

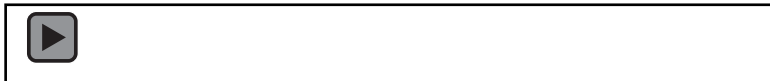
LA839 950417 Balance Sex & Sensory System

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SUMMARY MEDITATION:

Tonight we'll change the balance between sexually and sensory. It means we'll work on the pituitary and the pineal. You are ready? Is a little tough subject. Not very comfortable, but you know, after all, it's for the humans, not for the birds. They don't have to do it.

7 minutes: Left hand, put at your, you know between the nipples, where whatever they are in the center, that's called heart line. Not according to medical science but according to *yogi vides-aa*, that's what they call it the heart line is. So put your hand like this, please, and this hand all you put it here and slowly, slowly, slowly, slowly go and stretch like this, like this, and then convert it this way. Exactly at sixty degrees, solid. No, no, no, no, do it right. It's not a joke. First do it like this. Here. Set your balance and then you go slowly and slowly and then stretch like this, this is stretch. And when you'll do this stretch, you'll find the tone of the body accustomed to it. And then lower this hand and raise it to sixty degree. Very ceremonially. There's no need freaking out.



link to see movement

<https://drive.google.com/open?id=0Bwd5s1n2X3zbTmhrcTh2d3ZvMEU>

Now, your eyes at the tip of your nose. Now imagine what you're **going to do. You are going to burn your entire karma with one breath, and that is a breath of fire.** In and out the breath goes and it, consider it as one breath. And the navel moves like little bird, flips. When you do it heavily, then it become *tawoun karee* pranayam, that is

not what we are doing. We are doing breath of fire, we are doing *bhaao kal aasan*. That means you have to move diaphragm, absolutely don't bother. Move the navel point, diaphragm will move automatically. And once you can move diaphragm by habit, by habit, you can control your death. If you move your diaphragm death will take you when you want. But once you have the power to move your navel, you can be you.

Now breathe through navel, not through the diaphragm, please! There is a place in the navel, navel moves, it flirts, flutter it, flutter it. And then you will breathe with it. Come on, come on, come on, try your luck. **Seven minutes** we have to do, it's not very big. Hey, just experience in seven minutes what you can create within you. Dedicate seven minutes to your life.

Angle of the hand is sixty degrees, remember it is not too high, not too low, not straight. Sixty degree, it's a slant. Hey, Hitler! You see that thing? Oh yeah, if you take that thing, "Hail Hitler" situation, you don't understand, that's, that's a *soorya pranaam*. It is a salutation to the sun. Person become fearless. The guy studied the whole thing. It's not something he made up just he was a fool, but unfortunately he became sick, that was something. He slept too much. God, when we landed in Normandy, [if] he would have waken up, it would have been hell. But he slept through the entire invasion.

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Participate. Look, two minutes are gone, little more than that. In seven minutes you have to come to know what happens to you. We're not talking of a century, we are talking seven minutes on, on a spot you will know what is great, what is not great. Dedicate seven minutes of your life to yourself. That's all is being asked. You have to have a firm belief in this, that these seven minutes will be dedicated and they will be rewarding.

You have done four minutes. Try, try, try, try, try, try. Seven minutes are great in life? Seven minutes, everybody can afford seven minutes. Ay, that this is the only difference between other yoga and Kundalini Yoga, in three to seven minutes, eleven minutes, God, it does everything. You don't have to wait twenty-two years. Move.

Man in the new age order, or Age of Aquarius, whatever you want to call it, shall have a control on his death, shall have a control on his destiny, shall have the knowledge to prevail. *Shall have* -- is granted fact. In fifty years all our surgical, medical, our civil actions will be done by computers. Perhaps you will exercise with computers.

Ladies and gentlemen, you have one minute and ten seconds left, please do your best. We can't extend the time. It's not within my control so, this is a last effort, let's... If we have cheated all along, let us do hard one minute, let's do it right. It's not that bad.

You have forty seconds left. Twenty-five seconds left. Ten seconds to go. Stand by, five seconds. Inhale deep. And stretch your spine and hand where it is, stretch, squeeze the whole body, the entire fiber. (10 seconds.) Cannon fire out. Inhale deep again. Tight, stretch and squeeze, and open up this time all the five fingers like antennas. Stretch out, stretch out, fire out. (10 seconds.) Last breath, inhale deep and please open up the five fingers and stretch them out like steel. Hardest hit of your time. Squeeze your entire fiber and then squeeze your entire spine fiber, all that. Put chin in, chest out and now fire out! (15 seconds.) Relax.

Oh, you did it. That's it.

You know, first sixty-nine dollar ninety-nine cent a tape is required to exercise, you know what I mean? And then equipment is required and you can call them, in three installment and bah bah bah. Why can you not do then seven minutes a day? What's so wrong? Huh? Seven minutes left, seven minutes right. On alternate days, special American concession. Special concession. One day one hand, other day the... not the same day. No, you need exact difference. And in forty days you will see where you go.

Don't do it more than seven minutes, for God's sake, don't try to become macho. Oh yes, some people think, "Oh, wow, I'm in an ecstasy." You will be in such a ecstasy I'll have to come and see where you are, so don't give yourself that chance. Because navel point is the original point of purity, piety and origin where you were taken into life without breath of life. This is the only time when you lived, grow and shaped yourself without the breath of life, without food, without any obligation.

LECTURE

Please be seated and comfortable. Today the lecture is just a little rough. I like you to close your eyes and purify your mind because you may get horny for nothing and I don't want that kind of environments. Understand? All right? Open this. Ooh. (Opens gifts.) Yeah? Open this, open this, open this. Yeah.

We have been talking all these days; today we are going to talk also. You all understand that you are a by-product of sexual activity. Do you? Or you just came direct from the sky and started walking. What was the real scene? Somehow, call it respectively or gracefully or not, you are the by-product of sexual activity. And you're, you're a product of a sexual activity. Your price, your value, your worth is your sensory activity. I'm going to go slow, I'm not going to hurry this point because this point if sits in you, you'll be fine. If you cannot understand this little point, you'll suffer rest of your life.

Sexuality, sexual act, between a polarity, between a male and female, between moon and sun, can create you. But sensory activity can maintain you. So if you are poor, you are miserable because of your sensory activities. Now don't compensate your sensory activities with sexual activities. That's a disaster, clear.

We work hard, make money. And we make love and spend that money. So basically, these two things has, have to be clearly understood and very distinctly in your mind that you are a by-product of sexuality and your projection and your environments and your values are by-product of sensory system. And if your senses are not computerized by *shasharu*, that is the thousand petal lotus, this cantaloupe, in this there's a lotus, if that does not computerize before the longitude and latitude passes the time... that is equal to one zillion mega point friction, one zillion mega point friction of a second. That's how your brain magnifies it if it is in a sensory control. That's how brain should be sharp. We don't get up in the morning, take a cold shower, we are not idiot. We can sleep. But that's why we meditate for, to have that sharpness, that edge. It is edge over time, so that we can have a space in the world which is ours.

Now, you understand this theory so far, so far what I am saying? If somebody has all the wealth, wait, wait, wait. Very rich, very wealthy, very powerful. It does not mean that person has sensory satisfaction. Therefore all people of power and means are pervert. Because they aren't in a balance. All sexual activity which produces is an attachment, therefore mostly you fail to give values.

So values are sensory, but all the sexual products so produced as human or anything get... You see the birds. They hatch their egg, for them it is a sexual act. But when the chickens come out of the egg, right? They will start giving it values. How to hunt, how to walk, how to look, how to do, how to eat, how to do. Every act will be taught to the point of perfection. In the natural world, in ocean, ocean, oceanic world, on earth, on air and birds, there's no handicap. For handicap nobody follows. See the reindeers, they migrate. But when a reindeer is injured, the entire herd try to keep him within the center so that with the heat it can move. But if it refuses to move, they drop him. So then he becomes the food of the wolves. It's natural. First you will see if a reindeer is injured, all the herd will try to put it in the center, because the movement, the momentum and the heat of the body

will keep it warm so it can live, it can be safe, it can go, it can make it. But, if does not correspond to that speed, that momentum, they'll drop it. You will see them totally splitting and dropping that thing. Then let the wolves have it.

Nature is neither loving nor cruel. It is balance. And the word "balance" you don't understand at all. Human has one faculty that moment you tell human word "balance" they just start looking around, "What? What do you mean balance?" Because no human can accept they are imbalanced. Sexual activity is by pituitary. And sensory activity is by hypothalamus. If both are not developed through our control, we will develop three things: we'll have... These are the defects you can have. Bad communication, it's called short communication, it's called rude communication, this is Mercury (Mercury finger). "Nay." You will not be open, warm and cozy. You will say 'nay' to everything. "I don't know, I don't understand, I can't say, I can't commit, I don't know, maybe, I da da da da." This is your insanity right there. This your life line, sun line (Sun finger). This your communication, Mercury, communication. This is your purity (Saturn finger). "I said it, I'll stand by it." No firmness, no depth, nothing, shaky. That's impurity.

Wisdom: calculate correct. (Jupiter finger.) Wisdom is in guidance. Yourself and all your other friends. And then, personality. (Thumb.) Id.

Stay in a saintly state. Do not...

Aasa, isht upaasanaa, khaan, paan, peheraan.

--Guru Gobind Singh, Akaal Purakh Baach, Dasam Granth

Six things don't do, which have no saintly mark. *Aasaa*: The way you desire. *Isht*: The way you worship. *Upaasanaa*: The way you worshiply move, your movements. *Khaan, paan, peheraan*: Eating, dressing and drinking. All things must contain a spiritual overtone tinge. You can find the difference between angel, a human and a pig. Put food before them. Pig will (eating noises), that's the pig nature. Human will look at it, will taste it, "Ahh, that's nice, I have eaten this before. Isn't it nice?..." And angel will pray, pray, pray, meditate, "Turn this food to my energy oh God Lord, thank you very, bah bah bah," and then he'll eat. This is how it is.

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MEDITATION 7 minutes:

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Now, May the longtime...come on, come on, let's sing. (Class sings.)

The purity of the spirit was, is and shall be. Purity of life is, was and shall be. Purity of the self was, is and shall be. It is the purity which rules, moves, lives, appears and diminishes. Everything is in balance. In that purity there is light, there's a peace, there's a tranquility, there's a grace. In that spirit there's a strength, there's a courage, there's power to share, to smile, to meet, to uplift, to elevate, to serve. May that pure spirit always be remembered as a companion, as a friend, as a guide, as a guardian, the man shall be always at peace. Let peace prevail for the humanity, for the individual's beauty and the life of all. Sat Nam.

Done, it is over. No birthday and no cookies.