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LA728 920407 Artha kriya let us see how good our metabolism is

I cannot handle myself When metabolism goes slow everything goes façade - Balance the mind #5

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### SUMMARY MEDITATION:

58,11 minutes



(Students laugh)

**When metabolism goes slow, everything goes façade. 27:36 And let us see how good our metabolism is.**



(Students laugh)

**(#1 kriya 21 mn.)** 28:02

Okay, okay, just understand. **It is called circulatory. It is one of the most sacred Kriya of Kundalini Yoga.** It is one of the most sacred Kriya of the Kundalini Yoga. You see this? **It's called Artha.** With your both hands, you move and you

just worship Gods. They close their eyes, they look very devoted. I understand what it does. It is your hands like this and you move and the whole body moves. Don't worry, how you move. You will come to a basic circulation and moment your circulation and your magnetic field be all right, you will start feeling different. It is actually a self worship, if you really want to understand.

Close your eyes, sit very calm and quiet and worship your self, your space you are worshipping and move in circle from the pelvic bone all the way up, you will move.

Put some beat with it. Very pretty beat. Stimulate.

Oh, did you get that tape, Hallelujah? Ye-ho-vah of that European guy? Put that, that's very funny, that's very good, that is very exciting.

(Music tape, "Ye-ho-vah... Hallelujah..." is played)

YB (Talks over tape): Lock your, lock your Id., your thumbs. It's very simple, watch it. I do it everyday. See how good I am now. Watch, no, no, I am not. Watch me. This is the first thing (?)...

You sweat in exactly eleven minutes. No, no, forehead, forehead. Above your eyebrows. Your wrist and hands should be above eyebrows and move in a circle. The body will move automatically with that weight. Just do it. You know, you have a Stairmaster, you have a tread machine, you have so many things, God knows. Everything is three thousand dollars. This cost nothing, you can do while sitting on the bed. Your wife can sleep and snore by your side, she will never know her husband is doing exercise. Don't even change clothes.

Come on, do it honestly though.

(?) little up, up, up. Above eyebrows. Come, come, sit here. (?)

Sit down, sit properly, (?) now do it. Close your eyes, you are not looking at anything.

I know you can do better than what you were doing, do. (?) you can do it. You are all well trained.

Doctors, your are doing pretty good. Come on.

Gurcharan, move little powerfully. You are a double size, you know what I mean? To be elephants need little more force.

Come on, come on, move on, move on, move on, move on.

Create a circle of eighteen inches in the hand movement actually. That's what you should do. Foot and a half, that's a basic aura of a material thing of wood or anything.

And please, there is a minute more, you have to do it really hard. Come on and then second part we will start.

You talk of lot of exercise, there are tons of both, ton of discipline, tons of things going on.

Hey, you red hair, you better do it best. It will totally change you.

Oh Siri Kaur has come to the class, (?). I was thinking you haven't come to know class (?).

Move the Universe, your own Universe. Arrey, you pay seven thousand dollar to learn rebirthing, you can't just open yourself up now, really. That money you have already paid to come before the class, right there. It's not going to be refunded, take granted. But move, move, move, move, move... Doing good, keep your eyes closed so that eyes may get that energy. It is called Jann Pooja actually. Self worship.

I am going to send you tonight as light as feather is, as sweaty as a normal monsoon rainy day is and as bright as a day in the bright Indian summer, come on, let's do it. Don't stop, keep going.

(The tape stops)

It is the one which he sings also some other Shabads with it. Remember that? He sings all these.

(Music tape, is played again.)

YB (Talks over tape): All right, this is it. Louder, louder.

Make up your mind, make up your mind. You must win.

Now become determined, get into it. Consolidate your energy now. It may give you experience, uncalled for, unexpected and beyond you. Many of you reaching now a bluish tinge of arc line. We want to see blue, that's all we want. You are doing pretty good. Keep going. I know you have never done it before. It's okay. Power of winning is in you.

Loosen up, loosen up your pelvic bone, the center of the hell, creativity.

Come on Dharma Kaur, you are an athlete, remember. Open up yourself to it.

Now sing please.

Very good, keep on doing. See what it does.

Come on, come on, move on. Get into the state of ecstasy. You know, let yourself go for a while. You know those Indians, Sioux Indians, they could hang themselves and still be healthy and alive, because the body produces a system. Get into that stage of that system. You are almost on verge of it, little more push will take care of it.

You got to do it if you are money worth. Get in it, get in it, move on, don't slow down, don't do it ritually, do it with a power, commitment. Break the odds. Actually it is thou shall not kill but thou can kill the disease now. It is getting to be blue, make it little darker and pure energy will totally heal you. You have reached that border line, cross it. Majority of you are doing so well. Go little further, don't stop.

Get intoxicated. Come on, come on, come on, come on, pull yourself out of laziness. Little more push, that's all you need.

As you sow, so shall you reap. Sow heavily, you can have a bumper crop.

Come on now, come on.

(The tape stops).

Inhale, (**#2 kriya 15 mn.**) open your eyes and catch the hand of the nearest one and link the entire room now. However you can do it, do it. Doesn't matter where you fix up. Well, come on, fix up, fix up, fix up. Everybody has to hold both sides somehow. Close your eyes and look, when you were a child, there was a soft spot in the skull. Concentrate on that spot only

through the close eyes. Every child has a soft spot that closed down in the first three years. Now concentrate on that spot only within and keep the eyes closed please and sit straight, erect, graciously and forget about everything else. It's a life time chance, if you can avail it, chin in, chest out, eyes closed and you look at the top in the center of your skull, come what may. No hand should be single. That's the rule of the thumb. Steady, steady, stabilize and be steady. That spot is before dying, if you can concentrate on that spot, the scripture says you go straight to God.

Normally when you die, either your mouth will be open or your eye will be open. Prana normally leaves through three path ways. Mouth, ears and eyes. ENT. But in some cases, the Pranas leave through the skull. It's a documented fact. It is not something, somebody is making it out of mystery. If a person has a practice to concentrate and you can concentrate now for experience.

Sit straight as you are the only Yogi in the world. No inferiority complex, no second thought, no doubt, no duality, you are made in God and this time is to prove it to yourself that you and God are one. In that oneness concentrate on the soft spot which you had as a child.

Breathe now long, deep and breathe consciously. Now you can free yourself of half your internal diseases. There is so much energy at this time, I wish you should be sitting in my place, I should be sitting in yours. The result would have been wonderful for me at least. Please breathe consciously, not one breath unconscious is needed at that time you will have tremendous beautiful effect. Each breath should be done by your own wish, by your own power, nothing automatic and it should be long and deep.

You may now, you are entering an area where you find it difficult to do consciously breathe deep. Now this is the test. Be aware, you have to do that.

Two stages will happen in one minute. It is called twilight zone. Or you will start feeling miserable or you will not feel a thing. If you start feeling miserable, that means you have started healing. If you won't feel a thing, it means you are okay already, there is no problem.

Next few minutes, in thirty seconds, you will be entering a twilight zone. You are in it now. Breathe consciously long and deep, that will be a great help. No automatic breathing. You are the only power within the God within you. Concentrate at the tenth gate, concentrate at the tenth gate and breathe consciously. The front part of your forehead will look like a lead or will look very light.

You have one minute and fifteen more seconds.



1:04:36

#3 kriya 4.5 minutes con le 5 dita aperte suona Every Heartbeat

1:09:37

#4 kriya 7 1/2



minuti In piedi e Ballate adesso

1:17:01

#5 kriya 6 minuti (4 ½ + 1 ½) batti le mani tra loro, poi battile con il vicino a destra, battile tra loro, poi con la persona di fronte, poi ancora tra loro, ed infine con quello a sinistra e ricomincia 1:18:44 .....



Adesso quando batti le mani pronuncia I GOD e quando batti con il vicino, di YOU GOD

#6 kriya 1:23:01 – 1:25:42 2 ½ minuti Sollevate le braccia in alto chiudete gli occhi e concentrate sul cielo, molto profondo, caricatevi di ogni elemento, sincronizzate restate concentrati ed espirate 3 volte  
My the long .....



### LECTURE

Ah, my glasses (?). I want to see, what I taught everything is in it or not.

Hey, where is Gurjot? You didn't come to Nirinjan's birthday party, God, you guys from Washington. We are getting a cannon ready tonight to blow you all up.

(Students laugh)

He is a national difficulty.

Well, introduction. Psychology of communication success with math, it is your planning to learn, think globally and act locally. Have mercy don't bite anyone. Life is a outpost; music, material, mother and matter of life. Power of meditation, love, love of law, spiritual teacher, bone start energy, Kundalini, how to deal with insanity, the string unattached, learn to grow, martial art and fear and fearlessness. Your new garden history, we are ready to learn, love and affairs and attitude of gratitude, wow! Public relation network, facing the gray, giving to receive, corner stone, Sadhana, sacredness, professional art and craft, building better brains through, wine and dine, getting what I want, drug and alcohol, Taal and Nad Raaga, what is devotion, (?) Yatra of life time to (?) crossing, the crisis, look within.

When your parents fight, it is not your fault. Life is a child's play, firearms and Khalsa way, do I really want to look like when I am fifty, (laughs) That's the topic, isn't it? Biological and psychological change up to age twenty one, transition of psychological power of prayer, practice, (?), my God, is there anything left? That divorce, message for everybody, secret of choosing the right partner, how to mould and mend a wife, how I learned to push the boundaries, how I say loud and clear, healing with our self image, being different dealing with crisis, love affairs.

What is this Hobson's choice?

Student: Hobson.

YB: Oh.

Meditation, Life (?) beauty stone and gems, how to take it to succeed, the silent healing touch. Wow! Well, well, well, you did a good job.

Maybe America needed it long time ago, nobody cared. Pretty good. You know, this is something children should have it. This is, just push them left and right, you don't do this, you don't do that. Not fair. Hmm, huh.

Wow, Subhag, Subhag, Subhag.

Student: (-----)

YB: Oh beautiful, thank you Sat Charan and this...

Student: (-----)

YB: Wow, wow. They are doing pretty good job.

Oh, McDonald, the most fat nuts in the world.

(Student laugh)

Student: (-----)

YB: Okay, well.

Class tonight is an experience. It will start in a very normal way. (laughs)

(Students laugh)

And then it will shape up to, first is to trap you. First to bring you in so that you can feel relaxed and nothing is serious. Then to, second stage is that in your life there is a what you call it, **I cannot handle myself**. Your projection is, I know myself, **I can handle myself**, I want to be myself, these three things are yours. And these nobody can take away from

you. But all three have a alternative to it. **I cannot handle myself, I cannot be myself**, it is not me. So every acceptance is equal to every denial. Question is which is more in ratio and more in proportion. That decide your life and success. Eh nahi ki, this is not true that you are not competent and you are not capable and you cannot achieve what you want to achieve. This is not true. This is not a reality. But it is also true with all the knowledge of the word Synagogue, Church, Temple, Yogi, Swamis, padres and everything what we know, and every book on spirituality and word and fiction and reality, still we are handicapped. Because the fact of life is, moment I feel, 'I want this,' I want this, I must simultaneously realize, somebody is losing this.

Gain and loss is equal which you have not been mentally trained. That's why life is miserable. Every gain is every loss, they are equal. Whatever you gain, somebody has to lose. Because the Universe is a balance and when you do not understand, you only concentrate on gain, then the person who is going to lose, that person may be more attached in not losing than you are attached in gaining. And that's called crisis. Do you understand simply what I am saying? In a very simple language? My gain, I want it and I cannot gain through all things other than my strategy, my planning, my projection, my power, my principles, my personality, these are all things as me. There are lot of facets of me. But whatever I am gaining, somebody is losing. We only concentrate on gaining and we do not concentrate on somebody's losing. So what comes with it like, let's (?).

Some people are very hungry, extremely hungry, so they bent around a place, they saw a little pond and there were so much fish there, they couldn't believe it. Nobody took care of it. They were very hungry. So one guy got with hand, he just rolled down four, five, six, ten fishes and they put a fire on and they cook them and they ate them. When they are going to start eating them a person appeared, he said, "What are you guys doing?"

He said, "We are very hungry, we got this fish."

He said, "Is it your pond?"

He said, "No, no, no, no..."

"Leave it, stop, stop, stop, you are hungry?"

"Yeah, yeah."

"I will give you food. Don't eat this."

"So, what's wrong with this? It is yours?"

He said, "No, it's not mine. Don't eat it."

"Why not? We are not vegetarian, we eat fish."

He said, "That's true. You eat one bite of this fish, you will be dead on the spot."

"You mean, we can't eat fish?"

"We all locals know, these ponds are here full of fish, but this fish is all poisoned. You eat it, you are dead. Don't eat it."

Somebody said, "Hey, I have never met a fool like you, you are making fool of me. I'll eat, I won't be dead."

So he just scratched one piece and bite. Third bite, right there.

I (He) said, "Didn't I tell you?"

What looks and what it is? What you want and what it comes with and what the psyche of the person of origin brings with it is two dangerous things, not to calculate.

It is very funny. Once a person found out a gold piece. So he told his friend, "I am going to give it to a loss and gain thing, I am going to tell them, this doesn't belong to me."

The other guy said, "No, no, no, no. You give to me, no loss and gain. You have lost I have gained."

(Students laugh)

"Don't do that."

He said, "Okay, I am..., you know, it's okay you can have it."

"Fine."

Somewhere this guy said, "Hey give me some money."

He put his hand here, here, he lost his purse. The whole thing.

There are certain things which has certain effect. You can cause a cause, but if you do not know the effect, you are forgetting something. Every cause has a effect. Every sequence has a consequences. Every gain has a law of a loss. And this is a Universal principle, things cannot be lost or gained. A matter can be transformed into energy or energy can be transformed into a matter. This Universe is in a total balance. This one little thing, man has not learned from the day of his conception to the modern civilization. And it is one of the biggest dilemma with all the knowledge, we do not understand this basic specific well divined truth.

You want to go after something? Go head. You want to get something, get it. What comes with it, be ready with that. It is nothing. It's not a thing. I was reading in one of the notes in the Yogic note, if you take first morning, early morning four ounces of carrot juice and it is the first drink and it has to be with the night whatever your stomach secretes. It cannot be a second drink. I mean, they are very specific about it. Your immune system will never fail, you will never have a problem. But it has to be first drink.

Also there is a whole science in the Aryan time which is now, they have a school in Bombay and they, they teach it. That if a person take the center part of his urine and mix it with milk and put honey in it and take, there is no disease in the body which he or she cannot heal itself. And is a whole knowledge on it, it is called Gupta Shastra, Gupta Vidya. It is a whole science. There is not a one disease in the world that can't heal with it. It may not be very important but when there is terminal diseases, there are more people visiting India now to the school. They are, I was talking to somebody today, he said, "We have now a one year wait, we can't even receive people on the outdoor." There is so much rush.

So it is not technically speaking, what you know, what you have. It's not that you have to be in a haunted house. There are homes, you just move in, your happiness will disappear. You may be living in a tent and you may be happy. You move in a house, you won't be. That's why normally you see as a ritual, whenever some family moves in a house, they purify it. They sanctify it. In India they call it Havan. If you want to look at the whole science of it, it's very funny. It's extremely funny, if you look at the medical point of view. They do Havan, they make a fire and they recite Vedic Mantras and they put Samagri, all these herbs in it. But what do they put in it which is very special which they burn a lot? What's that white thing they call it? In America it is not legal. In Canada, you can get by tons. Those white little camphor, remember camphor. Okay, camphor you see camphor, you see camphor?

Student: Yes.

YB: Now Spring has come in. There is a festival called Diwali. What is Diwali is ? They will do that holy fire. They will put all beautiful herbs. They all very specific herbs and they will put camphor and they will burn it. Whole house will be full of camphor. Naturally the ceremony will go about four, five, six hours. It's a very heavy duty ceremony. I used to get very itchy. And my Panditji used to tell me, 'sit, don't move, breathe as much you want.'

I said, "Panditji all this is going on, it is just going."

He said, "They are spending money and you are getting healthy."

One day I ask him, I said, "How can I get healthy? What are you talking about?"

He said, "This whole Samagri with camphor will take away virus from your blood stream for ever."

So what I did, anywhere I get a invitation, Havan is happening, I will be the first person.

(Students laugh)

It's a very beautiful fragrance, you enjoy it and they burn camphor. And this is the oldest Aryan tradition of healing. It's very funny. Then when you go into the other season, Fall. There is a, they call it a another festival. They totally Sindhoor, Sindhoor is made from lead. It's lead oxide. And they put on your whole body. You look like a red monkey, if you really want to look at yourself. It take away all the skin disease forever. In the morning, naturally I am your friend, I will come, I put on you, you put on me, whole day it goes on. By the evening at about four to five hours of hot water and brush to get rid of this. And it takes about three days. Everybody knows you in the town that you participated in the festival.

(Students laugh)

It is so funny. But fact is, you never get at pimple on your skin for a whole year.

So what I am saying is that all these festival, now in India, you will find some people skin is just like baby's. You will find them almond oil and this sandal wood oil. That's all they massage. That's the only smell they use. They are shockingly very successful people. You will see in India, they rub the sandal wood, make a paste and put it three lines over here. These people never get headache. Never ever. Now these are spiritual rituals. Everybody who is call himself holy goes to the Ganges and according to your belief, either you dip twenty five times or fifty one times or hundred and eight times according to your holy belief. Now it is a hydrotherapy. Water is so ice cold, it's difficult. You stay there, you get up, Ram, Ram, Ram, Ram. You massage the whole body, warm it up, go in, go in, finally when you come out, you will feel no cold at all. It is a pure hydrotherapy. You go in Romania, you pay five thousand dollars and this is what they are going to make you do. Exactly, every morning they will put you physically into this and they put those big crutches here and that machine will pull you up and you massage, time is there and then put you down and put you up and you pay five thousand dollar. You come out very healthy. I went to a special Spa and I, and when I heard about it and I saw the whole brochure, I said, "In India they do it free."

(Students laugh)

"And they call it holy Ashnan. That's their Ashnan."

That's their Ashnan. In India, every man spiritually and religiously knows that he has to sit in a cold water up to the spine, whether he likes it or not. Can anybody tell me why? Men only. They don't call the women on that. For healthy spermatozoas. The temperature of area should be one degree centigrade cooler than the body temperature. That's why Sikh wear Kachera. And (?) it's a ritual. It's a total spiritual ritual, but fact is it's not for ritual, it is just for your health. Whatever you find in life in many places, if you go to the root of it, purpose is for you. Purpose is not for anybody else. What is the original name of the tomato please?

(Students laugh)

YB: Ah?

Student: (-----)

YB: No, no, no. Love apple.

Tomato's original name is love apple. If you take a potato skin, potato skin or raw potato juice and mix it with a tomato juice, you cannot go impotent as a male. Does anybody know? No. A woman shall not have cramps. Do you all know? No. Tomorrow, DFA or FDA, whatever that is, they will ban potatoes and tomatoes.

(Students laugh)

If you take three, four potatoes and three, four tomatoes fresh and juice them together, together and then take that juice and drink it, your whole body structure will change. It has amazing effects. Americans can't do it. They want somebody to bring potato, tomato, juice it and take a syringe and put it in their stomach.

(Students laugh)

It is a pill country, everything is a pill. The normal name is Bill, he lives on a pill.

(Students laugh)

Until he is dead in his bed. That's what it is.

(Students laugh)

Bill eats pill until he is dead in his bed. Everything. You know turmeric? I saw that day the turmeric capsule, they have taken the extract of the turmeric and put it into the capsule. Now look at this. If it, this joke can be done it's only in the United State. Nothing else, anywhere anybody will do. Turmeric has one hundred and eight elements of body healing in it. One ingredient which is very powerful is the energy ingredients. It energize your body, it heals your system. For all internal hurt and pain or a sickness or recovery and recuperation, people take turmeric. It is a principally, it's the one of the best tonic ever God made it. It's called the master herb. There is a very popular saying,

'Gidadi Labgi Haldi Pasari Bann Baita.'

'The fox found a small piece of turmeric. He became a doctor.'

(Students laugh)

That's exactly it means. And that is what exactly it mean, a coyote got turmeric and he declared himself to be a doctor and that's what turmeric is. Now, how many people here take turmeric? Everybody has a headache. How many people take cayenne? There are very little things in your body, in your life, in your age, in your stimulation, in your metabolism, question is metabolism. Sikhism, Moslemism, Christianity, whatever this ism are,

there is a one Ism called metabolism.

(Students laugh)

**When metabolism goes slow, everything go facade. 27:36 And let us see how good our metabolism is.**



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You sweat in exactly eleven minutes. No, no, forehead, forehead. Above your eyebrows. Your wrist and hands should be above eyebrows and move in a circle. The body will move automatically with that weight. Just do it. You know, you have a Stairmaster, you have a tread machine, you have so many things, God knows. Everything is three thousand dollars. This cost nothing, you can do while sitting on the bed. Your wife can sleep and snore by your side, she will never know her husband is doing exercise. Don't even change clothes.

Come on, do it honestly though.

(?) little up, up, up. Above eyebrows. Come, come, sit here. (?).

Sit down, sit properly, (?) now do it. Close your eyes, you are not looking at anything.

I know you can do better than what you were doing, do. (?) you can do it. You are all well trained.

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Loosen up, loosen up your pelvic bone, the center of the hell, creativity.

Come on Dharma Kaur, you are a athlete, remember. Open up yourself to it.

Now sing please.

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Come on, come on, move on. Get into the state of ecstasy. You know, let yourself go for a while. You know those Indians, Sioux Indians, they could hang themselves and still be healthy and alive, because the body produces a system. Get into that stage of that system. You are almost on verge of it, little more push will take care of it.

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Get intoxicated. Come on, come on, come on, come on, come on, pull yourself out of laziness. Little more push, that's all you need.

As you sow, so shall you reap. Sow heavily, you can have a bumper crop.

Come on now, come on.

(The tape stops).

Inhale, (#2 kriya 15 mn.) open your eyes and catch the hand of the nearest one and link the entire room now. However you can do it, do it. Doesn't matter where you fix up. Well, come on, fix up, fix up, fix up. Everybody has to hold both sides somehow. Close your eyes and look, when you were a child, there was a soft spot in the skull. Concentrate on that spot only

through the close eyes. Every child has a soft spot that closed down in the first three years. Now concentrate on that spot only within and keep the eyes closed please and sit straight, erect, graciously and forget about everything else. It's a life time chance, if you can avail it, chin in, chest out, eyes closed and you look at the top in the center of your skull, come what may. No hand should be single. That's the rule of the thumb. Steady, steady, stabilize and be steady. That spot is before dying, if you can concentrate on that spot, the scripture says you go straight to God.

Normally when you die, either your mouth will be open or your eye will be open. Prana normally leaves through three path ways. Mouth, ears and eyes. ENT. But in some cases, the Pranas leave through the skull. It's a documented fact. It is not something, somebody is making it out of mystery. If a person has a practice to concentrate and you can concentrate now for experience.

Sit straight as you are the only Yogi in the world. No inferiority complex, no second thought, no doubt, no duality, you are made in God and this time is to prove it to yourself that you and God are one. In that oneness concentrate on the soft spot which you had as a child.

Breathe now long, deep and breathe consciously. Now you can free yourself of half your internal diseases. There is so much energy at this time, I wish you should be sitting in my place, I should be sitting in yours. The result would have been wonderful for me at least. Please breathe consciously, not one breath unconscious is needed at that time you will have tremendous beautiful effect. Each breath should be done by your own wish, by your own power, nothing automatic and it should be long and deep.

You may now, you are entering an area where you find it difficult to do consciously breathe deep. Now this is the test. Be aware, you have to do that.

Two stages will happen in one minute. It is called twilight zone. Or you will start feeling miserable or you will not feel a thing. If you start feeling miserable, that means you have started healing. If you won't feel a thing, it means you are okay already, there is no problem.

Next few minutes, in thirty seconds, you will be entering a twilight zone. You are in it now. Breathe consciously long and deep, that will be a great help. No automatic breathing. You are the only power within the God within you. Concentrate at the tenth gate, concentrate at the tenth gate and breathe consciously. The front part of your forehead will

look like a lead or will look very light.

You have one minute and fifteen more seconds.

1:04:36



#3 kriya 4.5 minutes con le 5 dita aperte suona Every Heartbeat

1:09;37

**#4 kriya 7 ½**

1:17;01

**#5 kriya 6 minuti**

vicino a destra,



**minuti** In piedi e Ballate adesso

**(4 ½ + 1 ½)** batti le mani tra loro, poi battile con il  
battile tra loro, poi con la persona di fronte, poi ancora



tra loro, ed infine con quello a sinistra e ricomincia 1:18;44 .....

Adesso quando batti le mani pronuncia I GOD e quando batti  
con il vicino, di YOU GOD

#6 kriya 1:23;01 – 1:25;42 2 ½ minuti Sollevate le braccia in alto chiudete gli occhi e  
concentrate sul cielo, molto profondo, caricatevi di ogni elemento, sincronizzate restate  
concentrati ed espirate 3 volte  
My the long .....

