you are hit with ego.

You have been told to do a job, either do it, or don't do it. But the human cleverness is, humans don't do things as a duty. Somebody said, "Why do we people suffer?" Answer is, we live halfway. We never say no, we never say yes. It is the human duty, if you cannot 'yes' something, always 'no' it. That is why they say when you do something, put your heart in it. Put your mind in it. The idea is to do it consciously and just do it. If you say, "Yes, alright, I'll go 50 miles walking and come back in two hours." If you couldn't do it, fine. But do your best and leave the act to God. That is how it came about. Somebody rang me up and said, "Yogiji, I cannot do sadhana, I am in fever. I am in bed." I said, "Do your sadhana in bed." "What shall I do?" "Do sitalee pranayam, fever will go away."

Once I got a telephone call from somebody who said, "I am calling you from bed. I know it is my duty to go and get up for sadhana, but I can't get up." I said, "roll over. You will fall from the bed, you will be O.K." Do something! Something is better than nothing. Perform the duty or die performing it. You merge in God. Any human dies while performing or having performed the righteous act, Godhood is achieved.

When the soul is alive, we call it the inner consciousness. Inner consciousness is the direction of the soul. It is not the direction of the ego. Mostly people hear ego and they call it my inner self. Whenever anybody outwardly tells you their inner self says something, he is not listening to the soul, he is listening to his ego. When your soul talks to you, you will not say anything. Whenever these people say, "I have to hear my inner guru, they are monsters, egocentric maniac monsters. Their correct definition is egocentric, maniac monsters of ill will and ill fate. That is the title. Why? Because they are representing their ego. You can just say, "brother, I am sorry, it is not possible. There is no necessity in your life to create karma. What is karma? They say half done actions are karma.

When you don't understand what you want, there is no concept, no conception. When there is no conception, there is no conviction. It is a conception of relationship. He is my Lord. He is my Guru. It is my temple. It is Guru's house. It is Guru's estate. It is a conception, and then comes conviction. Then comes righteous action. First is the conception, I see, I come, I conquer. You cannot deliver without conviction. You cannot achieve without conviction. You cannot sustain without conviction. I am right to say, you cannot live without conviction. Conviction of mind makes you to be dutiful, and dutiful is beautiful.

Once I was counseling a person and she said, "Well you are going to tell me, I am his wife." I said, "Yea, I am going to tell you, you are his wife." She said, "That I already know." I said, "No, you don't know. You don't know that you are the wife." She said, "Why not?" I said, "Because you have no conception of what a wife is. When you have no conception of what a wife is, then you have no conviction of what a wife is, then you can't perform that duty that a wife is. What are youtalking about? Knowing is not enough. You have to know what you know and then you have to know what you don't know. When you know what you don't know, that will give you the experience, and that will give you the conviction of life. And then you have the performance of life, and will be successful.

Individual truth is not circumstantial truth. And circumstantial truth is not a reality. Ultimate truth is what God is. If anything can make you remain you all the way, not you as you are, but the progress ratio of your individual relevancy, at the edge of the frequency of universality, if it can be augmented by any action, you are near to God. That is yoga, union of God is the target of life. Everything else is a hodge-podge. You can love somebody, but if you do not maintain loving somebody, it will turn out to be a hate. What is a hate? When love is not maintain.

You might have seen a lot of husbands and wives fighting. Why do they fight? Clash of personalities, clash of ego, clash of directions. Why for that happened? Because they don't understand each other, they don't stand under each other. If I stand under you, I have come to teach, you have come to learn. Fine, it is O.K. But if I am teaching and somebody gets up and starts this, someboudy else gets up and does that, we make a mess out of it. What is going to happen? Either you'll walk away, or I'll walk away. It has to be one flow, otherwise, it is going to blow. I am teaching you all in western slang, I am getting nothing from India imported. How long can you build a dam. It will damn you. That's why we say damn fool. That means a consolidated fool, it has damned up his foolishness. In other words if his dam burst, nothing of you will be left. It is an expression of super dangerous insanity. In other words, in this man's mind, a dam filled with foolishness exists.

We also say in our expression, bloody fool. That is a dam, it may burst or not, but this guy is just out and our for the kill. He is bloody. He is foolish to the extent to go bloody. These expressions are human experiences.

Idiot, i dot, I is ego, when you dot it, it becomes small. It means this person has no concept.

God is as you know it, dut is as you perform it, beauty is the result of duty you perform, period. You did it well, it will be very well. You did it half-hearted, it will be half-hearted, you never did it, you never did it.

If every wife does the duty of the wife, and every husband does the duty of the husband, it they can not do it perfectly, at least they try their best, there will never be a clash.

I'll tell you the clash from my own experience. I saw it happening. Husband came to have lunch at home, out of sheer feeling for the wife, "Al-right, today I'll go home and have lunch." You know, people are emotional. He went home, had lunch, very fine. When he finished she said, "You remember this evening we're going out. What time are you coming then?" He said, "Right when I finish my work as usual. I'll make it." Argument started. Her insecurity for the evening got triggered off because the poor guy came in. When we went back by car, I asked him, "Have you ever eaten at home for lunch?" He said, "no." I said, "You should not have come today. This woman couldn't handle you. He said to me, "Why?" "She doesn't trust herself. She thinks you have come to eat lunch so that you would not have to come tonight." He said, "How can you say that?" I said, "She's a mental case. I can read her aura, I can tell you. In the evening, we came within

a few blocks of the main house, just ..do an experimont. He called, Honey, there is a special work, I can't make it." She said, "I knew it! I absolutely knew it! I couldn't believe that you had some to take lunch! Ba,ba, ba!" Whole thing. When I heard even with the telephone away, I picked up the telephone and said, "We are only ten houses away from you now. For God's sake, don't bitch around." And you know, in three minutes, we show up.

Then I told him, "Now the second chapter starts. Tell her to get ready, she won't." He said, "How do you know it?" I said, "Go ahead, tell her. The moment he told her to get ready, she said, "My mood is gone, you took away all the taste for going, it is no good." Then he said to me, what is going on? I said, "I told you what is going on. She is a mentally sick patient. You are married to a sick woman. She has been raised by her parents with severe psychology. How can you expect anything straight from her?"

That's why I say to you it is your duty to speak truth to your children and stand to it. Don't lie to them, don't cater to them. Behind the catering, they find your insecurity and weaknesses, thats why they mess you up. When you cater to the child, you are trying to cover, and the child has the super psychic power to see behind it. The moment he uncovers you, he will not respect you. Therefore it is your duty to be straight with your own born. But you don't do that, you do, "When I'm 64, will you still feed me, will you still need me." That stuff you do with your kids and that is sickening.

Do your duty. God will bring beauty to you. God has made you a woman? It is your duty to be a woman. You must conceive the concept of a woman. You must have the conviction of a woman. You will always be great. You can seek, you cannot be a sikh. You have to have the conviction of a sikh. What is the conviction of a sikh? He now, ever and ever shall belong to the Guru. That is the conceptiong of a sikh. And once that conception is there, Guru is there. Once that Guru is there, God cannot go away.

On one side is Guru, on other side is God. Whose feet should I touch first? You know, a disciple of God is in a quandary, a puzzle. One day while meditating, Guru and God came before him. Now what should you do? A question of potential arises. And the reply came. I am a sacrifice to my Guru who made me to see God." The conception of living of Sikh is: his Guru first, his Guru last. His beginning is a Guru, his end is a Guru, his inbetween is a Guru. And it is duty. That's why he is beautiful.

There are a lot of teachers who have a lot of students. But they don't perform the duty. Somebody asked me, "Yogiji, are you creating a regiment?" I said, "Yes. I am creating a regiment. Don't you understand that?" "Why are you creating a regiment? Do you want to create war? I said, "Yes, I am going to create war." "On what?" I said, "negativity." I am creating a regiment which will fight unhealthy, unholy, situations. I am telling them to wear a uniform so that they can be recognized." "Suppose they cannot deliver?" I said, "Then they will call me. Who cares? Somebody will deliver. When you cannot catch a thief you call headquarters, "Hello, headquarters! Headquarters!

Thief such and such is missing, catch up! Then everywhere, every car starts running. You get him."

I have got to put these lighthouses somewhere in this wilderness. They are the pioneers of hope. They are not perfect, but they are trying to be perfect. They have not performed their duty yet, but they are making an effort to do it. That's why they are beautiful and true. All knowledge, all scripture, all wealth, all environment, all energy is meant to perform duty. When righteous action is done, God is pleased.

When you serve the man you get the wages. When you serve the God you do not get anything? Do you believe it? Does your logic and reason believe it? A person who waits for another person is loved. When you rise early and wait for God he has no love? You think God is a dead thing? That is why Guru Nanak said karta purkh-being. So that you may not befool yourself. Law is when you come to God, Grace comes to you. When you come to the House of Guru, God comes to you.

"The God-awakened man lives in theworld without attachment,
As is the lotus unaffected by the touch of water.
The man of God is not bound by evil.
His gaze falls on each man the same,
As the sun gives warmth to all things alike:
As the wind blows the same on the beggar and the king.
He holds himself uniformly in patience,

"He holds himself uniformly in patience." This means he is not emotional. One who holds himself uniformly in patience is never going to be a patient.

"The God-awakened man makes himself the dust of all men's feet,
Yet he alone knows the Essence of the Self.
He extends his kindness to all"

When you love all alike. When one is kind to all, what will you do? Praise the Lord. Ultimo. Ultimo is the essence of consciousness in seeing the creativity of God through every action and reaction. And watching and still staying neutral. And all through the effort of every moment of life, all you can give is the praise. Praise the Lord.

"No one can appraise the worth of the God's man:
For all that is, is contained in his mind.
Who can fathom the depths of his mystery?

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Therefore, bow to him in reverence!
None is capable of reciting his praises.
He is the Master of all.
Who can measure the extent of his greatness?
Only another as perfect as he could measure the reaches of his soul.
Infinite, incomprehensible is the man of God:
Nanak stands in eternal reverence before such a one.

Eternal reverence, right? Either do not have reverence, or have eternal reverence. Half cooked food gives you a stomach ache. Sometime you should read it (Peace Lagoon) and ponder over it.

"He who has realized the True Lord is called the True Guru.
In his company the disciple is saved, and calls on the Name of the One.

The True Guru sustains the disciple;
He is always kind to him.
He removes the filth of his evil mind,
And through the word of the Guru, he is enabled to call the Lord's Name.
The Guru breaks the bonds of his disciple,
And the disciple turns away from evil doings.
The Guru gives to his disciple the gift of the Name:
How fortunate is he to find such a Guru
Who saves him here and Hereafter.
By his love of his Guru, the disciple is protected.

The disciple who lives in the home of the Guru
Should surely submit to his will and command,
Have no pride in his actions,
And ever contemplate in his heart the Name of the Lord.
He should surrender his mind to the Guru,
And then shall all his desires be fulfilled.
When a man does service without a thought of reward,
He alone reaches the Lord.
It is by his Grace
That a man is moved to learn at the Guru's feet.

When the disciple is able to satisfy the Guru's test a hundred per cent,
He is granted the knowledge of God.
The True Guru is he whose heart is filled with the love of the Name:
I am a million times a sacrifice unto him.
He it is who grants all gifts and the blessing of the soul;
All the day and night he is immersed in the love of God;
And God is in him and he is in God.

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For both are one and neither are separate from the other.
By amillion schemes you cannot find such a Lord;
But by a special Grace do you wake and find Him there.

A glimpse of the True Guru is enough to purify a man;
The touch of his feet transforms a life into perfection.
Upon meeting him, one learns to sing God's praises,
Which lead him to the Kingdom of God.
By listening to his words the ears are charmed to satisfaction;
The mind is appeased and the spirit is at rest.
Such a perfect enlightener is he, whose instruction is eternally true.
Standing in his ambrosial presence, a man can become a saint:
Such virtues in him are endless; one cannot appraise them fully.
If one were to win his pleasure, he will unite him with his Lord.

The tongue is only one, but endless are His praises to be sung;
He, the True Being, the Only Perfect One.
By no words can we reach the Lord,
For He is Unfathomable, Inconceivable, Transcendent,
With no need of sustenance, free from malice, and in perfect peace.
None can tell His worth.
Numerous are the saints woh offer Him their daily homage,
And hold His Lotus-feet in their hearts for contemplation.
I am a sacrifice unto the True Guru,
By whose Grace I contemplate such a Lord.

Duty performed is the beauty lived. Thank you.

CONSTRUCTIVE SELF

August 6 1975 P.M.
Espanola, N.M.

In this series of consciousness, now we'll work on what we call the Constructive Self. The constructive self is other words known as God's will. Creative consciousness may not be a constructive consciousness. Creative consciousness is an affective consciousness.

It is part of the creative consciousness that when somebody points out your mistake, you accept it. Asking that person thoroughly about it you then style yourself with it. When you style yourself with that criticism, and you make an effort to eliminate, that is the constructive consciousness.

Things should not be right only, they should look right. We always say, "I have this intention." All right, you have that intention, good for you. The question is what will you do with it? That is what matters. I have no intention to damage you, but still you are totally harmed. That is no good.

Basically in our human style, we are very afraid of criticism. We think when people criticize us, we are a very, very great failure. But actually, criticism is the only strength you can live by. Because when some one criticizes you he brings in you or tries to bring in you your insecurity. And if you know you strength, then you will not fall apart. By not falling apart you have to construct yourself to match up to the criticism. It is a self evolutionary process through which you grow. It looks bad at the surface. Alot of people say, "Why is everybody telling me blah, blah, blah !" Everybody is telling you, but it is up to you to listen or not. You have the right to decide. When you don't decide, then you freakout. Creative consciousness and constructive consciousness have a very subtle difference.

Soul and time are blended together, how you pass them when you are reawakened, or are awake. Dreams don't just come at night. You dream more during the day than when are asleep. What you call daydreaming, is thinking you think to think the day dream. I am not very good at dreaming and dreams, that is why I can never teach it. Neither do I dream at night, nor do I know what happens during the day dream. That is why I always pass this subject. So that area, you can learn from someone who dreams. I don't know what it is, but they say people dream. But the scriptures say, when you think to think something you are day dreaming. When you extend yourself mentally beyond your physical capacity, you are day dreaming too. One wet dream is equal to ten physical wettings, according to the nervous system. You can measure how sexy you are.

Scoubit is a stage of God, and it comes to every human being. It is a stage when you go deep into your oneness. At that time you are totally relaxed. We call it a dead sleep. You understand the expression. dead sleep? Totally asleep. It may be half an hour, it may be an hour, two hours, two and a half hours. Thats it. It cannot go beyond two and one half hour, because after two and a half hours the nostrils will switch and the pattern of sleep must change. Scoubit is one stage where in 5 minutes, ten minutes, fifteen minutes, twenty minutes, you can totally relax everylimb, every muscle, every nerve every organ of the body. It is very recouperating.

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Touria is a stage which is very funny. Funny in the sense that you know everything, yet still you don't know. You know nothing, but you know everything that you wanted to say, more correctly than you can talk? It is a contact of the touria. They call it the same frequency, same frequency which runs in the tube of universal consciousness. Both minds become the same. They get the same sight, same effect, sam position, same self. It is a packet of time and soul.

You relate to your body, and try to relax your body; similarly, you can relate to your mind and you can relax your mind.

What suffering comes from self rejection, self inadequacy in feeling here is nothing you suffer with actually. Actual suffering is very rare, you all suffer in a dream. When imagination becomes a little practical, you get into it as a dream. You understand dream? You go through everything, but you are still lying down. You don't move your hand, you don't move your leg, but you walk ten miles in the dream. Sometimes an incarnation is lost in the dream.

Positive aspect and negative aspect is not what the dream is about. The dream is a living reality of mind. It can be positive, it can be negative. It is also a release of your subconscious mind. All those self thoughts, half deeds, half commitments, they come to you in dream to. All negativity, all depression, all frustrations of mind are nothing but a day dream.

Here is a funny story. Somebody called somebody and said, "I am depressed." His friend said, "I'll come right away to help you." So he jumped in the car, went to his house and said, " Come on, come on, stand up." The guy stood up and his friend started measuring him. When measured, he said, " Wow I thought you were depressed." He said "Why ?" He said, " Measurement is the same." He said, " No, no. I am really depressed." He said, " Wait a minute." He started unbuttoning his jacket, and feeling him all around. He said, " Friend, there is no dents, you are all right. That guy sat back and said," Well what do you mean? I am telling you, I am depressed." He said, " You are living in a non-reality. Whenever you live in reality, there is no such thing as depression, aggression, this, that you are very human your mind is very lit you are very radiant. Day dreaming takes away so much energy from a human body, you can't believe it. When you dream too much, then you must have a depression, they call it mental ejaculation. It happens in the central nervous system. Only one little formula can just correct it. When you start thinking, first ask yourself, am I thinking? Just question mark it. Whenever your ego wants you put in a daydream thought pattern, just ask if you are doing it. Ego will stop doing it right away. Your own ego can't stand to be questioned. You kown what you ego is ? Question it, you always become correct.

There are two levels of frequency of living. If a person lives 60 years which these days is considered an average. Actually he lives 60 times 108 which equals 6480. That is what they call the mind years. 6480 is your mind year age. Divide it by 84, you get 795. Those are its ego years. Now from that figure, subtract out 60, you get 195. That is your years lived. On average, a person lives from 14 to 20 years.

on average, a person lives from 14 to 20 years.

And normally, that is the maximum age of a dog. That is what you live and enjoy, as a human being. The rest is all far out, or farther. It is simple mathematics, it is not a big deal. That is why man can reach God faster than the animals, because man has the mental years. Sound of the man is MA MA MA. Ma is rebirth, resurrection. Na is death. One who is born or dead, that is what man is. The basic word for man is manas, MA-NA-SA; out of the totality, the one which is born is to die.

In our super consciousness, we become dedicated. That is the first stage of love experience. Second is the frequency of mind and soul. In other words, the thought pattern becomes the same. That is the stage where you experience egolessness. Difference in thought will always be because of ego. Because it is ego which will bring insecurity. Insecurity will bring defense. Defense will bring logic and reason. Logic and reason will bring argument. Argument will do a discussion, discussion will do bla, bla, bla, whole viscious circle. But when one's thought pattern becomes the same, then love starts living. When the mind comes in to the total affect of forgiveness, they call it ecstacy of consciousness. When you forgive yourself, then you can forgive everybody else. Then the God man is born.

Wherever the mind has to feel the plus feeling, we call it constructive criticism. Constructive criticism is only effective when the frequency of the mind is the same. Otherwise you will have an enemy around you. Never give anybody constructive criticism, nor give anybody advise, until you are sure the person wants it, unless he is your student. Otherwise you are asking for trouble. And whenever anybody says please tell me the truth, never tell that person anything. Whenever a person says he wants the truth from you, that is when he wants to know your weakness. Silence is the greatest truth at that moment. But when you are with a friend of a constructive nature, or with your teacher, never hesitate. The teacher has the right, your guide has the right to use your own admission against you, but the friend doesn't have that right. Because a guide, or a teacher, or a guru has to remind you that you are falling again into the same state of consciousness. But a friend is a trustee, he holds that information as a trustee. If he doesn't, he betrays you. He comes out as a cheat.

QUESTION: Can a friend be a teacher?

ANSWER: A teacher is always a friend and an enemy. But a friend is alway a friend. A teacher has no other role with you. Every other role, he adapts to teach you. It is so surprising, a teacher will remain a teacher in the beginning, and a teacher in the end. All roles complementary and supplementary. Because it is required of a teacher that he be neutral to you. Constructive Consciousness is a self purifying art. Everybody has the capacity to be great. Only you have to give it a chance. All pain and displeasure comes from ignorance. Law of Karma is, action has a reaction equal and opposite. So shall you sow, so shall you reap. Bad deals will make you weep.

Now how can you get out of it? If you have done a wrong job, by doing ten right jobs, that one wrong job is not going to be corrected, because it was there in that time and space. Therefore, you cannot correct the wrong. That time and space is gone. You did the act on Friday, that Friday is never going to come back.

Does that mean we cannot get rid of anything? No, we can because when we constantly do good deads, our ignorance is gone. The moment our ignorance is gone, our reaction is gone. Mostly people suffer from their own mental reaction. When you subject your consciousness, objective consciousness does not like negativity. And it does cause a turmoil and reaction that is very painful.

When you relate to your soul, you relate to the EK, the one. Because the soul is on in everyone. The soul has no dimension except it exists. Mind has levels of frequency. We call it levels of elevation.

What is the relationship between the student and teacher? The same thought pattern, the student follows and walks over it. That is all. That is all. That is the relationship. After all, everybody cannot have a very supreme self. But everybody can build the supreme self. In other words, you can use constructive consciousness and the creative consciousness to build in you the supreme self, the unfallable, the unpollutable self.

Ego, Guru, and Guide

August 7, 1975 PM

Espanola, New Mexico

Life is what you consciously make out of it. Therefore you must have a conscious target to achieve. Everything in life should be evaluated in terms of whether it is directing you toward the goal or away from the goal. Make a point not to miss your destiny point. Humanity's destiny point is that from the beginning with all the help, to the end with all the help, the human should be human. God won't accept you as an angel because He never sent you as an angel. He won't accept you as a devil because He never made a devil out of you. If I give gold, I want gold back. That is God's nature. You have come with "X" amount of capacity and "X" amount of innocence. You can expand that capacity- go all the way, but you shall not cross with any other way than "X" amount of innocence. Entry and exit have the same amount of innocence.

All the emotional fluctuation of life doesn't mean a thing. If you wash your face for twenty years, it doesn't mean a thing. It will just be a very washed face. That is what life is about. You have come to go. If you can go, your coming is welcome, otherwise, you have missed the point. That is why everyone has to have a guided tour out of this jungle of ego. It is a Manhattan, New York of ego. And we live here like Wall Street.

Are we unpolluted as the weather and sky are here in New Mexico? Ask yourself that question. Have you compared yourself to this beautiful environment? Is our within and without the same? If it is not, why not? Do something. Life has a question. And it must be answered. Life says to the ego, "Ego, you came with me, but you cannot go with me." Life belongs to the yonder land. Ego was given as a companion so you could keep going. That does not mean that the boss who is sitting in the back seat has no right to direct the driver. Ego will not go from this earth, it is the product of this earth, not the product of ether. Ego is the friend of the life, it is not the master of the life. Don't judge right and wrong in the eyes of ego. Live and let live.

Without commitment there is no essence in life, there's no joy, there's no achievement. If you are not spiritually committed how can you enjoy your living? Who can appreciate your spiritual achievement? None. Worldly achievement is for the world. Spiritual achievement will take you across, and then go all the way. The more you know your soul the more you can merge in that universality from which you came. That is why we say, "Without Guru no knowledge can come."

You need a guide, not a guide to possess you, but to guide you. You need a guide to appreciate you, to inspire you, to correct you. It is like a compass. It tells you where the North Pole is, and where you are in relation to it. "Without Guru there is darkness and without Guru there is no awakening." But Guru is not a professional Guru. The position of Guru is like a pump which pumps the air into the tire to make it useful. The pump

does not stay with the tire when it goes on the road. The air pump fills the tire with air, then the tire runs some distance, and when the tire needs air again, the pump fills it so it can keep going. Guru is like a gas station which fills you with spirit. The teacher should take away your doubt and darkness. He should rekindle, respirit, reorganize you, redirect you, tell you what reality is, and you keep going again.

If you do not understand the worship of Guru, how can you understand the worship of God? Guru is a guide, a friend, a buddy who shall not use your weaknesses against you. There is something going on these days where you give everything to the Guru. Then what? You go and beg. That is not worth anything. Guru Nanak said, "Here, happy and there, friendly." Some religions teach a very funny thing: Here life is miserable, live in pain, and in a mess, die with hunger, have no woman, no children, no home. Guru Nanak said to the siddhas, "Fools, you have all these super powers and still you go and beg from the householder." Householder is the pivot of life and God lives in cozy homes.

God doesn't live in churches and temples. Churches and temples were meant to let all know there is a God, to show there is a God. It is like a fair about God, where people come for God consciousness and they live in God consciousness, and they know we are alike in that consciousness. But God doesn't live there. God is not fool enough to live without a woman. Because that is not the way God is. The law of polarity governs the life. Each male has a fe, and each fe has a male. Even hatred of men is just continual frustration with men so that you get to a place where you cannot trust any man. It is like a phobia because of negative associations.

Why does man enjoy the challenge of life and faces life? Because he knows that beyond the valley of death is the valley of life, and He who sends you to the valley of life. Each man knows this from his birth. He knows he must walk through the valley of death to face the Creator.

That is a Guru who can pull you out of the mud of life and can relax you in your consciousness and can be a permanent source of assurance. He can be your infinite security. He is your infinite spirit, your infinite guide with all the facets of infinity and still a compassionate friend. The House of the Guru is an open house to angels and devils alike. All can come in but all connot remain the same. When you are in the House of Guru or you are around a Guru, you cannot be what you are. It is like going in the den of a lion trying to come out the same way. If you are lucky to come back, then you will come back with a lot of scratches.

The food of a Guru is ego. Guru eats ego, and a Guru who does not eat ego is still a student. As long as you can be you, and as long as you are maintained as you, you will walk on your own prosperity of progressing self toward the infinity. It is the property of the Guru not to let you get eaten by the weed of ego. Ego and Guru do not live together. You will never need a Guru when you have an ego. And when you don't have an ego God becomes your Guru. When the student is ready, teacher will come. You will be delivered to the House of Guru, that is the law of nature. You can mess around once you have reached there. Reversal life is having reached the House of Guru, you loose your chance. Then nothing can redeem you. Then you have to go through the cycles again to reach that opportunity.

August 7, 1975

This world is not a mystery. Ego does not let us enjoy this world. Our visitation rights are never experienced properly. We only have visitation rights because it is not our permanent house. God, G-O-D, "go" is go until you are dead. That is what God is, keeping up until you are dead. You think keeping yourself here is all about God. You don't believe in keeping up because you don't believe in yourself. Self is given to you, why don't you believe it? The moment you believe Self is you, you are enlightened right on the spot. That is enlightenment. Self is the gift of God given to you to keep up, to keep going. You keep going to the D, God is the D, D is no, minus, death.

When will is lost, man is the de vil. What keeps the will going? The soul, the spirit. The Go has to cross through the D, the valley of death, and beyond that there are heavens. Therefore my friend, in each of us there is a point to be reached. In each of us there is a will to God. In each of us there is an instinct to go.

Earth is a temporary home, it is called "Marag." Marag means pathway. In English it is called earth which is spelled e a r t h. There are two words in Gurmukhi, earth and unearth. Earth means righteous trust, trust means I have trust in you and this money comes from a trust. In English trust means this land. Unearth means injustice, unfortunate happening. Human languages have a very common existence because all languages are human communication. Sound only differs because of geography. After every twelve miles language and accent changes.

Twelve is your psychic longitude and latitude. Twelve miles is a territory of the psyche. Time and space was measured by twelve. Now we are going to decimal system, the system of zero. Zero system. This system is popular now because now is a time of infinity. Men in consciousness are realizing that he has to go beyond time and space. This is space age, not time age, that is why twelve is missing. It is a time of eight, infinity. Eight is two zeros.

The guide is just a reminder, re mind. He re-minds you about energy and re-minds you about life. So you can mind your own business and keep going.

Don't Pee, Kee, Kee P. You know what happens when you cannot pee. Language comes as man initially experiences his experiences. Most of the words are nothing but a combination of a lot of expressions. Ex-press-sion; express means fast, sion means stop, no. When fastness is gone and what you say is identifiable, it is recognized and organized. All these words are a bundle of human expressions, but they all come from the basic sound of infinity.

Om cannot be written or expressed. It can only be sounded. It is often taught incorrectly. It is the sound of the conch in the nose. Mouth is open and with the central plate the sound will come through the nose. If you are chanting it correctly then the breath will be as hot as fire. Guru Nanak knew the trick. He said, "Ek Ong," and naturally you will say Om correctly.

Seekers' road is a practical road. They call it royal road. The throne of Raj Yoga is ever given to Guru Ram Das. These mantras are put together in a practical way, that is why it is called Siri Guru Granth. Gur Guru, Sat Guru, Siri Guru, Whahe Guru, these are the five stages of consciousness.

There is only one book which is bowed to. There are many other scriptures about God, but none is respected as a living identity and presides over humanity. This is the first time on the planet that the Word presides over man. We bow to the Word of God, the word of those men who were one with God. Jesus, Buddha, Mohammed, spoke about God and the oneness of God, but there came an era where a combination of men of God spoke in ecstasy of God and not about themselves. All through the Siri Guru Granth you read these men of God saying, "We are humble creatures of Thy Creation, bless us as You prevail, that way all men should know." They never said I did it. There is no expression of I. Where there is an I, there is a you.

You have to practice Khowdi Kriya because your prayer doesn't have rhythm and melody. Any prayer that doesn't have rhythm and melody cannot be answered. This is given to you by Khowdi Kriya. Earth: sa, re, ga, ma, pa, dha, nee, sa. Ether: sa, ta, na, ma. Siri Gietri: ra, ma, dha, sa, sa, se, so, hung. That is the earth and ether of infinity. One is now, one is ever.

You come from yonder land and you return to yonder land. This is the passage land. "Vedia" means knowledge. There are four Veds, one talks about God, one talks about earth, one talks about protection and defense, fourth Ved talks about medicine. Siri Guru Granth is siri granth. Granth comes from "gra" which means knot. Guru means knowledge, that which brings you from darkness to light. A technical formula which takes you from darkness to light, ignorance to knowledge- Guru. Siri means universality of infinity, which is God. That is why they call it Siri Guru Granth. Siri Guru Granth is called Siri Vedia because it is the great knowledge.

Now is the time to teach the science of God in the practical. In science theory and practice always go together. They form the compound of experience, philosophy and knowledge. Only knowledge is nothing, only philosophy is nothing. Root sounds of everything are the root of the man.

Where is that seed which you have to eat? The action will push you unto that. On each kernal, the name of the person who will eat it is written. Guru Nank said, "These geese leave their young eggs in the mountains in the snow; who hatches these eggs? Who feeds those little ones? In the ocean all life is provided for, even the worm within the stone is provided for." Narad didn't believe it, so he said to Naryan, "Why don't people believe they are provided for?" God said to Narad, "Today it is you who are doubting my competence." God said to Narad, "Test it." Narad came on earth and found a little ant and put him in a clean closed box. There was air, but no water or food. One week passed and Narad checked the box and he saw the ant sitting there and just closed the box fast. He kept doing every week for a month and still the ant was alive. Narad went to God and said, "How was the water and food given to this ant? I don't understand." God laughed and said, "Narad, see your face. What is on your forehead?" Narad said, "Pillak(grain)." "Each week I made you to open the box to check the ant, and each week I made one grain to fall into the box for the ant." That is the O, that is the organizing God. G is the generating God, D is the destroying God. You believe in one God, but the Hindus call it Brahma, Vishnu, Mahesh- three aspects of God. They combine three aspects into one aspect and you call it God. Guru Nanak proceeded further, he said, "Ek Ong Kar." The one God which is beyond the combination of the three. "Karta Purkh" He creates Himself in all three aspects. Read Peace Lagoon, it is the Word of God written in analogy. When you read and ponder on it you will need no explanation, you feel it.

August 7, 1975

When people forget their songs, they forget their harmony, their melody, and essence of life. When you want to destroy a nation, take away their songs. They will suffocate and die. As long as your songs will live you will live and everything will come to you. As long as you sing your songs you will cut through all clouds of destiny. These songs have been given to you. Sing them as a human and God will walk behind you.

1. *Guru Nanak gave us the word, echoing through this earth to be heard*
   Guru Gobind Singh gave us the sword, to protect the weak from the merciless foe
   Chorus:
   Chanting Sat Nam Singing Sat Nam Chanting Sat Nam
   Guru Ram Das built a temple of gold, gold and marble in the eyes of the soul
   Strength to the fearful and a home of the brave
   In Grace united chanting God's Holy Name
   Chorus
   Born into this world from the universal womb
   Oh Divine Mother, lantern of Truth
   That each lady is a goddess on this earth, in Grace united, chanting God's Holy Name
   Chorus
   Shining form the East came Harbhajan Singh, opening hearts to the Aquarian dream
   The age of Truth on this earth shall be known
   And victory to God by the grace of the sword
   Chorus

2. *He came into the room so silently, and looked at him straight into the eyes*
   He said I do not fear your hate or anger, neither do I fear your earthly mind
   Chorus
   And we heard the sound of steel clashing
   And blood dripping from the Master's sword
   Those who wait to be reborn in the glory of the Name
   They're like flowers in the rain, waiting for the sun,
   Till their souls shall be reborn in the body of a saint
   Who shall live forever in the hearts of those who know God.

   He stood on Baisakhi Day with steel in his hand
   Asking for the head of a brave young one
   Many did they run away and many did they hide
   But those who gave their lives to him,
   Their souls were glorified
   Chorus

   He took us from the dirt and mud and made each one a man
   He taught us how to live as saints and to always be as one
   He told us of the days ahead and to learn to sacrifice
   For it's not to die that matters, it's the courage in your life

   To die for Truth is to live forever
   But for some the cycle of fear shall never end
   They're like flowers in the rain, waiting for the sun
   Till their souls shall be reborn in the body of a saint
   Who shall live forever in the hearts of those who know Love.

August 7, 1975

3. *Who ever thought we could find a holy man who'd take away our cares?*
Who ever thought we could find a holy man who didn't put on airs?
Come with us as quickly as you can, we'll take you there
Chorus
Guru Guru Whahe Guru, Guru Ram Das Guru (repeat)

He has a beard just as long as you've ever seen or heard
Just to touch the dust of the dust of the feet of the people
He built his house just to show that you need not be poor with the Word
And on top he put a golden steeple
Chorus

We have a house built half of marble and half of gold
All around is a nectar tank with vibrations of old
We feed about ten thousand neighbors every day
Rainbow light high in the sky to guide us on our way
Chorus

This is a temple with a door open to all four winds
Instead of a high place, he chose the ground where love begins
Your body is a temple entering into the Golden Age
The story is quite simple, it's been told by every sage
Take ahold of your Golden Temple (repeat)
Chorus

Blessed is the man who takes a sip and a dip in the water
Golden sun and marble moon will purify the water
Wake in the water children, think about the life that you're given
You are eternally living within the Lord
Wake in the water children, think about the life that you're given
You are eternally living within the Lord
Chorus

4. *We are one in the spirit, we are one in the Lord*
We bow only to God and we stand by the sword
And we pray that our unity may this day be restored
And they'll know that we are Khalsa by our love, by our love
Yes they'll know that we are Khalsa by our love

In the land of the brave and the home of the free
The body of the Khalsa shall rise for men to see
And to the True Guru shall go the victory
And they'll know that we are Khalsa by our love, by our love
Yes they'll know that we are Khalsa by our love.

August 7, 1975

Examination Questions

1. *Briefly explain elementary and dedicated consciousness. Technique also should be explained for elevated consciousness and effect thereof.*

2. *Briefly discuss the technique of laying down human values and the benefit thereof.*

3. *Discuss the relationship of guide in life and goal in life.*

4. *Paint an imagination of a happy man.*

Supplementary Supports

August 7, 1975 AM

Espanola, New Mexico

Today we will discuss the supplementary supports in conscious behavior. These are like little tools for the mason. Life lived is a life carved. You have to carve your life and that life has to fit in with the surrounding universal conscious behavior. It depends upon geography, the people you meet, the background, and on and on. There is an art to fitting in.

A God-conscious man is a universal man, a man of the universe. He is very mobile, flexible, and very easy to fit in. He fits in in everything. His flow is like water; you pour water in any pot and it will take that shape. If you put water in a steel pot, a glass pot, or an earthen pot, water still remains water. That is what universal God-conscious man is. It remains it. It can get in anything. It can adapt to anything, and it does not loose its one quality. It remains water. You can freeze, boil it, or evaporate it and it will become water again because its basic ingredient is water, as the basic human ingredient is soul. And that soul is part of universal soul.

One quality of a great human is listening attentively and authentically. You act sixty per cent wrong because you listen wrong. You don't have the capacity to listen. The human body is the body of a listener. "Sarota" is a being who listens. You can shut your mouth, eyes, stop your legs and hands, but you cannot stop your ears. Every hole in your body is under your control, but not your ears. Why? Because your basic faculty is to listen. Because of not listening, you communicate inaccurately, hear inaccurately, react inaccurately. When you start listening peacefully, you start living peacefully. When you listen and digest what you have heard without reacting, that is the state of saintlihood. Listening is the most important human faculty. There are sand granules in your ear which move and through them you keep your balance. The basic faculty of the mind is listening. When you read, you listen. Your mind reads it and then your listening faculty listens to it. And anything which you listen to will be understood by you, otherwise it is not understood. Even in speaking, you speak to listen to your own words. That is why some people love to talk. They love to listen to their sound.

When I came to this country I was a total alien. I couldn't adjust to anything. I had with me a tape of Sukmani Sahib and Asa Di Var. I used to turn it on and just listen to it for hours. I had nothing else to do so I began listening and pondering on what I was listening to. That experience gave me something special. Now I can be anywhere and I can listen to those words. That is why we do Japa. It brings the faculty of listening. When we have totally internalized that faculty to listen, the universe will start talking to us and we can just listen. At this point a man knows the unknown. Universe becomes a mantra and you become a listener; it is called Japa Jap.

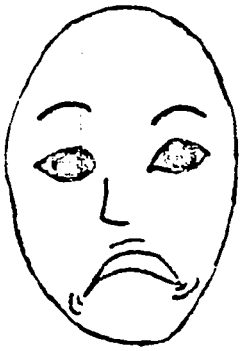
It is a very simple Hindu philosophy of all prana. All prana ends up in Punj Shabd. It is Sa Ta Na Ma. Aa is the basic sound, the root sound, Ek. It is the fundamental sound. Sa, when you say Sa your lower jaw must

move out or it will remain C. The tongue locks with the lower plate when you say Sa. The place where the tongue presses is the universal meridian point. That zero point where the whole nervous system stops, Sa. Practice saying Sa and press that point. It will relax your spine immediately. Another way to practice this is to inhale while saying Sa and exhale while saying Sa.

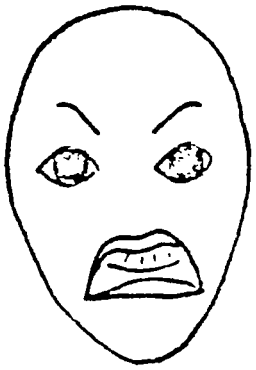
When you listen to music you listen to Sa, Re, Ga, Ma, Pa, Dha, Ni, Sa. These sounds are Sa, Ta, Na, Ma. There is no flatness or leveling off. The sounds of Sa, Ta, Na, Ma are ascending sounds. Total number of sounds is twelve. There are twelve months. Sa, Ta, Na, Ma are the five elevated sounds. Seven sounds of earth and five sounds of ether.

Everything we need to teach is in these twelve words. When prana and apana can meet in the Shushmana the matter is finished.

Sound is very powerful. It can calm children. Angry sounds, if released, can let you sleep. Fill your wash basin with water and create the angry sound of the lips over water running into the basin. People will think you are gargling. It is the sound of the lower lip. Your eyes will come out when you do it.



After two or three minutes you will laugh. That's all it takes. It is very powerful. There is sound of the upper lip also.



If you make someone do this, he will be all right. It can help many.

I have to create teachers. You should seek to learn to be taught. There is no time. Americans cannot learn, teachers will not teach them, only play with their dollars. In America no one is teaching. I want to teach you to be great, so you can make others great. There lies the hope, there lies the

mission. There is no problem.

Insecurity comes to you out of fear; when you are God and you know God there is no way to be insecure. The only insecurity in me is that I should fail in this mission to make you great. Who wants to fail? Whoever comes shall learn. I will not collect disciples.

Siri Sargam or Brahm Sargarm is part of Brahmvadia sage and sages left for humanity. I want to tell you how great you are. It is not who you are; you can experience how great and vast you are by just experiencing your own sound.

According to the scriptures, Siri Guru Granth Sahib is siri ved. Among the Vedas, it is Siri Ved. Without knowing the language of the Siri Ved, how can you understand? Siri Guru Granth is written in music and poetry because it has to have rhythm and melody. There are four Vedas and then Siri Ved.

Siri Mantra or Siri Gietri is Ra Ma Da Sa Sa Se So Hung. You can sing it like the major scale going up also. Elevated man gets elevated, not jerked. Smoothness is the harmony with melody and rhythm.

SONG IS THE SOUL OF THE HUMAN

August 8, 1975

Espanola, New Mexico

Song is the soul of the human. When songs are dedicated to God and Guru, soul is dedicated to God and Guru. That is why Siri Guru Granth Sahib is in song and poetry. In the Western world we are all gifted, but we cannot walk over things. These songs represent our milestones. They represent our progress and growth; they are very important to us. If at all we have any importance, the importance is these songs. When you pick up these songs and sing to the world, the world will sing after you. All businesses, all lavishness, all living that we are doing are there so that we can freely sing these songs. None of you understand one basic thing: All this paraphenalia which we are building has only one purpose. All our progress and growth has one purpose: so that when summer solstice will come, we have a place where all people who want to come can come and for ten days be free to be with God. All these ventures have only one purpose: so we can be free to be with our God. At this time we are paying the price for that freedom. All the hours we put in and the less rest we get, all we go through is so that our souls cannot be without a feed. Soul is fed by the Nam. Praise of God and praise of Guru is the feed of the soul. There are no two opinions about it.

Earth is a very temporary trip. Do you understand hundreds of years is not a long time according to the earth? It is a billion-year old little star. Your visitation right to this earth is every sixty years. You've got to go after that. So enjoy, have fun. Living righteously, living gracefully, living as God-men, giving and not taking anything is the act of God. Give people the songs, give people love, give people service, give people hope, inspire those who are down in spirit: that is the act of godly people. You may own the entire economy of this country; if your soul is not happy, you are not happy. All this that you see around you came to you. I was just bugging those guys that day. When they were doing that ranch gate, I said, "Well who's going to pay you?" Five o'clock, time is up or four o'clock, time is up, what is your interval time? This has to be finished. Either you finish tomorrow, today, day after, in twenty years; it doesn't mean a thing. Earlier the better. Neither you are hired by anybody, neither you are going to be fired by anybody,; do your job. Finish it. When we give it to God, God doesn't leave us empty; he fills our soul. That is why in Sikh Dharma there are two basic things: seva and simran. Seva is service, selfless service, and simran is repetition of God's name. These are two legs on which Sikh Dharma stands. There is an article in "Beads of Truth" that you can read. We have fully explained it in that.

I tell you the story of Karo, the king. It comes from the Guru Granth. Karo was a king. Chadi yojan. Now what is a yojan? A standard bow is taken with a standard arrow. Then when that arrow is thrown, where it falls a central arrow is raised up. If that area is covered, that is one yojan. So this guy had forty yojan of gold nuggets. He took the gold away from everybody. Yet his greed was not satisfied; he thought he didn't have enough. He asked his advisors, "Is there any way that I can get more money?" They said, "Sir, people don't even have food. He said, "There must be something. So he designed a plot. He said, "I will marry my daughter to that person who can offer me one gold piece." Now this young man was in love with that daughter. He went to his mother and said, "Mom, I need one gold piece." She said, "Son from where the sun rises to where the sun sets, if you walk all that distance,

everything belongs to Karo, the king. He has taken away any valuable which people can have. All we have is clothes on our body, and food sometimes, sometimes only water." He said, "What does he do with it?" She said, "I don't know. Anybody who has asked a question, the next day we saw that he was hanging in the square of the town. So if you want to go ask, that will be the fate you will meet." He said, "Mom, I need a gold piece. I can't worry about it." When the boy became adament, mother said, "Well, there is one place. Grandfather's mouth has a gold piece, because in those times we were all very wealthy and we used to bury our dead with a gold piece in their mouths. So you know where your grandfather's grave is, if you have the guts to go and dig him up. So the boy went and dug it up, opened the mouth, and found the gold piece. Then he went to the court and offered the gold piece for the hand of the daughter. Karo's anger became obnoxious. He caught the boy and told him he should be tortured. The boy said, "Wait a minute." He told the king the story. Every grave was dug, and every gold piece from the mouth of the dead was taken. Now Guru Nanak knew that guy, and went to him and was received as a Saint. Karo asked him, "Is there any advice you can give me?" Guru Nanak said, "Yes." He gave him an ordinary stone from the river bed, and said, "Karo, when we meet in the heavens, I would like this to return to me." He said, "Yes, holy man." So he kept it. After awhile he called his advisors and said, "I am very impressed with this man of God. I have never been impressed by anybody else. He has given me this precious stone, though it looks ordinary to you all." He was bragging about it. "This holy man has to get it from me after death when we meet in the heavens. At least my heaven is assured." His advisors said, "Sir, if you can go in heavens with a stone, only then your heaven is assured. That holy man seems to be very great. But will you go with the stone?" He said, "No, no, how can I go with a stone?" He got on his horse and took his courtiers. Guru Nanak had already walked to the next town. People learned the king was coming so whatever they had, they had. He came and he said, "Holy man, I was not wise enough to ask you, how can I take this stone to heaven with me? Guru Nanak said, "There are forty gorge you have stolen of gold, silver and diamonds. My little stone is not heavier than all that." Thus gyan opened his heart and understood. Then people came back to their own ecstasy of consciousness, happiness returned to the land, the king became a saintly king, and the loot was returned to the people. Everybody became prosperous.

We can't take with us gold and silver, but these songs of spirit are our spirit and they go with us. That is why we sing Gurbani. When at the time of difficulty and coma of death, there is nothing this mind and body can perceive for support but Gurbani. That is a privilege. Because Gurbani is a computation, the basic sound currents of that rhythm and harmony are beyond time and space. It is the verbalization in harmony and sound of the etherical regions. That is why Guru Nanak sings about Gurmukhi. It has come from the very origin. Guru Nanak said, "I am not singing these songs, these are not my songs. It has come from the very being of the regions; all my worries are gone." When we get ourselves in insecurity, then we take away the entire security in our souls and then the painful life starts. When God is our security, there is nothing which can bother us. That is why, however lazy you may be, you can live on Hawaiian time, and second time I have seen Mexican time, but at least in New Mexico, New Mexican songs should be sung, throughout this land.

This song is a most beautiful guru puja. It is a Guru worship, very classic, very expressive, and very powerful. Why let it go? Twice they goofed in this

song. So we must forgive them for that, but Wha Guru Singh will make a Mexican food personally and feed this entire class. It will be a personal food, made personally by him, and served personally by him, plus his two supporters who tried to push him quite a bit, but couldn't understand what they are doing. That includes Premka; she was putting in words too. This is the brotherhood of goofers. Premka was praying Guru may prevail through. You know she is very powerful in prayer. Guru should keep him through, Wha Guru. You know vibrations are vibrations. Anybody else who wants to help as a seva, it's O.K., but these are the main culprits still. They will sing this song again, as a full ashram, to decide for us whether we will let them go with this or still they need a little more I call it jug. Each ashram will be asked to prepare themselves to sing these songs we sang last night, without instruments. No ego that you require instrument. Soul is my biggest instrument. My sound is my biggest melody.

Now I feel, why did God take away from me the power to see a human? It has always disturbed me in my life why I am so blind. What wrong have I ever done in my life and consciousness? One thing kept me secretly; I never had the answer. I never had the answer why I had been given these X-ray eyes to see everything and suffer when others can enjoy in their ignorance and feel bliss. I was always very upset. But my Virgo didn't let me fall. I never wanted to let anybody know that really it is a problem with me. So I acted well, and I became very perfect in that acting. In my entire nineteen years of service, I didn't let anybody know that I don't recognize them. Can you believe that? You all look alike to me. To catch you by features, to remember you by name is as much a problem as to go in heavens and play football with God. Do you understand? When I came in America, I had a problem. I knew Premka, so I started calling everybody Premka and it sometimes bugs Premka. Or sometimes I call Shakti, Sat Simran or I call Sat Simran Nirinjan, that kind of stuff. I never forget Hari Har because she is around in a very direct way. It became quite a proposition to find an answer to all that. Now I know. Perhaps I was destined to come here and teach and it gave me an edge. It has made me to live beyond personalities. Though I am a personality, I deal with every personality, but it keeps me totally aloof. Otherwise, with all the negativities and the tantrums and emotions and ego trips which are laid on me as an individual, I would not have survived in this country more than five years. Swami Vivekananda died after five years visiting America. He was a master of kundalini who came to this country and this country ate him up clean without salt. It has rocked me well, but not yet eaten me. I know where the safety lies.

Can you believe that you can trust a person so much, you can love a person and you meet that person and all he can talk to you is negativity. They start like this: "Yogiji!" and then in one minute I tune in, what? Where am I? What longitude and latitude? Now what is this cannon for? It is not that they don't love me and they don't have respect for me; they don't know how to talk in reverence. Ego will never allow you to express yourself in reverence. That one sickening point you can always know about yourself. If you cannot express yourself in reverence, you are talking from the limited self of ego. You are always in pain because you want action and reaction. That's one secret I want to share with you. When you are asking for action and reaction, baby, how can you be happy? When you want to jump in the mud, how can you be clean? Talk to everybody with reverence. Listen to everybody with reverence. Say things with reverence. You will always be happy and graceful. These fear, rejection, and complexes are not in your soul. Atma is infinite, an everliving thing. Mind

is your servant. If clouds have come, clouds have come. Who sends these clouds on us? Who sends these clouds on our life? God? We don't create clouds. But he also sends sunshine. Why do we forget the sunshine when we see the clouds? Why do we freak out? "When you never had teeth He gave you milk; now you have teeth, He won't give you food? You think your Creator is so incompetent? If that is what your love is for your Creator, how can you love anybody on this earth? One who is not true to his own Creator, how can he be true to a man? If you are not grateful to your God, how can you be grateful to any man? If you cannot love your God, how can you love any man? If you have no reverence for your guide who guides you to your spirit and soul, how can you have reverence for God? Without reverence, what is your life? Even animals have reverence for each other.

I was forced to teach the science of humanology so that the human can understand his essence. Your basic principle is your life. All else is the surroundings. How can you give importance to the surroundings? Suppose the outer walls are beautiful and fine and inside there is garbage. Would you call this a beautiful home? But when you take the broom of knowledge, and have the strength of faith, and you put the soul in the activity, then you can clean out everything with faith. That is the gift of every human being. Laying your tantrums, represented insecurities, we call it chess game of negativity, is a waste of prana, a waste of breath, a waste of life, a waste of gift. In your life you can do one great favor to God: live in reverence, and don't spread negativity. To be positive is God-like. To be positive is to be in your spirit. When you are in your spirit, you are spiritual. Nanak nam chardi kala teri bhani sabad kabala. That can decide your total behavior. Nanak nam chardi kala: through the Name, my spirit be exalted, kundalini rises. Spirit exalted means the same thing as kala, kundalini. Teri bhani: through Thy grace. Sabad tabala is good for everbody. When it is good for everybody. you are a part of everybody; you'll be good, too.

Sikh Dharma is a security on earth and a security after. It's a path of ether and earth. It's not a path of ether alone; don't forget it. It is science of here and hereafter. What we seek? We seek hereafter. Here we are. Whether you live negative or you live positive, my friend, you have to live. The experience of life achieved here is meant to be hereafter. That is why one of our saintly persons in this dharma used to say, "the feet which walk towards the House of Guru should not be made to walk towards the hospital. Food given in the Name of Guru will take away your poverty for generations to follow." That's why you will see millionaires at the Golden Temple. They can buy you in an auction. You think Americans are the richest people; you are the funniest people in the world. If you take an old Indian family, ask him to show you his diamonds, you all can be purchased with that. Still that country holds so much in it. If you take the poorest woman in India and ask her to show you her jewelry, that's enough for your life savings. But those multi-multi-millionaire people, you see them at the Golden Temple, sitting humbly with their little hammers, breaking bricks, bleeding hands; I have seen them myself. They have all the guaze on their hands, and they are breaking bricks. I asked one Sardarji once, "What's wrong with you? I know you. Why couldn't you give money and let a crusher crush all these bricks?" He said, "I have given all those four crushers. I am paying for them too." I said, "Well, what are you doing?" I wanted to know exactly what his heart was saying. He said, "I am a monied man, I am a rich man, I don't get much time to pray. I do not fold my hands to my God and Guru. Today in a way they are being

beaten up. Today they are being bled. Today I am telling them how useless they are. I am grateful for this opportunity." I said, "Sadarji, Guru has already forgiven you; don't waste your time anymore." With all his richness, with all his power, with all he's already given, he still knew what real seva was. Sometimes people wash the dishes because they can't pay for their food. When people wash dishes in the Guru's lungar, the mind is washed. The stains on the mind are cleaned. When we sweep the floors of the House of Guru, we sweep away the dust from our destiny and we start living clear. That is the gift of the House of Nanak. Nan-ak means there is no no in this house. It's a house of yes, yes. This is that grace which I want you to learn.

Seva and Simran are the two legs of every divine destiny on which you can walk. I give you an example. If you read the political history of the world, there is one man, Maharaj Ranjit Singh, who was an absolute monarch. They say, "He was a democratic dictator." Still he was most popular and most loved by every person. I was talking to Bibiji that day. I said, Look he made his samadhi, his place where his last rite was performed. Now what is happening to that samadhi? Pigeons live there. Pigeon droppings are the decoration of the house of that maharajah. But one act Ranjit Singh did. He gave the gold put on the Golden Temple. It is written on the front door that Ranjit Singh, the servant of the House of Guru, with the grace of God could afford to do that, for which he is grateful. You cannot wipe that away. That is a living reality which is lived even today.

Yogi Bhajan may be a wrong person or a right person. If up to the last day of my life I can break myself away from this world and keep myself attached to my Guru, that's all life is. I wonder sometimes why my name was Harbhajan Singh. Without learning anything or any spirit, I always remember my name is Harbhajan. I have to meditate on the name of God. My God is my only support. I couldn't be happy with all my wealth and with my power, but when I started living to my name, I knew no sorrow. I shared people's sorrows and I became at that same frequency as sorrowful as they are. But nothing affects me because I know, "Shining from the East came Harbhajan Singh." Singh is lion, Hari is the name of God, Bhajan is the divine song. Somebody onece asked me, "Do you think your name should be in the song?" I said, "Sure, It should be there. Why not?" It is the spirit of Gur Das who wrote it. Who am I to change it? Why should it be attached to me? Who am I? I came on an airplane without any shine. Yeah. I didn't even have my ordinary shining clothes around my neck. They were all stolen in Amsterdam. Why should I forget that fact? Shining from the East came Harbhajan Singh. I remember I didn't come shining. I came with an Air France bag. I've kept it. I tell Premka, if you goof too much, I'll pick up the bag and then I'll be gone. That's the only threat I have. Sometimes she does go check to see if that bag is there. Two things I didn't let go. One was that Air France bag which had my meditation skin and my other daily worship things. One was a tape recorder. That I almost tied to myself because on the tape recorder I had Sukmani, Peace Lagoon and Asaki Nar, morning divine song of the Sikhs. It was sung by a very beautiful person. That is my sustenance and that was my sustenance.

You do not know how much I was cheated in this Western world. If I tell you my personal feeling, these words can explain it to you. If I die, and somebody wants to make my real portrait, take the skin of the peanut. It looks like a scab. If you make my portrait with those scabs, that many wounds I myself have. I have been betrayed by those who I loved and trusted so much that I thought

there was the divinity of God in them and I found that knife going through me. Still I couldn't say even Sat Nam because that might have alerted God and Guru and the destiny would have taken a revenge. I have seen people come and eat me up as hungry dogs sometimes just eat the dead. But that didn't bother me; every morning I listen to the songs of my Guru, and I enjoy muself; I am ready for the day. You do not know in this land how terrible people are. They are like vultures. You just show up and you see their bloody mouths open ready to sink their teeth in the first part of you. You can't even utter Wha Guru at that time. It is so painful. But does it matter to you? When you live in the song of God and you have sung it in the morning, you only become grateful, "God, I am not this." There comes so much compassion from me at that time. Ganges came from heavens on this earth to give people peace of mind and Ganges of compassion flow from my heart when I see people so miserable, so out of balance, living in fear, so inadequate and so ungrateful to their God who created them that they have totally lost trust and contact with their Creator. They think they are miserable. When you lose the ability to live, you are miserable. Who makes you lose the ability to live? Your own distrust. If you just live, flow, enjoy and have fun, the spirit of God will always hold you up. That is the path laid down by Guru Nanak. He walked on lands and sang to people. Guru Arjun wrote the word of God for people. Guru Gobind Singh gave it Guru-ship.

Reverence is the secret of every life. It is very gross when you put your everything in this earth, because you are a passenger. You have come to go. You have come with God, you go unto God, and that is the grace of God. Sometimes I telephone people and they say, "Yogiji, da-da-ta-ta-ta-ta... ." I call it automatic fear compound complex. Then in the end I say, "Alright. Now do something about it." Why are you telling me the heavens are falling apart? Just go and see that they don't. Why are you telling me how miserable you are? Just see you are not." "There's alot of mail to be answered. That's enough to freak me out." Just sit down and answer it. Ask me the questions, get the answer, type it out, mail it. The person will know it. What do we have to answer? The moment he wrote, Guru Ram Das took care of it; we are only just a post office to return back everything with Guru's name on it. Nonsense. What Yogi has to do in that? When he wrote the letter, the letter was heard by the heavens. We are just an instrument to it. But it is obligatory because we live on this earth, to write that person back. Have faith. God is with you. By the time the mail service of America will deliver the letter, the job will be done anyway. Now how can we tell this American-trained staff that that is the way to live? Because for generations, they have been told that they are the only ones who do the job, everything else falls apart.

There is a story of tateri, a very little cockroach type of animal which has tons of legs, thousands of legs. The entire bottom of that animal is nothing but legs. When the sun is setting about ten degrees from the horizon, it gets tremendous power. It can fly miles within those few minutes. Same way in the morning. Now what does that tateri do? It doesn't go anywhere. It flies to the top of a tree, takes the topmost leaves, turns around, puts all his legs up and sleeps. When the sun comes in, it turns around, comes down and strolls around on the earth. All the birds said to tateri, "What are you doing wasting your time, going up and down all the time? That's not the way to live." He said, "What can I do? You all are fools. I get that energy, I go to the top of the tree, and I hold the sky for you. You know the weight of the stars and moon and all that. Fellow, if that will fall apart, you all will die. In the

morning when the sun comes, I come down; everything is alright. All night I keep the sky up for you, and you tell me I don't do anything?

Those who cannot manage themselves, sometime when they try to manage me all I say is Wha Guru. I have no grudge against anybody because my self has no body. But I ask you, you are walking on this dharma, do you really understand it? Or do you let this life go, and without understanding where you will stand. If you will not stand under the umbrella of God and Guru, where you will stand? Pran is in the hand of pranapati. The prana with which you live, the essence of life, is in the hands of pranapati. If you're not grateful to God and you don't have the attitude of gratitude, what yoga, what union can you have with God: That is why I say attitude of gratitude is a yoga, rest is a hodge-podge of life. Don't lack grace. Some of our students these days think that if they will leave Yogiji, perhaps he will fall apart and have a fracture on his buttocks. My friend, you are the biggest idiot on this planet. When I will fall, there iwll be no trace of you. You little creatures, I never lived on your support. With all the charm and your efficiency and all the plots and your deficiencies, I have always given myself to my Guru; I go there and still clean the floors. If I cannot do it physically, I do it mentally anyway, after knowing all knowledges, after doing all practices, after attaining what you call esridhi sidhis. You do not know what type of yogi I am, what I can do. It was only the grace of the House of Guru Ram Das and cleaning, mopping those floors which gave me what I have. Neither I got it from anybody, nor I knew what I had. All I knew was either a person agrees with me or he'll be topsy-turvy, that's all. I used to twist people even in their negative thoughts. I realize I am a monster. What right do I have to rule over other people? I realized what these occult powers are all about. Why in every book of yoga it is written, "Never go near occult powers; they are the pits of the sin from which you will never come out. Never perform miracles." It's a known story in India, when we were singing and chanting the clouds came. I openly defied it. I said, "Not here. Cross it." There were three inches of rain all around the town except that area. I still remember one lady complained about it and the head of the congregation said, "Yogi Baba, you did a wrong. These trees and these plants needed that rain. Now you will water them." When I understood I was filled with that power, I knew "Power corrupts and absolute power corrupts absolutely." I read it in the science of politics.

Folks, I tell you my own life story. I walked to every guru in India so that somebody could hold me. I found that they wanted to be my students, no one wanted to have me. That remained my problem all my life. I wanted to give somebody but I didn't find anybody. Finally I gave up to those marble floors of Guru Ram Das House. That is where I found peace. That is where I found what God is about. When you cannot stand something, stand. When you cannot give something, give. When negativity takes you over, be positive. When you feel there is no hope, be a hope. That is what God is. I found that out in the House of my Guru. You don't believe me and I don't want to name that person that will bring a fight to me. I used to mop the floors of Guru Ram Das House and people used to say that I was going there to do something fishy. Had Guru Nanak not been slandered so badly, I think I would have lost all hope. People don't trust you, but they are innocent, for they don't trust themselves. But it was the grace of God that I found the House of such a Guru. Equal to it there is nothing.

I have seen all places with these my worthy eyes. I have never seen a place never seen a house of a man or of an organization or of a religion where ten

thousand people can be fed with grace and respect to their fill and still the people who feed them say, "We are grateful that you came." They wash your dishes. You walk and they wash your feet and they touch your dust on the forehead and say, "Thank you, tana Guru Ram Das, these people came and our destiny got washed." Can you believe a place where ten to twenty, forty, fifty thousand people walk in and out every day and still it is the cleanest place. There was kar seva, out of the sova, out of that nectar tank they take away the silt and one man said, "How many days will it take to clean the tank?" A worker replied, "To eat it or to clean it?" The man said, "I don't understand." He said, "There are so many people waiting to just do the seva that if we take a part of this whole thing which we are taking out, it will be not enough to even go to everybody. People took away that mud on their heads, took it all the way to their villages, to their homes. Nobody knew what happened to it. That is the spirit of the Khalsa, the spirit of the pure ones. They put their mind and heart into everything. Then God and Guru stand as a guardian. Job is accomplished.

I was telling Wha Guru that Sunday I am going, then I'll see you next summer, or in between sometime. But since I have come here I have bugged you to do this, build this, put this flag, put lights on, etc., etc. I'm not going to live here, but we want to dedicate this land to be the House of Guru, where people in the time and time and time will come and enjoy. We are happy we could earn that money, or we could get that money, or we could collect that money, and we can do it. Alright, we did it. Now let us make it one of the most beautiful places in the world. Why did I want every ashram to fly the flag? It's a conscious act. When you fly the flag of your dharma, at least consciously you have the opportunity to relate to what you belong to. Conscious living is a path to consciousness. It is the stepping stone to God. When you have reverence in it, then fear will not be in your experience. When fear will go, God and your soul are linked. That disconnecting feature is the fear. Fear brings anxiety, anxiety brings action, action brings uptightness and disrespect. When the self is disrespected and surroundings are disrespected, man loses the art and the essence of his life. It can be any man, it doesn't matter.

I am stressing to you that if by virtue of any karma through any incarnation, through any prayer of your mother, father, relative, through your any doing, if you have been brought to the house of Guru, why not give yourself to it. Once you miss it, you will miss it forever. On a very worldly level, if you want to see people, compare yourself with the dropouts. You'll find the answer. Somebody once said to me, "Yogiji, I can't take your discipline. I want to drop out. There was only one man in life who came and asked like that. Otherwise people drop out with the help of their own ego. I said to him, "Thank you. Go. It's a great day." He said, "What do you mean, a great day?" I said, "At least you are conscious enough to come and ask for it." After a week he came back again and said, "Yogiji, can I come back?" I said, "Son, no. You have been dropped from that rosary forever. You will not live your dedicated destiny. But, I can assure you, on elementary destiny you will not have pain. That's all I can do now." I said, "Son, in the house of God there's no <u>if</u> and <u>but</u>. That is for humans. These are human relationships which are emotional. In God relationship either you are devoted or you are not. There are no two opinions about it. There are no attorneys to plead your case in the House of God. It is your own consciousness. If it is a dedicated one, you have made it. If not, it is your problem. But if out of the luck you get a chance, why miss it?

All these days through all these lectures the theme was only one: How to live consciously in the grace of God. I am pretty sure these KRI people will come out with the manuscript and detail these kriyas very well, because Shakti was telling me this morning that Phil taught a class out of the notes he got from here and everybody liked it. Now they all want to know what is happening. When they were told what we have been doing in Espanola, many people said that they have not been properly told, otherwise they would have been here. I laughingly said to her, "Some of them here are not here at all. So don't worry." It's not true that those here are very much here. Some are not. So life is a very criss-cross balance. To be here means to be here in that discipline of life where you give your mind and body a chance. Give yourself a chance, if in the name of God you can do any favor to yourself. God gave you life. Let each woman live like a grace of God and let that flirtatious mind and that vicious lowness of actions leave you. Let each man be a grace of God and let the egocentric tantrums of insecure viciousness to the self, go. Where as I conclude my being with you in Espanola and I know you have to write that paper, so I am giving you no more than this. I know your ego will find alot of excuses not to complete that paper, but you must remember, if anyone who was here does not submit his paper with reverance and respect, he will not be allowed to attend any course in the future. All those people who want to attend the KRI course, if the application is not properly filled out, you will not be allowed to attend that course. All those people who intend to attend KRI course, whether it's almighty God, if the application is not properly presented, you will not be allowed to attend those courses. We are entering an era in 3HO where we want to teach, but we want to teach to those who deserve to be taught. If you have not learned in six years how to become a deserving student, folks, I'm sorry, you live with your ego and with your designation. I don't belong to you, you don't belong to me as a teacher and student. I may not die as a great man, but I'll die teaching the greatest of the God and Guru which was given to me. It is not meant for those who want to play with it because it satisfies their emotions.

God took away the earthly eyes and gave me the etheric eyes. I can see your speculations. Time has come where you can decide once and for all. Do you want to jump in or do you want to save your dress? Save your dress, you will never have any dress in the kingdom of God. But if you soak yourself, you will be filled with it. It always should be your choice because you are given the gift of life. You have the right to use it anyway you want. I was given the gift of life; I used it the way I wanted. It's a very sad note when people have been told again and again what their destiny is and still their egos and their past experiences of the last few years, (and I don't want to use the word to explain how they lived) have bewitched them and mastered their minds so much that that is the only security they have got.

The time of the onslaught of negativity is upon us and we can't wait and stop because we have got to walk and we have got to go. It doesn't matter how much we love you; it doesn't matter how much we adore you. It doesn't matter what past you have; all we know is we'll make it up to the destiny of our future. If you come along, you are most welcome. If you leave, be granted that you have already left. God is a pure energy. It has no impulse. Circuit will always be complete. If you will not belong now, you will remain for your whole life in the soul ether. Long to belong and you will belong to none. It is a cosmic law. It is not a man-made law. Fruit which drops without being ripe is known as a drop fruit and it never has the sweetness of a ripe fruit. Neither can it re-seed itself. If the spirit is not experienced, the power to

re-seed the spirit is gone and that is the death of the man. Somebody out of his grace and Guru through his mercy, if he could save an unfortunate like me, I don't think anyone sitting here is worse than that. If a low and a mean man in nature like me could be elevated, I think there is a chance for you. But it's all the God's will. Therefore, I always say to you, "Don't miss a chance. Give your life a chance. Life is a gift to you. Give this gift of life the biggest gift. Let it live! If you let your life live, many by seeing your life will live for the sake that you are alive. Let your Brooklyn tantrums, let your New York fears, let your Miami underworld, let your Chicago syndicates not guide you. The world is a house of God. Don't make it a polluted house. All that pollution you'll carry with you and with your soul, and it will bar your entry into the kingdom of God. Therefore, I pray to you. Give yourself a chance. Live clean and live in the name of God and guide yourself on the path of the Guru so that you can enjoy your living. It doesn't matter how much time of life you have wasted; you can always take a chance. I say, the soul which has been caged in your body, give it a chance to walk on the path of righteousness, walk on the path of dharma.

Alright now we'll start with our song; first we'll do kriya. Sing it in the twenty rhythm. Ahbeas is a perfection toward the direction of mind. That's why we do the japa, we chant the mantra to get ahbeas. Then it becomes our habit. First you make the habit, then habit makes you. That's the law. It's energy. Why not make a habit to glorify God, the Creator. Then God will make you. That's why we chant these mantras, so that at any time, consciously and unconsciously, our mind can lean on the word of God. When consciously and unconsciously man's mind leans towards the guru mantra, the God-conscious stage is reached. Then you become God's man. That's why we greet each other as Sat Nam, we chant Sat Nam, we telephone each other and say Sat Nam first. We open our conversations, our associations, our meetings and we do ahbeas so that in every walk and rhythm of our life, Sat Nam, truth is the identity should get totally in us. Then untruth can leave us and we can merge into the Truth. Everyday getting up for meditation, everyday meditating on the mantra, everyday doing it so that it will become consciously and unconsciously habitual Simran is ahbeas. Alright sing those five songs which we always sing now without instruments. Let each of you become an instrument. Just meditate and think you are an instrument. Chello, start.

I am going to pay for the printing of the book, Songs of the Sikhs for the Western Hemisphere. Anyone who wants to participate is welcome. We'll print it. We are not asking you for a donation or money for it. We'll do it by our own means, and we have enough. But we'll be grateful if those who believe in writing songs or have written them already can come through. If those songs are approved and they match up to the spirit of these, we'll compile them and print them, so that those who are to follow us and those who are waiting to find those wombs to have their birth shall come and find all that ready for them. The way of liberation is a very simple way: do something that the coming generation can follow through on and the path becomes easier and easier. That is the test of the visitation rights on this earth.

Wedding of Shanti Kaur and Tyaga Singh

August 10, 1975.

Espanola, New Mexico

Whahe Guru Ji Ka Khalsa, Whahe Guru Ji Ki Fateh.

It is obligatory on me to say words as a matter of advice. It is a hard task to advise. But it is the most preferred time when what has to be said should be said. At this moment, you are sitting in the presence of the Word of God. On this congregation no man presides. Only the Word of God presides with those people who lived in the ecstasy of God. They found the Truth in their consciousness and what they said is not individual truth, circumstantial truth, but it is the ultimate Truth; that is why we bow when we come here.

To us, marriage is a gift of God. If you marry because you want to marry, if you unite because you want to unite, then it will be followed by a seperation. But if you marry because of the Will of God, then nothing on this earth can seperate you. Marriages are not done emotionally. Out of the Grace of God you can be blessed with a soul which can turn around the world. After all, there was a mother who gave birth to Nanak, there was a mother who gave birth to Jesus Christ, there was a mother who gave birth to Budda, Rama, name anyone. Any mother who has a conception and who has a conviction, can get God in her. That is the beginning of the Sikh Dharma. We are sick and tired of these divorces. That is eating up our society. We are falling apart, our homes are uncozy, we are emotional. No devotion is left. This country was based on the sutra "In God we trust." Today we don't trust ourselves. We are getting into a situation where we find a dead end road. No state budget can hold these orphan children. No foundation can take care of them. We are falling apart bit by bit. After all, we have to decide today. Was it true when we landed in this land as immigrants and aliens that we believed "In God we trust"? Will we carry that through or not? We must remember that you may build a church, ring the bell every day, and give charity in the name of Christ and Nanak. It will not matter a bit, if once in your heart you feel you are great, then think God is not great at that moment. That's all of the human problem. And that's the biggest cavity a man has. And today men of all races, all religions, all walks, think they are the one who rotates the earth. These little silly creatures do not understand the vastness of the God.

Jesus said, "Don't worship idol." I visit America every day, and I see his idol everywhere. Remember, Truth is not to be told or heard, it is to be lived. We are the path of seekers, our path is humble, but very firm. Even we live to see God, our practices, technology, and our method is simple. It is direct, it is hard. But that does not mean that we are sure what we are doing. You both are taking vows today in the presence of the Holy Granth. The Word of God has no redemption from these vows. Law of divorce, uncozy home, bickering with each other, not understanding, is not what marriage is about. It is union in Name of God. It is done to create your consciousness. And then you go in prayer to seek a soul from God, which can come and bring comfort and peace to the world. House of Guru Ram Das is the house of healing. Sick comes there even today. There's no medicine in that water. That water

comes directly from the river. Everybody knows it and there's no secret. But only with one sip and dip of that water, people have been cured of those sicknesses and diseases which, according to medical sciences, we could not even imagine that could happen.

You belong to that attitude. Normally your faces should be radiant. Abundance of wealth should roam around you; happiness and coziness is a given gift to you, provided you walk on this path. There is no liberation which comes without labor. No freedom which is free. Life on earth is just a visitation right. Remember that you have come to go and go we must. Only with go when you add the letter D, it becomes God. And with God when you add one O more, it becomes good. There's not a big philosophy about it. It's a very simple and straight way of life. Today you are taking the hand of this woman. She is going to give you her hand. And the ninth Guru says, "If you have the hand of somebody, let your head go, but not the hand." We are ten million people on this planet earth. We have been persecuted that no record of humanity can even match it. Next to us comes the Jews. Next to that comes the Christians, but we have better record. Torture, we play it as a game. Death we don't know what it does to us. As the little baby plays with the toys, we are born out of the steel and we love to merge in the steel. Many empires, many kings with all their armies and many people with their politics and their might tried to crush us. The more they did to us, the more we grew, and that is our spirit. It is the undying spirit of the Khalsa. It is the undying spirit of the Pure Ones. It never ends, it never gives in. As a Dharma we are all together. We live in the oneness of God. We believe in One God, and that's all we want to believe. And so long as you will believe that in the oneness of you, is the oneness of God, you will never be handicapped. Remember, today God doesn't live in temples, God only lives in cozy homes. That's the beginning of God and that's the end of God. And a home here there are emotions, misunderstandings, where they don't give in to each other, they don't walk on the path of God and Guru, those are the homes where the hell live. There is no will to live, so de-will, the devil we call it, lives in those homes. Don't go by the outfits of people and their dresses. Their grace is the power of politics, power, and money. These are all temporary things. All comforts of the hotel are comforts of the hotel. And the world is nothing but just a hotel. Here you come to go. You have never gone into a hotel and stayed there and then come back with sheets, lamp, pictures and all that. Nobody does it. Exactly from this world you will not carry anything, but if you live cozily, show people what cozy living is and give people the comforts of material coziness, your very existance will be Divine.

That's all that Nanak talks about. We are in no competition with anybody. We are not behind anybody. In this Dharma nobody falls. In this Dharma nobody is poor. In this Dharma nobody suffers. We ten million stand behind one person. That's the only way we have learned to survive. That's the only way our Guru taught us, and that's the only way we want to live.

You must understand it is not that Oneness which we practise only in case of God, that oneness, that union, that yog, in every facet of life. We live like royalty. We have been given forever to the Grace of God. This royalty to live, this Grace of life. We are saints and soldiers. We are saints when we deal as men, as humans. We are soldiers when we are attacked. We never attack anybody, but when we are attacked, we don't stay behind for any reason, we go all the way. That's the simple way to deal with us and that's the simple

life we live. Life is a gift to us by God and it must be dedicated to God. The only way to live, earthwise, is to live in a Godly home, a cozy home, a home of vastness which can receive poor and rich alike. Therefore it is related today that while you are sitting in the presence of the Siri Guru Granth Sahib, you must look into your consciousness and find the basic Truth in you as a man, as a woman, and try to understand this is one chance where you can build a temple of God, a house of God, and you can live like God. And that's all God wants. Every human wants every human to be like him or her and that's exactly the facet instinct of God. The God wants everybody to be like Him or Her. That's why God has no gender and Khalsa has no gender. Today I'll not take a long time, but I'll like to tell you two one thing: One said, the other agrees. First comes the God, then comes the Word of the Guru, then comes the self. If you walk that way on this path of righteousness, virtue will come to you and will surround. There'll be no pain, no seperation, and there'll be no hurt. Our life is very simple, but it's very straight. To walk straight is all a human can do. My daughter, I have raised you and I have been with you. Remember, you are an American born woman. There's a lot of ego and a lot of emotion. Eighty-six per cent of her homes are wrecked. There's no peace. Television rules our homes more than God. Violent scenes on television are our only ways. We live like jerks. We live from kick to kick each day. Peace never comes directly from God. It comes from the woman of the house. We worship Adi Shakti, the primal power. Therefore, it is obligatory on you to raise the vibration of the house and of the man. You can understand a man coming from office and there's a bullydog in the house. That is the life that many women live. But also man can come home tired and sick of all the world around when he comes home and there can be a radiant angel who can take away all the pain and give back to the man the spirit. And that is the Dharma we walk on.

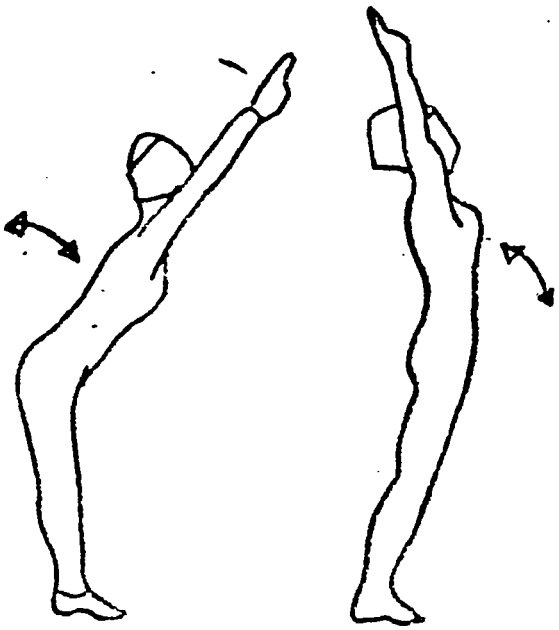
I understand people are sick and emotional. You are the hope. Blessed are those wombs who can get God-like men and give them to the world so the world can live in peace. Therefore, this is my advice to you: be the spirit of the man, not the manager. He is not marrying a manager today, an egocentric maniac idiot woman who cares for herself and has no spirit to give to the man, one who thinks her fashion makes her beautiful, not the glory of the house and the grace of her soul. Remember, we belong to the Grace of God and that's the only way to relate to God and His Word. Therefore, my advice to you on this day, make this man a saint and a soldier that he cannot be without you. Destiny has chosen you together. I am sorry I didn't allow you time to date each other, neither did I allow you to talk to each other. It's very difficult when we can read the stars that are good to shine. So walk on this path in that radiance and shine and live in this peace so that the world can learn from you how to live in peace and grace, with dignity, with labor, and still smile. Time of insanity is going to hit us very soon, and we have to prepare ourselves to give refuge to those who ask for it. That's why we are putting our entire energy to these areas. It is just preparation ahead of time so the House of Guru can be opened up for peace and comfort to heal those who are suffering and give hope to those who have lost hope. With these words I'll leave you two to your consciousness and to your strength and to your will. Now you can hold hands with each other and go through the ceremony. They will sing a song and that song is from the Siri Guru Granth.. Go through it. I have been very kind to you today. Normally I make people sweat. My kindness is a gift to you. And I have not put on my other side today special because I gave you a test and you both came through. I know I am a very hard and brute man, but I

don't spare anybody. The reason and the consciousness is, if I will spare you as a teacher, then time won't spare you at all. To save my children from that onslaught of time, sometimes I have to act, but I am totally misunderstood. But if you go deep into my heart, it is softer than the butter or softer than the leaf on the rose.

But my shell has been hammered by the time so much that I don't know any reason why we can't wait to walk unto Him who gave us the life and the breath of life. I fully appreciate that you have gone through a hard life, sleepless nights, and that my stay here was hard on the entire ashram. That's what I do, I put people and spin them around and see whether they have found their base yet or not. That's my karma, I have to do it. I hope you will excuse me for all the pressure I put on you and all the people in the ashram, but that thankless job is my privilege. I hope by the time I come back all the jobs I have given to you will be all complete. A long, a lot of love and a lot of happy marriage situations, may the Guru bless you as you go through the ceremony with dignity and grace.

Whahe Guru Ji Ka Khalsa, Whahe Guru Ji Ki Fateh.

Sadhana Exercises
July 10, 1975
Espanola, New Mexico

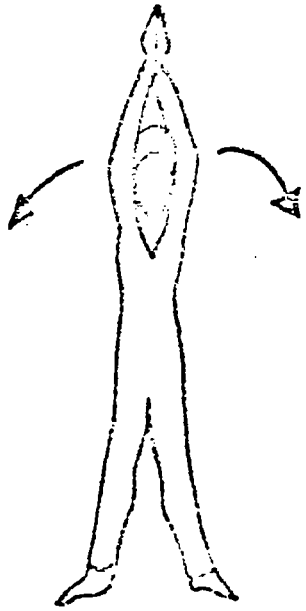


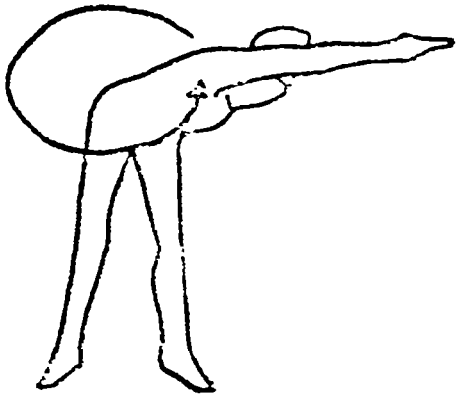
1) Stand up and raise the arms straight up over the head with the hands interlocked and first finger pointing straight. Begin bending slightly back and forward. Continue 3 minutes. Then bend from side to side with long deep breaths for 3 minutes.

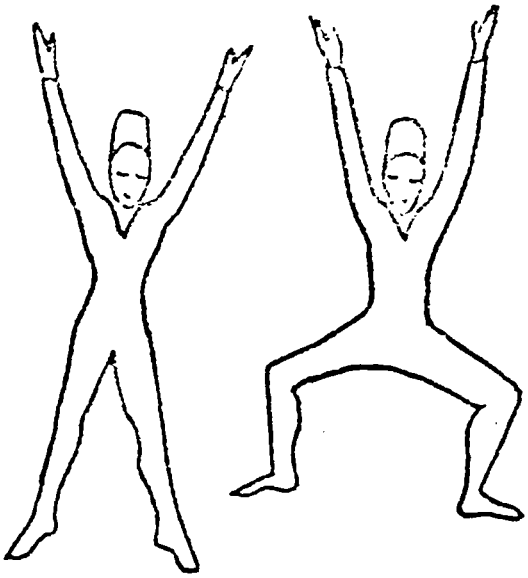
2) In the same position, begin rotating in a complete circle, grinding on the buttocks. Bend in each direction as far as possible. Do for 3 minutes in both directions.

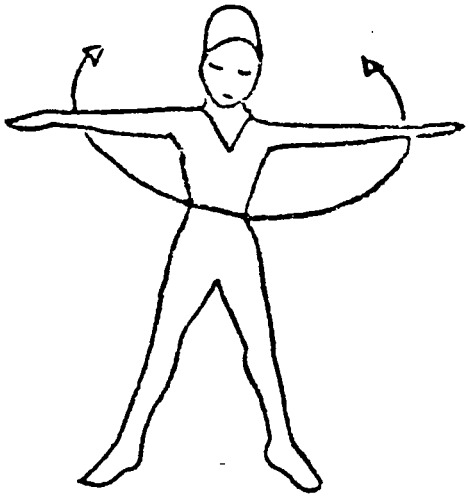
3) Stand with legs about 18 inches apart and arms parallel to the ground, palms down. Twist from side to side, inhaling left and exhaling right. Continue 3-5 minutes.

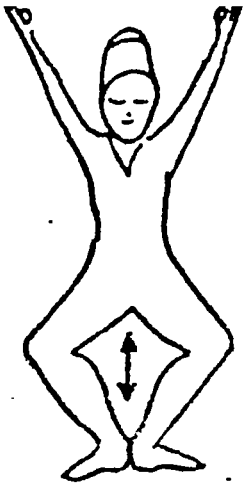
4) Standing in the same position, raise the arms up to 60°. Begin lowering the torso by bending the knees. Do not squat completely to the ground. Continue up and down for 3 minutes.









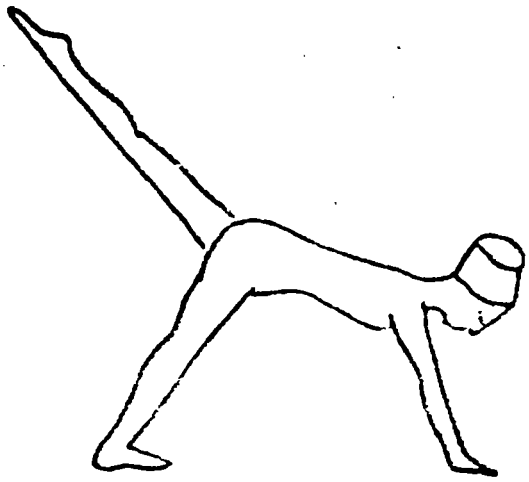


5) *Now bring the heels together and continue in the same motion. Begin chanting Sa-Ta as you go down and Na-Ma as you come up. Continue for 3 minutes.*

6) *Come into triangle pose and raise the left leg up. With long deep breathing, hold this position for 2 minutes and then switch legs. Repeat each leg one more time.*

7) *In the same position, begin kicking the buttocks with the raised leg. Continue for 1 minute with each leg.*

8) *Come into camel pose. With normal breathing, continue for 3 minutes.*

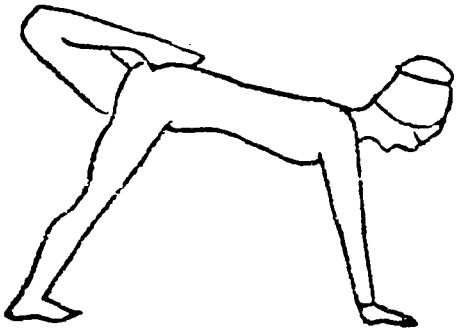


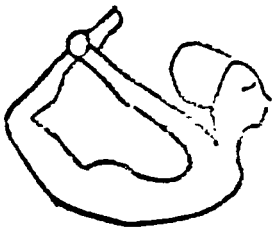
9) *Lie on the stomach. Cross the legs at the heels, place the fists under the groin and lift legs into locust pose. Continue 3-5 minutes.*

10) *Relax.*

11) *Come into bow pose. After one minute, begin rolling on the stomach for one more minute.*

12) *Sit in easy pose. With the hands on the knees, begin rolling the torso in complete circles on the buttocks. Continue 52 times each direction.*

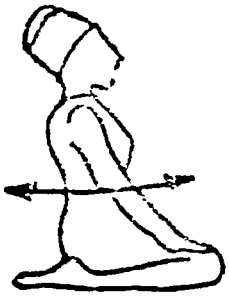




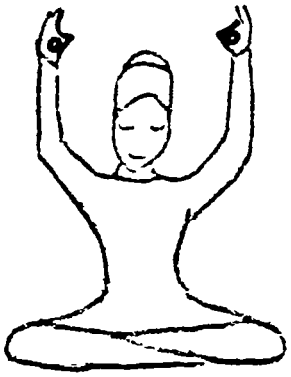
13) Sit on heels. Hands in fists with thumbs inside. Powerfully pull one arm back while the other fist extends forward. Continue alternating arms for 3 minutes.

14) Sit on heels with hands on the knees. Begin raising arms up behind the head and back down to knees. Continue for 3 minutes.

15) Sit in easy pose. Hands are in gian mudra raised just above the head. Begin chanting: Sa Re Ga Ma Pa Da Ni Sa, Sa Ni Da Pa Ma Ga Re Sa. Chant each note with one breath. Continue for 10 minutes.

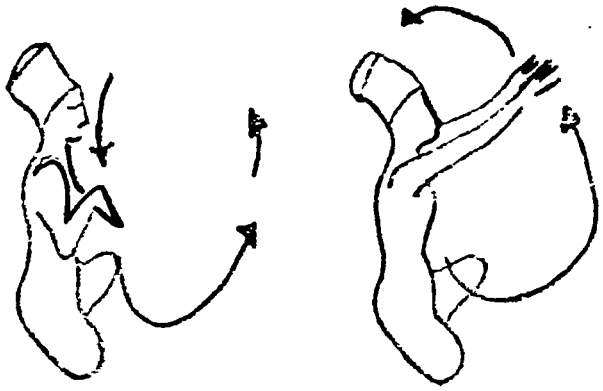


16) Sit in easy pose. Cross hands over the chest. Hands are just outside the armpit. Chin is tucked down. In this position chant: Gobinda Gobinda Hari Hari.



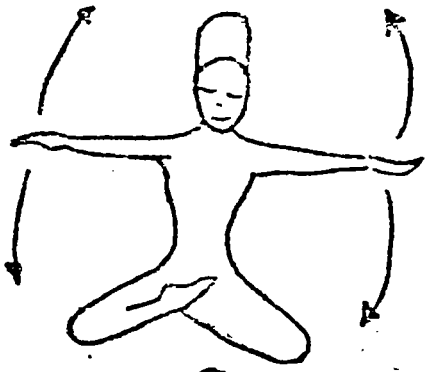
Sadhana Exercises
July 11, 1975
Espanola, New Mexico

1) Sit in Easy Pose and put the left hand behind neck. Make a fist with the Right hand. Rotate it around in a full round circle. Keep elbow straight. Slow, stiff and strong movements so that you "grind" all the muscular system under the shoulder blade. Will affect the nervous system. Do for 3 minutes on each hand.



2) Still in Easy Pose stretch out hands and fingers stiff. With palms down, move the hands down the front of chest. When they get close to the legs, straighten arms out. Then draw arms and hands upwards towards the face and begin again moving down in front of the chest. Continue for 3 minutes. Fingers are always spread.

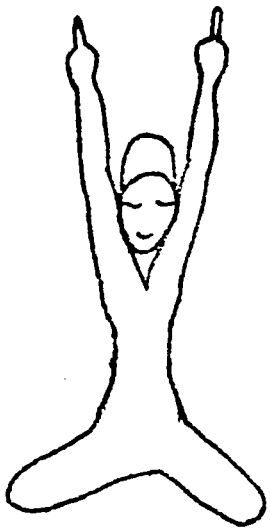
3) Sit in Easy Pose. Extend arms straight out to sides, parallel to ground, palms up. Spread your fingers. Keep your hand straight and stiff, and very slowly and strongly begin flexing the wrists as far as possible up and down. Keep fingers spread and elbows straight. Continue for 3 minutes.



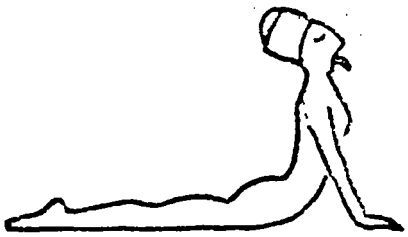
4) Sit in Easy Pose. Arms still extended out to sides, Right palm up, left palm down. Chest out, chin in, and don't bend the body. Structure should be straight. Raise one arm up while the other goes down. Continue alternating for 3 minutes. This exercise balances the flow and teaches certain basics and fundamentals for becoming healers.

5) Sit in Prayer Pose with the Right thumb over Left thumb, or both thumbs together. When the hands touch from the wrist area all the way up then you neutralize your energy between your positive and negative. You energize yourself and neutralize you concessions of mind.

3) Sit in Easy Pose. Arms out to side, parallel to the ground, elbows straight, neck straight (not pulled in), fix fingers and thumb together and stretched straight out. NO B.O.F. This will help heal yourself. Garbage will come out of your mind and it will make you itchy and irritated. Go past the stage of wanting to yell and there will come a time when AHHH will just come out. Do for 10 minutes. "It is a cure for those people who do not know why they are insane... It's definate cure therapy, all the energy in the brain is in balance and pain is being felt. There is no pain in your head...Malfunction of the brain energy can be measured by it."

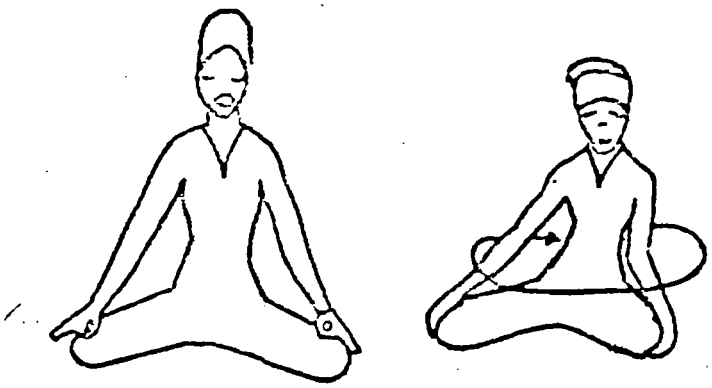


4) Stretch arms up over head, elbows touching ears. Make fist with thumb inside. One by one stretch first finger, and close it; 2nd finger, close it; 3rd finger, close it; 4th finger, close it; 1st finger, close it, and continure. Open each finger completely. It is a brain exercise. Do for 2 minutes.

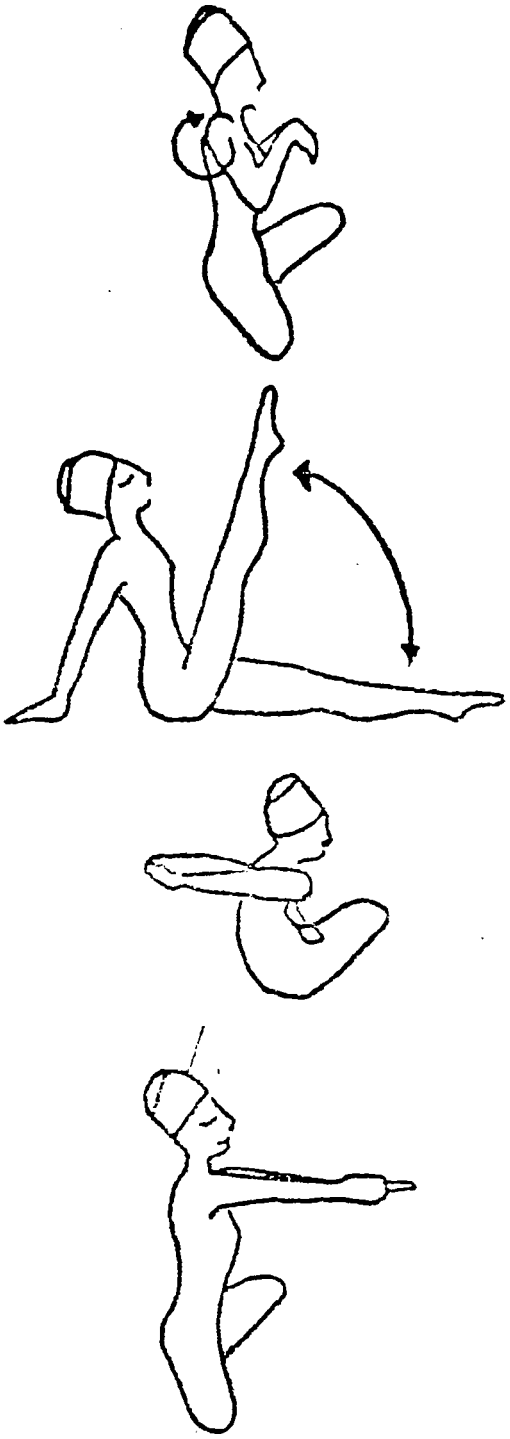


5) Cobra Pose, stick your tongue the way out, chin up. Through the mouth slowly breathe long and deep. Continue for 2 minutes. "Your tongue will become more and more bitter, but that is your tongue."

6) Sit in Easy Pose. Stick tongue out and curl it. Inhale through the rolled tongue and exhale through the nose. Continue for 3 1/2 minutes.



7) Sit in Easy Pose. Hands on knees. Deeply roll around the spine grinding your hip, 52 rotations in each direction. "If you want to live disease free then learn this...Grind yourself, you might not have done for a long time and that is giving you pain"



8) Sit in Easy Pose. Arms and hands hanging. Roll your shoulders. "Breakup the deposites in your shoulders,,they will later bother you. Later on they will cause a lot of trouble." Continue 3 minutes.

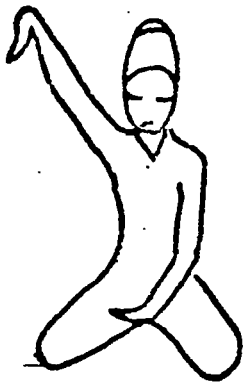
9) "Celibacy kick". Stretch the legs, place hands on ground. Raise alternating legs, bringing knee to nose and then back down. No bent legs. Affects lower spine. Will open up your sinuses if done properly, and will work against any headache. (3 mins)

10) (a) Sit in lotus position. Yoga mudra. Lock your hands behind your back, and bring your head down to the ground in front. Raise hands and stretch up...be very peaceful there...Tongue's slave is never brave' (2 mins) "It will take away the cough and the mucous in the chest. Do that yoga mudra every hour and get out of the whole thing."

(b) Keeping up the same position, chant "Healthy am I, Happy am I, Holy am I." (1 min) Inhale and pull up further. Relax arms down.

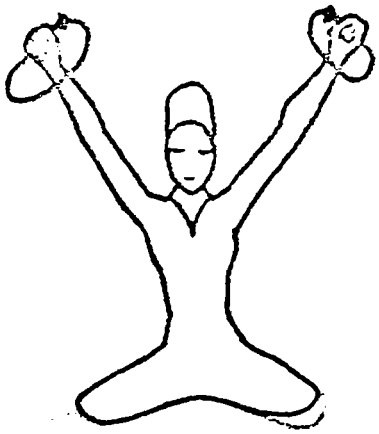
11) Maintain the lotus pose. Stretch arms out in front parallel to the ground. Clasp fingers and extend first fingers pointing together. Keep a straight spine and straight elbows. (3 mins)

Sadhana Exercises
July 12, 1975
Espanola, New Mexico



1) (a) Sit in Easy Pose. Right hand in lap. Left arm up to the side at 60°, fingers together. With the palm facing up, stretch the fingers and pull the wrist downwards. Elbow is straight. Spine straight. Pull back as far as possible, as painful as it will be, as much muscle will be stretched. It will fix up the elbow muscles. Change hands. Continue for 4 minutes on each hand.

(b) Now both arms up at 60° and pull both wrists back. "Meditate calmly and quietly on the flow of energy...Just sit quietly in that posture and let the energy start balancing you. Your breath will start going in and out at a particular rate. It will correspond to the energy flow." Do for 4 minutes.



2) (a) Arm up at 60°. Place thumb inside fist. Place the fist on you wrist in circles. "There is not a single one of you that does not have a muscular defect, because you have trained your body to be worked in only one way. First go simple, don't bother and keep your elbows straight. Just go slowly through each round. These are very simple exercises. There is no hurry, or pressure of any kind. Continue for 3 minutes.

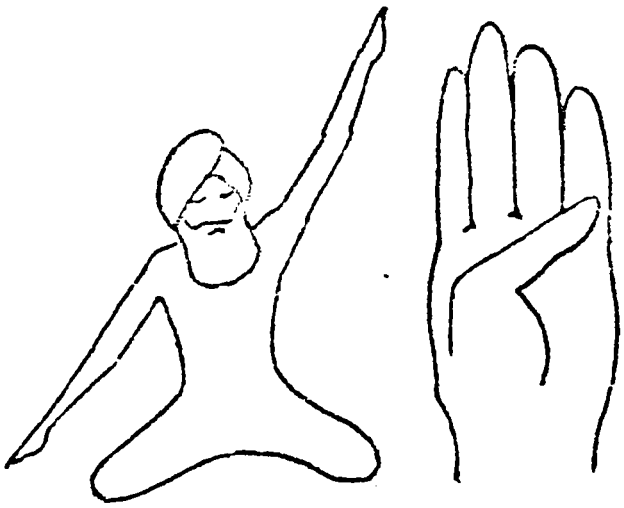
(b) Now bring the arms out parallel to the ground, still keeping fists, and do the same motion as above adding to it a circular motion in the elbows. "It goes round and round and it goes around the elbow too."

Afternoon Exercises
July 17, 1975
Espanola, New Mexico

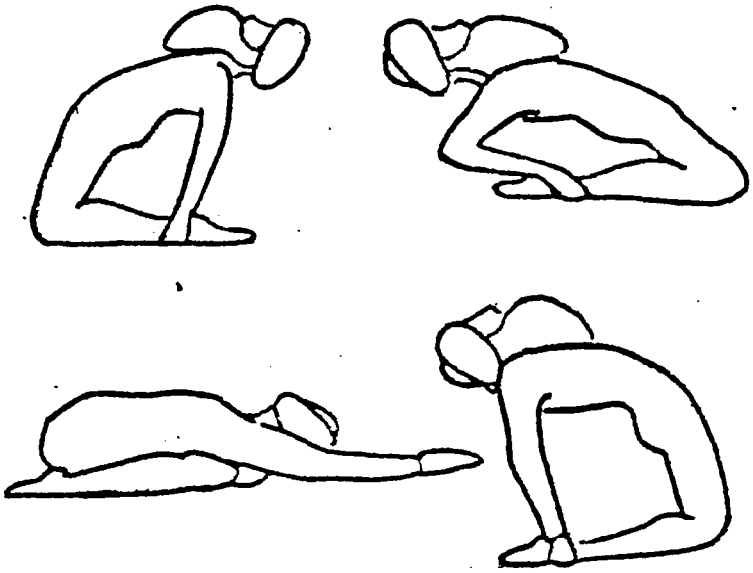
This set that I am giving you today is a must for every woman and it is good for every man. The shoulder movement is more important than even the leg movement and we never get to do it. Let us see how this effects the body.

A) Sit in easy pose and extend the arms out parallel to the ground with the elbows straight. Make the hands into fists with the saturn finger extended. Begin rotating arms in circles. There should be no looseness, movement should be tight and powerful. Continue for 5-10 minutes and then increase the speed for 2 more minutes. Do it once in a while so your head will be all right. It will calm you down. Do it for a few days and you can't even think what is wrong and right. I want to see the effect on your body and mind.

B) Sit in easy pose and join hands in venus lock behind the head. Like a grinding wheel, roll the total spine around on the hips working the abdomen. Roll down to the bottom and around in deep circular motions. "This is one of the most fascinating exercises you can do." (variation of Sahaj Naoli) Continue for 3 minutes.

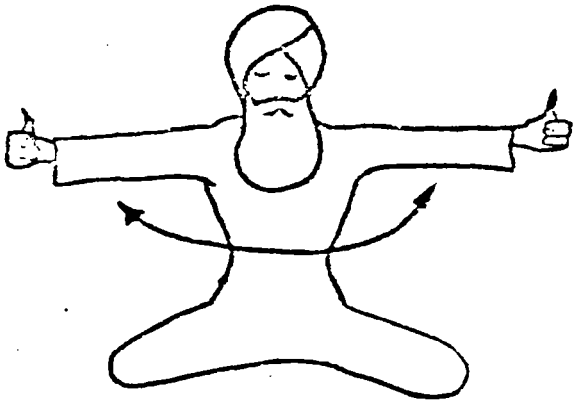


C) Sit in easy pose and put the thumbs on the pad at the base of the little finger. (At the mercury point) Put the arms out parallel to the ground with the palms facing down. Alternately begin to raise one arm to 60° while the other arm goes opposite. (down) Continue fast and powerful for 3 minutes. "You will get a lot of cracks in this exercise. That only means that the muscles are not acting right. It means there is a looseness in the muscle movement.



D) (a) Get in camel posture. Bend the elbows and lower the body back as far as possible. The head does not touch the ground. Continue going down and up for 2-3 minutes. "This is the life of the person, the thigh and the stretch of the sciatica. This is the only posture that can do it. It should be your daily routine. A person cannot afford to have a headache if he does this exercise everyday."

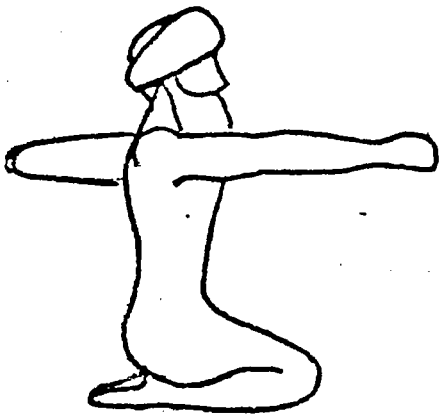
(b) From camel position, bring your forehead and arms to the floor and then go back into camel. Continuous motion, keep up for 2 minutes.



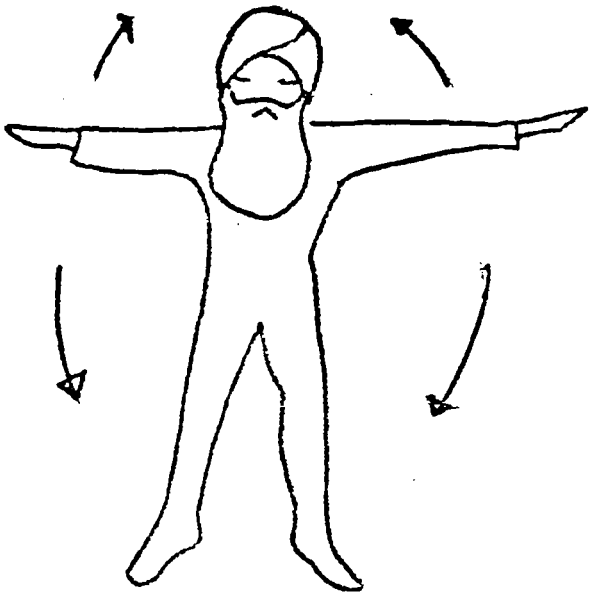
E) Sit in Easy Pose. Arms are parallel to the ground. Fingers are curled into fists, with the thumbs up. Twist from side to side. You will feel pressure on forearm if done correctly. Continue for 1 - 2 minutes.

F) (a) Sit on heels. Inhale and pump as many times as possible. Exhale and pump as many times as possible. "You can do it about 50 times if you like." This can keep you young. Anything between the diaphragm and the sexual area can be corrected by the exercise, liver, spleen, pancrease. Never pump while you are breathing in or out except with Sat Kriya.

(b) Roll the spine around the hips 52 times to the left and 52 times to the right.

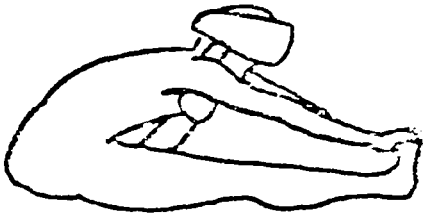


G) Sit on heels. Hands in fists with thumbs inside Powerfully pull one arm back while other fist extends forward, continue alternating arms. You can adjust the hip bone with this exercise. It will help to avoid breast cancer, and chest and lung area problems. Continue 5 minutes.

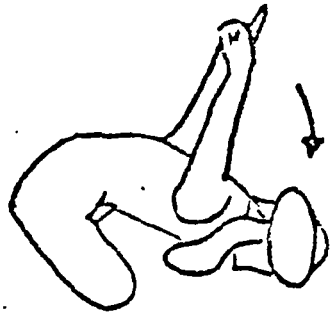


H) Stand up. Arms parallel to the ground. Very slowly begin tilting one arm up as the other goes down. Continue for 5-7 minutes.

I) Sit down. Extend left leg forward and put the right foot in groin. Catch left toe and bend slowly down to the left knee. Hold position. (2 minutes each side). This is helpful for those who have mental disequilibrium.



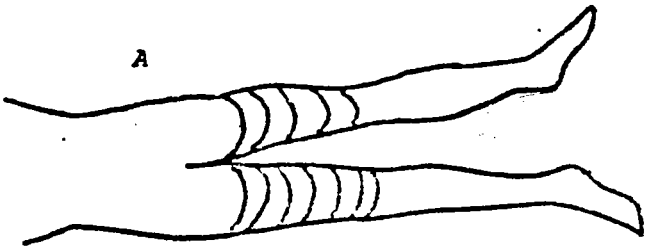
J) Sit in Lotus or Easy Pose. Hands clasped behind at base of spine with apollo fingers outstretched. Bend forward and raise up arms as high as possible. Come back up. Bend forward towards the right and raise up arms; come back up. Bend to the center, come up,to the left, come up, to the right, up... Continue for 3 minutes. "You can not have a liver and a colin problem if you do this. Try it out."



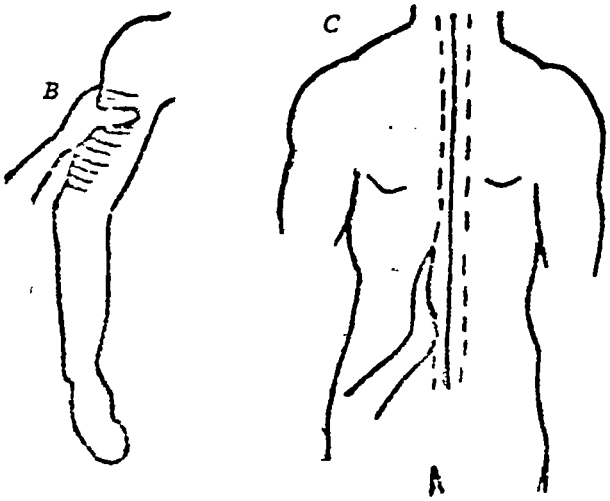
K) Relax.

MASSAGE CLASS

July 17, 1975
Espanola, N.M.

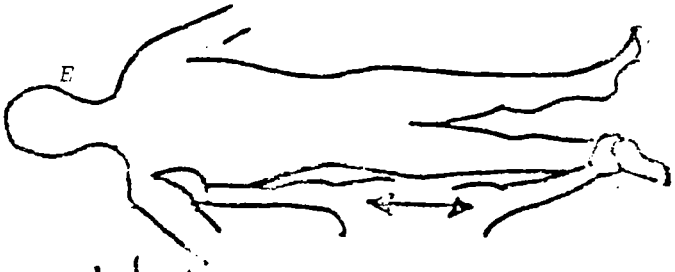


A. The massagee should lie on his/her stomach with the hands by the sides and relax. Take the side of the hand and in a light picking or chopping motion massage the back of the legs where it is indicated. It is not a direct hitting but a chopping motion. 3 minutes.

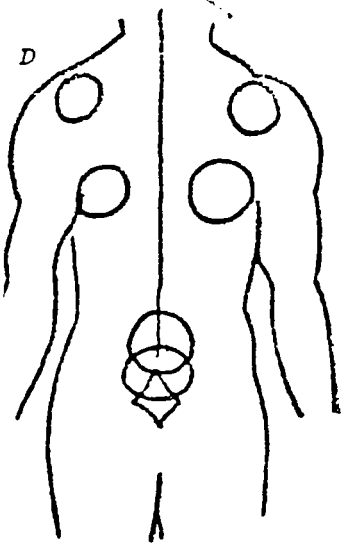


B. The massagee should sit up in a comfortable cross legged position. Take both hands and place them on the arms of the massagee. With your hands work over the whole area like you are milking a cow. This area and the thighs are the most untouched areas of the body. Deeply massage these muscles for 5 minutes.

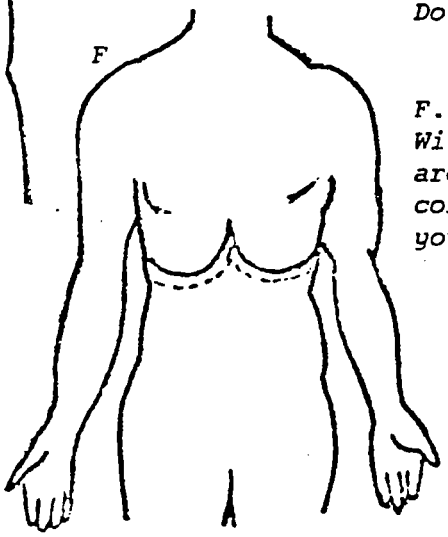
C. The massagee should relax on his stomach. With the side of the hand massage the area along the sides of the spine. Totally massage this area without touching the spine. 3 minutes.



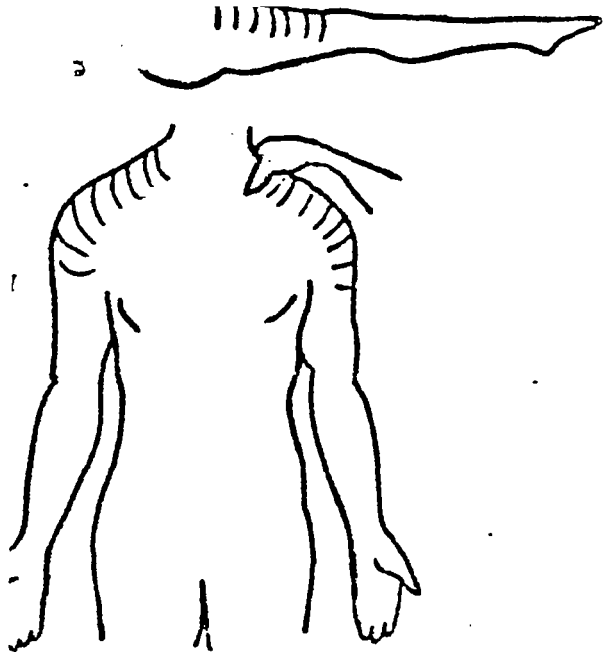
D.Massagee should remain lying down. With the heal of the hand deeply massage the circled areas in a circular motion. Really grind. This is a unique massage technique which works to revive the human body, the nervous system, and the sympathetic system.



E. Massagee remain lying on his stomach. With the right hand grab the heel and with the left hand grab the under arm. Push apart and stretch the side of the individual. Do both sides, one minute each side.

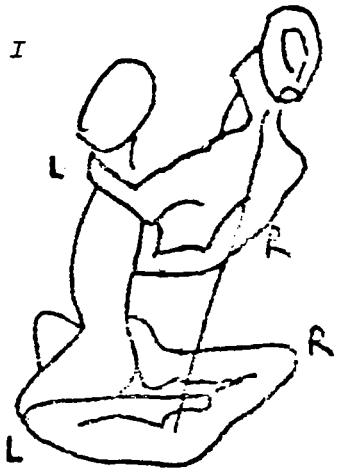


F. Massagee should roll over onto his back. With the finger tips vigorously massage the area at the ends of the ribs. If it is done correctly there should be a red blotch where you have massaged. 3 minutes.

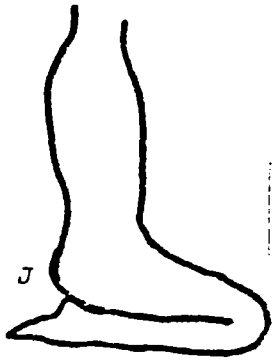


G. With the massagee still on his back, massage the thighs with the whole hand. Use the hands like you are milking a cow and especially in the area above the knees. This area is very sensitive.

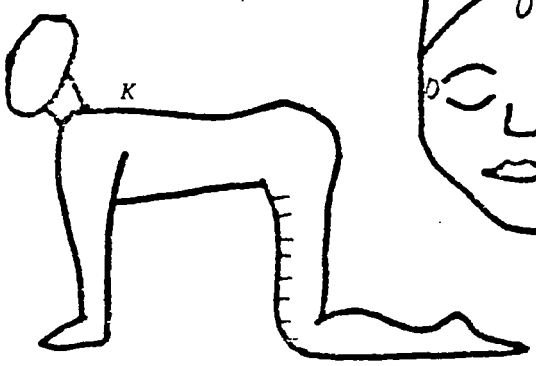
H. The massagee should sit up in a cross legged position and relax his arms. Take your hand and massage the lower neck, shoulders, and upper arms vigorously by grasping and then relaxing the hand. This is usually a very tense area. 3 minutes



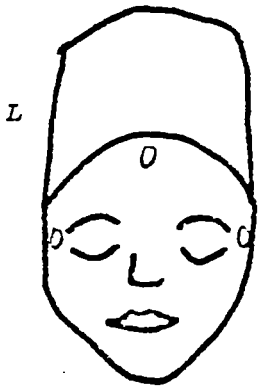
I. The massagee should remain sitting in a cross legged position. The massager should sit to the left side of the massagee with the heal of his right foot at the base of the massagee's spine and his left forearm grasping the front shoulders and chest of the massagee. Then with his right palm the massager should vigorously massage the back of the massagee especially in the area to the sides of the spine. 5 min.



J. The massagee should sit on his heels. Taking the hand in a loose fist hit the outside of the thighs and calves. 3 minutes.



K. The massagee should come up on his hands and knees and arch the spine down as much as possible. Taking the hand grasp the inside of the thighs and massage like you are milking a cow. 5 minutes.



L. The Massagee should sit in a comfortable sitting position. The massager should take his right hand and place the thumb on the left temple, first finger on the point at the center top of the forehead, and place the 2nd finger on the right temple. The fingers and thumb should vigorously vibrate for 3 minutes at these points. Relax.

COMMENTS: These techniques were administered to several different individuals with different body types and tension areas. The comments of the massagees after their massage were basically that these techniques relaxed tense areas, released blocked energy in their bodies, and gave them strength.

DEPRESSION
July 18, 1975
Espanola, New Mexico
(meditation)

Now I tell you something and you work fast. Now sit up straight and firmly. Chant like this, "Ek Ong Kar Sat Gur Prasad, Sat Gur Prasad; Ek Ong Kar, Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar," and let there be no break.

Wait a minute, I may not have time so let me explain to you this mantra when you chant this mantra then after that never utter a wrong word or a negative word. Sometimes something bad can happen on the spot. That is why I never gave you those kinds of mantras and the way to chant them. I don't know whether it is right or not to give you an atom bomb. But there are alot of Shaktis, and I love you, and I don't think you will use it for negative purposes.

Now this is a mantra of the Siri Guru Granth; Siri Guru Granth is the total explanation of this mantra. Yet not a single Sikh knows how to chant it. If after keep it a secret and go to India ; find a single Sikh who can chant it and I will be his disciple. Now we have to examine how this mantra finds itself, then you listen when you chant it.

Everybody. Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar, etc. Inhale; you will be surprised to see that your tongue can not sound it properly, because it is the central Sushmana energy on which this

word can be sounded. There is a secret teaching it. There is a key. Ek Ong Kar Sat Gur Prasad doesn't mean anything if it is not reversed. I want you to watch your tongue; lots of things will start happening. I am right here so don't worry about it or freak out. Let us do it a couple of minutes and then let us see what it does to you. This is a technology. Nad is one who has the nut. You know the camel? Do you see they put something in his nose? There is a string with it and the camel follows that string. The entire universe and its energy follows this mantra. There is nothing in the hand of God that you can not take, and it won't even bug Him. But there is a secret to it. The secret is in the reverse of it. They call it NAT NAD. It is a very simple mantra and this is how it is chanted with UDASIS. It is the gift of the house of Guru Nanak and it may not freak you out. Baba Siri Chand was the first practitioner of this mantra, given by his father Guru Nanak. This is the mantra we want to share with the people who are coming to that Pomona course here. They have to go through a secret training and that is what we want to do now.

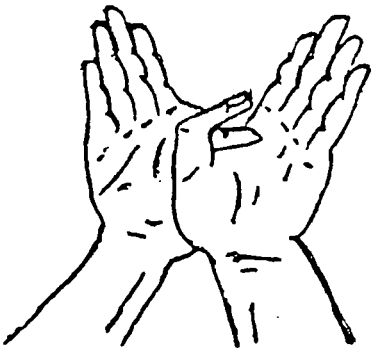
You will see these Udasis Nad Nats, there are 9 Nats. Nat is a person who has a Nut. Nut means that thing in the nail; that nail in the nose of the camel they call it a Nut. And these ladies who wear something in their nose they call it a Nut. It is

a most delicate part of the body. You call it nose and they call it Nut.

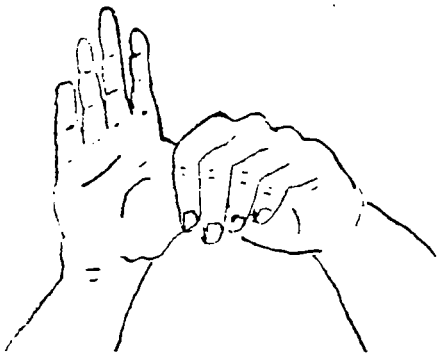
Nat means nose; Nuk means that nail in it. Kasam mean the master, the God. Anything which goes this way it must come back too. That is what I have tried to tell you; that is the secret in it. It is Nut Nad. The occult powers of the occult powers equal the secret of the known of the unknown and unseen of the seen. It makes you totally intuitive, totally. When this mantra becomes understood, there is nothing you don't know. At that time, if you are really not very holy, it will cause a problem. All right, go ahead. Write down the pronunciation of it. Ek Ong Kar, Sat Gur Prasad. The word Guru is Gur. So if you can bifurcate that way it will ease you. Do it anytime, anywhere for any reason. This is a trick gadget; that kind of master key or gadget which can open up everything. "Om," there is no such thing. It is "Onnngg." The conch must come out of the nose, it is a simple thing. Have hands on the knees firmly, it is better. Fire comes out of your nostrils, "Onngg". Both nostrils work. Ek Ong Kar,Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar. There is no way to handle it, it is so much. God bless him, Santji, used to do it. Such a saintly soul, totally misunderstood all his life. Neither the friend understood him nor the relative understood him nor the people understood him. He walked on this land and nobody knew that he knew all the knowledge that they had to know. Perhaps it was his way of left. Chant now and precisely and powerfully. Inhale, exhale.

Ek Ong Kar is chanted at the navel point. I think you have forgotten the long Ek Ong Kar. Ek Ong Kar is chanted at the navel center. This chant is a master key. You chant it one hour, two hours, three hours, it doesn't mean a thing. Sit and chant it and tomorrow I'll tell you the keys with it. There are five secret keys with it (mudras), and what they do that is my class tomorrow with you.

July 19, 1975
Espanola, New Mexico
(meditation)



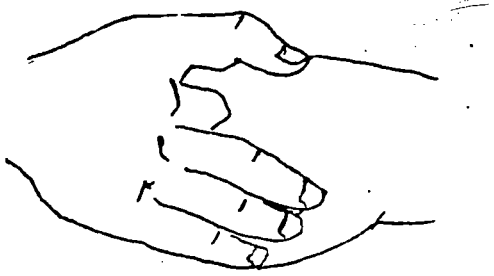
Now these practices which we are going to practice today are based on a very certain, simple technology. With your left hand, take your right thumb. (for women it is opposite). Lock it and put it like this. (Make a fist with the left hand around the right thumb. Both thumbs are inside fist.) You follow? Now this is the first way of sitting and chanting Ek Ong Kar, Sat Guru Prasad, Sat Guru Prasad, Ek Ong Kar. (see July 18) And this is to help the vitality of the brain, and to equalize your neutral power against depression and negativity. It is called Raj Mudra or Raj Kriya Mudra.



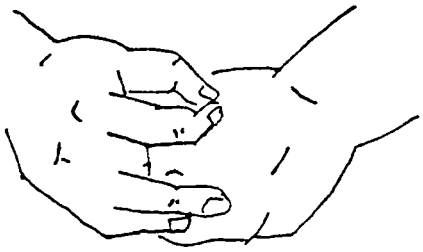
The second mudra is; take your first finger and lock it. (same as first mudra except instead of the thumb, grab the first finger). Do you follow? I am teaching you the secret of Kundalini Yoga. First is Raj Mudra, Pingali Seal. Second is Gyan Kriya Mudra. This is Gyan Kriya Mudra. My right thumb goes under, the fingers go over and the lock is like this, and these fingers here go right here. Gyan Kriya Mudra. It has the word "kriya" in it.

Now, this is the Saturn finger, and this is Guru Kriya; Guru Kriya Mudra. See this Gyan Mudra in the center of it? (Gyan Mudra is formed on the mound of the thumb with the right hand.) This is how it is. It is a Saturn finger, you know this finger, when you put it out of the car you cause such a trouble? It is the same finger. This finger is locked by the thumb first which is ego, and then by all other four polarities of your body. This is how the fist is made. Two bottom fingers hold the fist and the first finger and the thumb go on the top like Gyan Mudra. The thumb is sitting right inside and

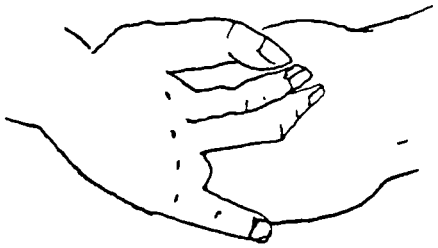
the fingers are locked, but outside is very clear.



The next mudra is Surya Kriya Mudra. It is the same thing, but with the Sun finger. You see this now? This finger (Saturn) comes to help the Gyan Mudra (on top of the thumb mound). With Suria Mudra, you can have two mantras: Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar or Gobinde, Mukande, Udhare, Apare, Haring, Karing, Nirname, Akame. Right here, it is no secret to you now. It is Sun finger, the ring finger. Lock it with the thumb and put these four fingers over it. That's it. Surya Kriya Mudra.

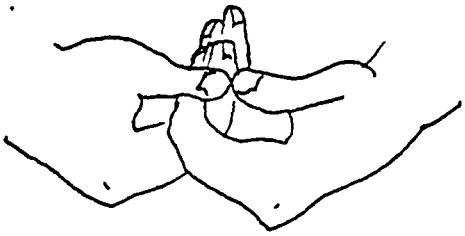


There are only five Kriya Mudras unknown to the world, but known to the yogis. The woman will always hold the right hand when we (men) hold the left hand. When I reach for the left, you reach for the right. Never forget that law.



Last of all is Buddha Kriya. Lord Buddha knew about it, although he practiced it and never told anybody. That's why there is a Mahan Gyana Buddhism, this Gyana Buddhism, that Gyana Buddhism; but nobody knows Buddha Kriya. Buddha Kriya Mudra is like this: You lock the littly pinky. This is Buddha Mudra. It is pretty difficult. The pinky causes a lot of trouble. In this mudra, normally for the support of action, we put the top three fingers together. It is a slippery mudra, but it is as slippery as the Sangat, because it helps communication. It is very simple. Sit and look simple. You do not know what is going on. It is great what is going on. Now you have to practice and chant it. Can you do it right?

Now put yourself in Raj Mudra, Raj Kriya Mudra. Is it all right? All right, sit that way and chant. Ek Ong Kar, Sat Gur Prasad, Sat Gur Prasad, Ek Ong Kar. Inhale, Exhale. Now I have given you four kriyas. A lot of times there is a full moon and the moon enters a water sign. You remember those days? We call them



watery days. Remember those? This very mantra is called Moon Kriya, Chandra Kriya Mudra. I am now sitting in Chandra Kriya Mudra. It is right top to top, you see? I can do it; you can do it; we can do it.

Ek Ong Kar is at the navel, Sat Gur Prasad is at the heart center. Let me stop all the speculation about the power of this mantra. Each pore of the body becomes an eye, Indra Eye they call it. Indra got cursed, you know. Each pore of his body became an eye. Hindu mythology has very deep meaning, but I want to tell you. It is also known as Indra Nitri. They call it Indra Nitri when each pore of your body becomes the eye of Lord Indra. It opens up the third eye, and also the third eye of the opener of the third eye. It is open all the way.

Question: Yogiji, when you chant this should you hold your Mulabhand?

Yogi Bhajan: No, no. Mulabhand doesn't go; this goes, this little navel. It is chanted with Ek Ong kar. Always remember to chant it with the navel movement. On Ek Ong, the navel goes in; on Kar, the navel goes out. Ek Ong Kar: there is always a little jerk. Ek Ong Kar is always at the navel.

GUIDED MEDITATION

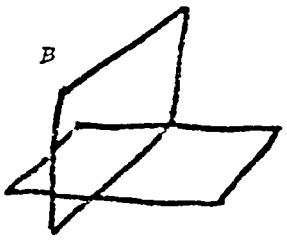
July 30, 1975
Espanola, N.M.

A

A. Sit up with a straight spine in easy pose. Women place the left hand out in front of the chest with the palm facing down. Men place right hand in same position. Take the opposite hand and forming a right angle cut the extended hand at the knuckles. It should fit in at a definate spot at the joints. See diagram A,B, and C.

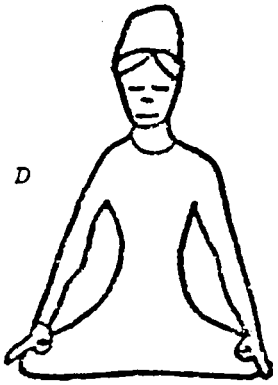
Press the hands together in this position with as much force as possible. If it is done correctly sweating will occur. The correct breathing will occur naturally if it is done correctly. This is long deep breathing. Hold this position for 16 minutes.

B



C

D



B.Sit up straight and close eyes. Look straight through the closed eyelids and concentrate. 31 minutes. See diagram D.

GUIDING DIALOGUE (YOGI BHAJAN)

If you have done it right, it will carry you through lots of layers of life and you will start seeing lots of things. With closed eyes look straight. Colors, shapes, figures, you go through many layers. Just going is the experience in itself, how far you

can go doesn't matter. Trying to go is an experience in itself.

These are your mind and body, don't let your mind direct you to open your eyes, and don't let your mind make you itch your body. Mind does 2 things whenever you try to meditate, it makes you open your eyes and it makes you itch your body. They call it monkey game in yoga. When mind plays monkey game tell it to shut up and keep going. Mind doesn't want to loose its sovereignty over you, its possession over you. Mind wants you to surrender to it, rather than it surrendering to you. You can fight a decisive battle. The scene is yours. If you can subject your mind, you can subject the entire creative force of God. Victory over mind is victory over the universe. Once you can make your mind subject to you, you will be victorious and there is nothing on earth that will not come to you. You don't have to go to anything.

Spine should be straight and the rest of the body relaxed. Grace is a gift of God to the entire creation. Each leave which comes in the summer, it opens up in grace. Each bud opens in grace. Each baby is infinitely beautiful. The women is shining in her soul. All this is the living grace which each creature has.

Fight your mind, use your will. The immediate effect of this meditation is that it will subdue your mind. Mind is going to try and itch your body. You can watch mind teasing you. It is the greatest art. It is the greatest secret power of the individual, that is closing your eyes and meditating. Meditation is nothing but subjecting your mind. Use your sophisticated nature which doesn't give in. This is one art which you must have.

If you keep your spine straight, it can give you your innocence back. There is no greater protection on the planet earth than the protection of the innocent. From the sutras of the Mahan Tantric, when the creatures sit in the light of the great spinner. The Mahan Tantric is nothing but a great spinner, a great weaver. And the individual keeps his spine straight. MEYULD DUNDH which belongs to the great weaver, each fiber gets alerted, therefore the mind becomes the part of each fiber knot. If the sadic keeps the spine straight and looks through the closed lids, then the power of knowing the unknown and seeing the the unseen is restored to the individual. When an individual can not see the unseen, an accident is inevitable, therefore we give you the power to go around in to the directness of the righteousness.

When the lids get opened ever, they see very limited horizons, but in the closed eyes are unlimited horizons. Mind has only one trick. It will make you itchy, moving. Keep the spine straight and your mind will have no choice but to remain concentrated, because the mind can not control the Shushmuna, the central nerve. It is the will. Don't let your body move. Keep your eyes closed and new horizons will open to you. Learn to be still, you will know all movements. Oh my grace in my stillness is all divinity, when you confront your mind you will know whether you are confronting a friend or an enemy. It is so itchy and painful when you confront your mind, you can't even believe it. Can you believe how miserable it can make you when it bewitches and controls you? Breath will be subtle and light. You will penetrate into unseen horizons.

There are gems and jewels, there is the word of God, oh nay there is God himself who is beyond these horizons, keep on seeking and you will find it. God is awake.

Your mind will try to get you through making your fiber itch, it will make you uncomfortable. It will make you feel disgusted because it doesn't feel like getting captured. Mind has many tricks, but once you decide to get it, you will trap it. Your mind has always taken you away from you. Today is your day. Don't get into its' tricks, it is your body not your mind's. It can not make the nerve to itch you. If you can overcome the mental faculty to destroy you then you can get out of pain. You can have the power to shut out any pain as you are practicing now to shut out every mental pain which is a physical torture, which looks like a torture which is not. When you come to this earth you will be surprised to see there was nothing. It will make your glands to secrete and make you even more itchy. Once you have it, you have a feast every moment. Mind was given to you to experience God.

Use your will. Penetrate through the unknown skies, unknown horizons. The moment the individual controls his mind, the universe trembles, because unknown is known to be seen. When the mind is given to the guide,and the guide will guide you, then the journey becomes painless. It is a journey into the yonder land, it is the mystery to be unfolded. It is very safe to do. It is the beauty of the bosom which turns the blood to milk. It is the beauty and radiance which sustains the contact. It is the world of the rainbow. Words are the colors and figures and it is a granth. Granth, gra, knot, each body will become a blanket as it is a knotted blanket.

Mind wants to escape so many pains will occur mentally. Whichever pore it chooses to get out, in that pore it will hurt. But remember, it will leave you. Don't worry about it, what does it matter?

Start making the journey in the yonder land, make the journey go. Oh my soul I have taken many times the births and deaths, I have moved from place to place to experience the yonder land. Oh my mind you were given to me, be with the owner of this yonder land, oh my ears you were given to me to hear this crystal song, oh my tongue you can only praise the lord when you are filled with the glory of the Creator in consciousness and grace on this planet which is a tiny dot Let us walk into the milky way , beyond the existence. Walk into this yonder land, you are welcome. In your majestic beauty, in your stillness, lies the secret of all movements. When you become still all universe moves around you. You can learn from the sun. All the planets move around the sun. All the planets move around a central point. There are 1 trillion suns with planets. So be the sun, give yourself to me, dwell in the chamber of my heart.

COMMENTS:

The preparation exercise will give your nostril a special breathing rhythm. You can not achieve this pranayam in any other way. It is important to do your best in this first exercise. Use your ego, ego is the greatest disease, the answer lies in it. The object of this exercise is to give one

the experience of your subtle higher consciousness. It is beyond the physical, but it takes the physical exertion to do it. It will create a tension and every pore will sweat. That is why you will start breathing long and deep. It is called self causation - a process of pranayam in which maximum oxygen is consumed by the body and retained in the blood. Air becomes the Guru right now.

Through this mudra we bring in ourselves the values of the entire universe. The positive and negative aspect - the polarity is present.

If this mudra is done for 15 minutes it can eliminate the need for many drugs.

SITLIE KRIYA

July 30, 1975
Espanola, N.M.

Take the tongue and roll it. Sit up straight in easy pose. See diagram. Inhale deeply through the rolled tongue, exhale through the nose. Continue for a minimum of two to three minutes.

Comments:

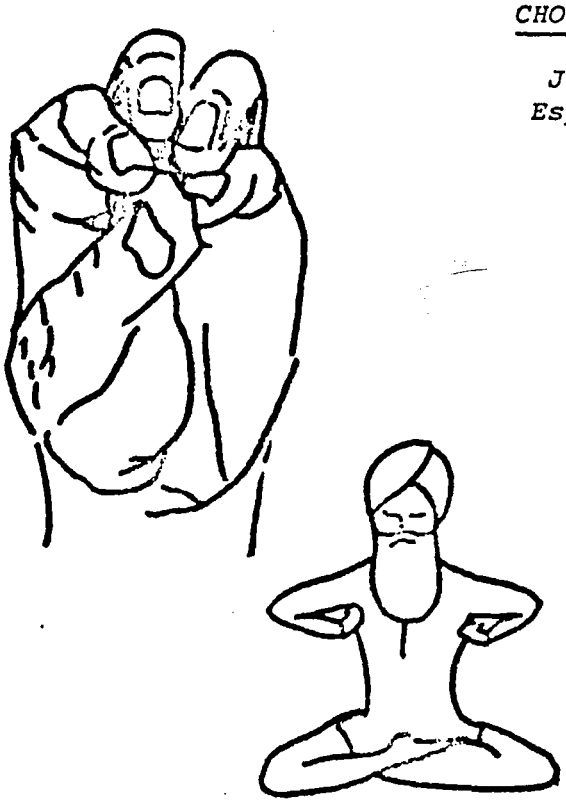
This is an excellent kriya to do before chanting Siri Gaitri. It is also good to do 26 times in the morning and 26 times in the evening.

This kriya gives you power, strength, and vitality. Whenever you get a fever, sickness or discomfort, do this kriya. It is a cure within you. At first the tongue will be bitter then it will become sweet. Once it becomes sweet, you have overcome all sickness inside.

People who practice this kriya have all things come to them that they need by the planet ether. In mystical terms, you are served by the heavens.

CHOKE MEDITATION

July 31, 1975
Espanola, N. M.



Sit in easy pose with a straight spine. The finger pads are all touching. (This is known as a praying mantis hand in the martial arts.) The fingers are then placed in the underarm area. This will force the spine to become very straight. The chest is out, and the chin is pulled in slightly. Close the eyes and focus on the brow point. Chant

RA MA DA SA SA SE SO HUNG

Time: 11 to 31 minutes.

Comments:

This meditation will work on your inner faculty and your ego. You have five things to show your ego, two legs, two hands and one tongue. No investigator can penetrate into you if you can control those 5 organs. No one can know who you are. Once they don't know who you are they think you are God.

Your metabolism will go through a tremendous change in this meditation. This painful posture is like a bitter melon. The tremendous discomfort it creates is all in the head. It brings the combination of the five centers of the left and right brain into the neutral self..

This mantra has the 8 sounds of the Kundalini in it. It is a combination of earth and ether. Ra is the sun. Ma is the moon. Da is the earth. Sa is the infinity. Sa is the infinity. Sa is that totality of infinity is thou. Sohung means I am thou. Sa Say Sohung is the ether mantra, Ra Ma Da Sa is the earth mantra. It has an inter connection. Sa is the link word, it comes twice. It is the tide, and Sa is a reversal of the tide. Going, converting, reversing, it is a complete cycle.

Through every test of time this will carry you through because this is a big mantra. This is Siri Gaitri.

MEDITATIONS FOR HARNASSING ETHER

August 4, 1975
Espanola, N.M.

A. Sit up straight in easy pose with the hands in gyan mudra. Chant the mantra of God purification, Ist Sodong Mantra:

Dharti Hai, Akash Hai, Guru Ram Das Hai

When you say dharti hai concentrate on your feet being in the earth gray. When you say akash hai concentrate on your head being in the blue ether. When you say Guru Ram Das hai concentrate on white light coming from your heart center.

COMMENTS: This meditation can help the mind penetrate the cosmos. You can transcend past, present, and future by its practice. It is best practiced in the evening at sunset for 40 days. Dharti means earth. Akash means ether.

B. Sit up straight in a cross legged position. The right hand is over the head like an umbrella and the left hand is in the lap. Inhale deeply and in one breath chant the mantra:

Pritvi hai, Akash hai, Guru Ram Das hai

When you say pritvi hai meditate at the hand in the lap (2nd chakra). When you say akash hai meditate at the hand over your head and turn your eyes up towards the top of your head (7th chakra). When you say Guru move your concentration from the top of your head to the brow point (6th chakra). When you say Ram move your concentration to the throat center (5th chakra), and when you say Das move your concentration to the heart center (4th chakra).

COMMENTS: Pritvi means earth. Akash means ether. This meditation involves chakra to chakra concentration.

PIKHNA BHAKTI MEDITATION

August 6, 1975
Espanola, N.M.

Look at the tip of your nose through the closed eye lids. Sit up straight in a comfortable cross legged position. On the screen of the closed eye lids, mentally begin carving a picture of any one you know well. He or she may be a holy man, a diety, a friend. Just relax and meditate on the figure which you have mentally created on the screen of your closed eye lids.

COMMENTS:

This meditation can give the mind the power to see the creative consciousness of another individual. It is a very enjoyable, devotional meditation.

KHOWDI KRIYA

August 7, 1975
Espanola, N.M.

A.

Sit up straight with the hands in gyan mudra. See diagram A. Inhale deeply and in a single breath chant:

SA RE GA MA PA DHA NE SA TA NA MA

RA MA DA SA SA SE SO HUNG

This is done like a normal major scale (Do Re Me Fa So La Te Do). Sing from the lowest key up all 19 notes, inhale deeply and repeat. One cycle should be 15 seconds long. Do this kriya as long as possible.

COMMENTS:

Khowdi Kriya is the first step to raising your energy from the lower to the higher centers. It will take your apana into the prana region. Prana and apana will both end up in Saraswati the lotus of 1000 petals. This will turn the chakra upside down so the nectar will run out of it. "By virtue of the nam the nectar starts dripping in me."

You have to practice Khowdi Kriya because your prayer doesn't have rhythm and melody. Any prayer that does not have both will not be answered.

Contained in Khowdi Kriya is earth (SA RE GA MA PA DHA NE SA), ether (SA TA NA MA), and Siri Gietri (RA MA DHA SA SA SE SO HUNG). This is the earth and ether of infinity.

People used to practice this in huge domes in concentric circles. They would sit around the rim of the dome in 3 to 5 circles with one central person and chant this mantra.

You will loose the fat fast by doing this kriya.

SIRI SARGAM OR BRAHM SARGAM

August 7, 1975
Espanola, N.M.

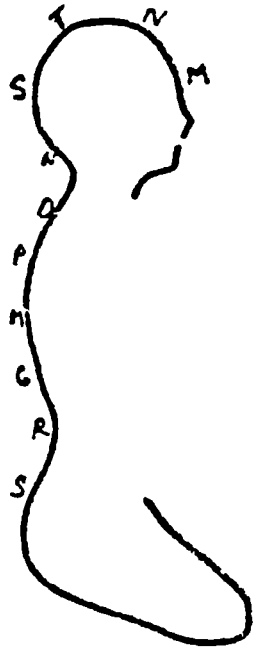
A.

Sit up straight. Hands should be placed on the knees with the thumbs and index fingers touching (gyan mudra). See diagram A. Inhale deeply and at a low pitch begin chanting,

SA RE GA MA PA DHA NE SA TA NA MA

like you would sing an ascending major scale (Do Re Me Fa So La Te Do). Sing higher as you chant each of the notes. Inhale and repeat. Each cycle should take 15 seconds.

B.



Mentally divide the spine and skull into 12 regions. See diagram B. Imagine 7 earth regions and 5 ether regions. Concentrate on the energy going up the spine as you sing the mantra.

COMMENTS:

Your spine and skull are divided into 12 areas. It is the principle of elevation. The elevation of the shabad. Ta is the solar center. When this is activiated you will have a smell which no nose can detect, but everyone will be attracted to you. Na is the spot on your head where the prana leaves when you die. Ma is between the eyebrows, it is the creative principle. That is why we say your destiny is written on your forehead. From Na to Ma is where your destiny is written. Sa is where the memory gets damaged from drugs. The first Sa starts at the base of the spine where there is a triangle.

There are 7 sounds of earth and five sounds of ether. Everything we need is in these 12 words. When prana and apana meet in Saraswati the matter is finished.

Brahm Sargam will bring melody and preciseness in your power of verbalization. It will give Vac Siddhi. Whatever effect you want will occur. If this sound is perfect you can communicate whatever you want to communicate and get whatever effect you want from the communication.

If you listen to someone chant Brahm Sargam with your ear on their back under the shoulder blade you will hear a beautiful sound which is falling and rising. That is the universe from which all sound comes.

This meditation was part of an old secret science of the ragis of India. It is part of Brahmvadia which the sages left for humanity. Through time the ragis lost the Sa Ta Na Ma part of it.

Once you hear the chant in the Shushmuna, then the central nerve will start giving you the sound back.

SIRI GAITRE MANTRA

Espanola, N. M.

The Siri Gaitri mantra is Ra Ma Da Sa Sa Se So hung. Ra means sun. Ma means moon. Da means earth. Sa means infinity. Se means the totality of infinity is Thou, and So hung means I am Thou. This mantra is chanted with the same rhythm and inflection as Sa Ta Na Ma.

MUSIC

When chanted the mouth must have a full play. There should also be an awareness of the tongue as it touches specific acupuncture points in the mouth. This is a very subtle science. It is the mantra of the Shushmuna. It is a healing mantra.

This mantra was taught with several different breath rhythms. The other aspects of the meditations remained the same. The basic position was easy pose with a straight spine. The eyes are focused at the brow point. The mudra for men is the right hand rests palm up in the left hand which is also palm up. The thumbs are touching and the hands rest in the lap. See diagrams. For men there is also a second mudra. The right thumb, pointing downward, is clasped to the left hand by the left thumb. The left hand then encloses both thumbs in a fist. Next the right hand closes over the back of the left hand and both rest in the lap. See diagram. For women the mudras are the same but the hands are reversed.

These meditations should be practiced for 40 days. The suggested time to begin is 11 to 31 minutes.

Breathing:

1. Self-regulating breath. After chanting for a short while the breathing rate will be automatically established. For healing use your hand (either one) and project energy from it to heal. Always make a prayer to God that you may

be a pure channel for healing energy. Never use this energy for sexual or ego centric purposes.

2. Pran Arti Pranayam. Inhale deeply through the nose and chant in one breath. This will bring you out of depression.

3. Sitli Arti Pranayam. Inhale through the rolled tongue, exhale through chanting. One cycle with the five second breath takes 15 seconds.

4. Trikuti Arti Pranayam. Inhale through the nose while repeating the mantra 3 times. Hold the breath while repeating the mantra 3 times. Exhale while repeating the mantra 3 times. Repeat. This is the highest form of pranayam.

5. Chou Pad Arti Pranayam. "On the fourth step I find God". On the inhale (nasal) repeat the mantra 4 times. Hold the breath and repeat 4 times. Exhale and repeat 4 times. Hold the breath out and repeat four times. With eight parts to the mantra that gives a total of 128 parts to one breath cycle. The best way to practice this pranayam and Trikuti Arti Pranayam is with a tape recorder. Record the chant, then mentally say it with the tape as you do the breathing.

6. Sarro Nari Soohni Pranayam. Inhale in the sitli position (rolled tongue) with 8 strokes to each breath. Exhale through the nose, again with 8 parts to the breath. The Siri Gaitri mantra accompanies the breath. Inhale (Sitli) Ra Ma Da Sa Sa Se So hung, and exhale (nose) Ra Ma Da Sa Sa Se So hung. This will clear all channels of the being.