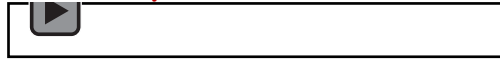


SUMMARY MEDITATION:

**Kriya audio 28mn,48"**



I just am a very good artist, who can take anything and convert to its originality. And that is what is called Kundalini yoga. When you uncoil your potential and see the magnificent beauty of your own self. People don't understand Kundalini yoga, people understand is just one kind of yoga, you take leg this way, you take hands this way, you look this way, some say it is dangerous, some say it is this, the most stupid definition of this I have been hearing myself and I used to hear it in India, too. Kundalini coil, (?) when you uncoil yourself to yourself, it's the most magnificent thing, it's beautiful and better than God to such thing, God obeys. If there is anything such thing which a human can enjoy about God is when one relieves, reveals oneself to oneself. It's not that you are black or a yellow or a pink or a Japanese (?) brown eyes, blue eyes, you know, you have different colors and skins and hairdos and clothes, I mean, you are different. Aren't you? You are all differently dressed and differently relative and different caliber and different desires and you have so many things. But you have one thing very real, you have found yourself or you are still finding yourself or you have given up on yourself or you are keeping up yourself. That is the matter of self discussion.



(20.33) **28 minutes:** So tonight (?) give you an idea where your self is we are here, all right? You understand? All right, come on please. Sit down in a best comfortable posture you can and block these three fingers with thumb like this and take the index finger straight and sit straight. Chin in, chest out. Your thumb has to lock your side of the arm, your fingers should be very straight, your eyes rolled down below, from closed eyes roll down below. And please go through this meditation of self knowledge. Keep your posture because you are doing it for yourself. Be self conscious, be self-effective, be self controlling, nobody is going to do it for you, you have to do it for yourself. Therefore, keep the posture exactly the best you can. Because when you have you, then you have your God within you, when you don't have you, your God has left you. And you live on Prana only. This is very low living. Body will release its tension and so the mind at the same time. Therefore the next minutes will be painfully unbearable, not that it's a pleasant experience, but it has more good, so you will go

through the worst of you, but remember it is you who created this you of you. I am just trying to help you to get rid of it. So please meditate with me now or the next few minutes, so we can penetrate through and send it to the black hole on to the beyond space, so this unnecessary ghost of yours may not guide your life. And remain your eyeballs in the closed eyes downward little bit and structure and stature must be very good.

(47,03)

**1 1/2 minutes:** Please raise your hands straight up with fingers straight, stretch it only in the posture you were in, don't open your fist. Keep it up, keep it up. Stretch it, steady, stretch it. That whole body get the benefit what you have done, just straight no bent in elbow, body straight, chin in, chest out, straight.



**1 1/2 minutes:** The most important part of this exercise is now cross your hands, cross them really good, exactly without touching each other. There are two channel, cross them and stay there, cross, cross, (?) it's one minute each. It should not hurt you that much, but it hurts, it's okay, what's (?). Cross, cross, cross, don't bend, cross. Relax, done. Okay? You are fine? (?) it?



## LECTURE

Wow, richness of its own kind, ha. Let us open it anyway. What time you work to make all this?

Student: (-----).

YB: Where you got this?

Student: (-----).

YB: Why this is so heavy?

Student: (-----).

YB: Well, well, two, four, and you have got to see this. And I have one glass also for drinking water. It's not complete yet, right?

Student: (-----).

YB: It will be good. And I want to tell you how to turn a female ring to a male as a artist between two of us can realize.

Student: (-----).

YB: Umm?

Student: (-----).

YB: No I used to buy these things and give it go people, to my staff, then I stopped it. And they don't wear now, but to give (?).

Ha, actually what I am doing is teaching to prepare you for this Age of Aquarius which will be actually age of mental misery. It is (?) as a fact, two people are here and there are two hundred fifty million Americans outside of this room, but this is going to be happening. Why so? Because it is so. There is no reason to believe or disbelieve and it's not within our power. We have to understand life has a length. Everybody (?), everybody who is born, shall die. That's the rule of the thumb. But, everybody who is born has to die. This decision whether you live miserably or you live happily, this depends upon you. And that's my preparation for that. I like to give you that, too, (with center pieces worked out).

You can live as you feel you can live. You can design to life as you can design to live. But, your life is only ten percent yours and ten percent what life you correspond to. I relate to twenty people or fifty people a day, you might be relating to hundred or two hundred people a day or somebody may relate to only one person a day. All interaction is your relevance. It has to take place. The only thing which you have not learnt (?) is that you are you. You are never vast, is or shall be you. You are a object. And you are subject to all the relationship you go through. Not one. All negative thoughts and all positive thoughts are reacting, acting with you. It is not, this is what the human brain has lost and our teachings have gone wrong and our spiritual teachings are not right that we have been told that "We are we and if we live this way," this code of conduct, then we are fine.

Some people say what is the religion? There is nothing in the religion, you should be just religious, you should be just spiritual. Lot of people makes this difference. "I don't want to be religious, I want to be spiritual." Makes no difference. If you are religious or you are spiritual or you are real or your are real or you are negative, one thing you have forgotten, that you stand a chance with yourself, a chance. But you have hundred thousand chances which stand with you. So it is not correct to say, 'I am a man.' It is not correct to say. 'I am a man in reference and I am a man in relevance.' (?) does it make sense to you what I am saying. I don't think you are understanding it. You do? (?). No? Okay.

Now, now, this, this is a point to be understood. Okay. I am Yogi Bahan and whatever. Correct? That is me. Correct? What make me Yogi Bahan is all what my reference is and all my relevance is. I must have gone through many ups and downs to become Yogi Bahan. It didn't happen in a day. Finally, after twenty five years, you go anywhere, there was a letter came from India. It was written in Urdu, it was written Yogi Bahan, America. That's it, there was nothing in it. It came to New York, New York referred to some inter between post offices, finally one post office send it to California and the California referred to certain post offices, it came to Pruess Road, Pruess road delivered. That's all happened to it. (?) there were stamps (?) everywhere and what happened to this letter. First of all the language was absolutely not known to anybody in the United States, it was not English. And the one who wrote, that's all he wrote. So it was found out, it letter came. So that is called relevance. Everybody who knew me is my relative. Not good, not bad, not right, wrong. Good, bad, right, wrong, all included.

You think your (?) relationship is your cousin brother. Right? Is that true? Or my uncle, or this, no, no. Everything which affects you during the day, every dream which affects you during the night is your relative. Because your psyche relays back and forth. Are you willing to accept that? Right? So, are you willing to accept that? If you are willing to accept that then accept this. You are a object. Therefore you are subject to five billion people, nine hundred billion, trillion thousand trees and all birds and fishes and species and earthquakes and going of the, what they call, spaceship and (?) and name a thing. Every rape which happens affects you, every marriage which happens affects you, every death which happens affects you, every life which comes affects you. Because, life is a cause and effect. And it's a subject and object. You have not been taught that way. That's your tragedy. Had you been raised that way, then you should have learned one thing—remain happy,

"Brahm giani sada nirlep jaisey jal me kamal lep."

God's man is always calm and normal as lotus is in the water. Then you don't have to learn it, then it would have been your state of mind.

I went to Las Kala to eat today, normally I go there for lunch, and I sat down and I watched, I say, "I am going to watch how many beautiful people come to this restaurant." Because it affects. Right? It was a rainy day, shockingly none. You know why? Because of that little rain, everybody was shaky, (?). They all were into their monkey mood. None was walked in with pretty (?) and say "Well I am here." But it affected the day.

Everything affects your day. Every surrounding affects your day. Food affects your day, friendship affects your day, what you buy affects your day, what you sell affects your day, what you talk to affects your day, what you hear affects your day, so, I always say you are a yogi, you have nine holes, you are holy, what goes in and comes out affects your day, affects your moment, affects your life. And if you would have learned that as a child, and grown up, you would have been different what you are today. Your scare, your subjection, your projection, your relationship would have been different. To substitute this whole vastness, you have started living and taken the help of your ego. So when you live by your ego, you will never understand your id. Id is, 'I am, because it is.' Ego is, 'I am, because all is mine.' So, ego defines you, id spreads you. So your knowledge is in the beginning, "Oh my child, study hard, get good grades, go to good college, get become this, get become that..." Your whole knowledge is make money, become rich, do business, have friends, have relatives, have.... You go on talking, go on talking, because this, because you are into a 'Because' you are not into the cause and effect.

You know, we (?) were discussing today a very funny situation. There was a lady who was (?) married, she came from Texas anyway. She was friend of us and I was talking to her and she was on the verge of committing suicide, I say, "You are not going to commit suicide, you are going to live. There is one thing in you which is (?), everything (?) some bad. But one thing is good. You have money or you don't have money, you are right or you are wrong, you are old or young, but you are, your posture is good." So she went for a job, she ruined the owner of the business, she lost the job, because she made him to lose his business. So powerful she was. I mean, she did two, three things here like this and we were very kind with her. But still, every time I taught her how to meditate, I calmed down her, I say,

"You are going to be very fine."

So finally she found a husband who is a (?) and rich. Both two things. So, she is trying to ruin him, he is a (?) so he smiles throughout it, matter goes on. And we were discussing her today. And they say,

"But how you knew that she will find such a situation?"

I say, "For everything there is something. Everybody cannot like you, everybody cannot love you, there is always one thing in a person which they like and there is always one thing in some person they like. That clicks the relationship. But if in all of you, would have been one thing that you wanted to be just you, then your life would have been totally different what it is today. Then your life would not have been slavery or subjection to your objectivity of the surrounding. It would not have been subject to other things, it would have been subject to you, you within you are always very beautiful.

There is a one beauty which you have to understand that you within you is more beautiful than you with everything of you. Because you within you shall be noticed by everybody. I am a Yogi Bahan, you cannot ignore me. And in a minute or two, or three or five by touching me, talking to me, you will find I am a yogi. I don't have a billboard, do you (?) see it is (?). No. There is no such thing. Sometime you come to study with me, sometime you don't. Sometime you like me, sometime you don't. There is a lot of process going on. You have other things too. But once a while, you have one thing. You want to go to a place where you want to know you. And that's what I stand for. I am not a doctor, I am not an attorney, I am not a surgeon, I am not an engineer, I am not a spiritual man, I am not a saint, I just am a very good artist, who can take anything and convert to its originality. And that is what is called Kundalini yoga. When you uncoil your potential and see the magnificent beauty of your own self. People don't understand Kundalini yoga, people understand is just one kind of yoga, you take leg this way, you take hands this way, you look this way, some say it is dangerous, some say it is this, the most stupid definition of this I have been hearing myself and I used to hear it in India, too. Kundalini coil, (?) when you uncoil yourself to yourself, it's **the most magnificent thing, it's beautiful and better than God to such thing, God obeys. If there is anything such thing which a human can enjoy about God is when one relieves, reveals oneself to oneself. It's not that you are black or a yellow or a pink or a Japanese (?) brown eyes, blue eyes, you know, you have different colors and skins and hairdos and clothes, I mean, you are different. Aren't you? You are all differently dressed and differently relative and different caliber and different desires and you have so many things. But you have one thing very real, you have found yourself or you are still finding yourself or you have given up on yourself or you are keeping up yourself. That is the matter of self discussion.**

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Keep your posture because you are doing it for yourself. Be self conscious, be self-effective, be self controlling, nobody is going to do it for you, you have to do it for yourself. Therefore, keep the posture exactly the best you can. Because when you have you, then you have your God within you, when you don't have you, your God has left you. And you live on Prana only. This is very low living. Body will release its tension and so the mind at the same time. Therefore the next minutes will be painfully unbearable, not that it's a pleasant experience, but it has more good, so you will go through the worst of you, but remember it is you

who created this you of you. I am just trying to help you to get rid of it. So please meditate with me now or the next few minutes, so we can penetrate through and send it to the black hole on to the beyond space, so this unnecessary ghost of yours

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(47,03)

**1 ½ minutes:** Please raise your hands straight up with fingers straight, stretch it only in the posture you were in, don't open your fist. Keep it up, keep it up. Stretch it, steady, stretch it. That whole body get the benefit what you have done, just straight no bent in elbow, body straight, chin in, chest out, straight.

**1 ½ minutes:** The most important part of this exercise is now cross your hands, cross them really good, exactly without touching each other. There are two channel, cross them and stay there, cross, cross, (?) it's one minute each. It should not hurt you that much, but it hurts, it's okay, what's (?). Cross, cross, cross, don't bend, cross.

Relax, done. Okay? You are fine? (?) it?

Cookies and treats after the class, Siri Dharma Kaur's birthday. She is going to be in people's magazine.

Wow. Combined birthdays. All right. Sing the birthday song.

(Students sing 'Happy birthday' song).



YB: Sing in chorus.

May the long time.....

(The class sings, "May the long time.....").

YB: You are the giveth of the death and life, birth and fulfillment. We pray that give us the spirit and knowledge, consciousness, devotion and the service and exalt (?) our excellence so we can find our beauty, our radiance, our joy and happiness within ourself. You are perfect, complete one oh Lord God, make us the same. Sat Nam.

This is something very wonderful. You have to go like on this. This is a raffle. Buy three tickets for eighteen dollars and win. There are two portraits this lady I know and one portrait is 'The Siri Singh Sahib the future' and the others drawing titled 'Siri Singh Sahib of the present.' This is amazing two paintings which we saw in Guadalajara and Gyan Kaur is there with the tickets. If you are willing to trust your luck, go ahead. And if you, anybody of you buy, don't forget let me know. I'll bid on that, that's what we have decided. We have to win them first in the raffle, then we will auction them. You know what I mean? So some of you, if are lucky, you can make money. Already people wants to buy it for 'x' amount of money, but nobody wants to sell it that way.

Ha, serve the cookies. Now you can let the air-condition go. Good. It works.

(The tape 'Meditation for creation.....' is being played).