



SUMMARY MEDITATION:

**Well, don't forget that was just to convince you and that it's good class tonight and it's a class is hard. I'm very apologetic about it. It is about the pituitary, the master gland, the gland which commands other glandular system. Glands are guardian of the health and glands also secrete at a command to give you the reserve power of transmission to face life. You understand what I mean? This is automatic in you. It is not something which you should not have, or developed.**

So, tonight I am going to give you that kriya, so that like me when you are in a hospital, in intensive care and nurse only comes when she feels like and you are just upside down, you can get your scene together. You know what I mean? You follow what I'm saying? So, it, it helps, it helps at those ambrosial hours, and those personal hours there is nobody to help. Between you and God, there is no distance at that time. You understand?

Ready now? Please sit in a good posture and put your put your spine as comfortable as you can and re-relate to yourself.

MEDITATION:

This is a sun finger, we call the ring finger, right? Is that understood? Ring finger? So, put your ego, the Id and the ring finger together and just put it like this. And make these three fingers, somehow technically straight. Accurate? And this is your left hand, right? It is your initial hand, left hand. You have two hands. Left and right. Is that true? This is, this is your left hand. Accurate? Now, this is your right hand. Absolutely stretch it out and try to hold the rain water.

I know you're going to freak out soon, that I know. But that's the way this is. Now, in this your elbow must not have any bent. That's the requirement and it is going to hurt you at that point like an hell. I'm telling you in advance, don't blame me for that. It is going to be worst exercise, you have ever done. So, stretch the elbow absolutely flawlessly straight and just say it is raining and you are holding the rain in the palm of your hand. Accurate? Done? Okay.

Close your eyes now. All right, close your eyes and roll your eyes as closed eyes to your chin, on the moon center. Moment you'll close your eyes and roll them to the moon center, what will happen is that your front head, forehead you call it, it'll become heavier like a lead. It will start hurting, also. There are two things which are going to hurt. One is your elbow of the hand which you have stretched; the other is your forehead because your eyes are rolled at the chin point. Let it be so. What we are gaining out of this pain? After all, pain should not be in vain. So what we are getting is that our brain is going to create its own morphine to give us endurance and if we start controlling our breathing, we'll be conquering our death at the time of departure. So breathe very consciously, long, deep and slow, and you shall have no problem. And I am marking time. Don't try to run with your time. I'll let you know when it will become unbearable.

The metabolism will start changing, the glandular system will start secreting, nervous system will start renewing itself and brain shall go through its renewal system, renewal system. You think it's forever, this psychologist, this cantaloupe, anytime you are can do what you want to do. That damned thing needs health, too. So it will work out and you will hurt and those who have not meditated will hurt more, those who have done will hurt less. There's a little concession. So all we have to do is eleven minutes, so that should be consoling. Eleven is not a big deal. Oh sure, not. Eleven minutes only, and you know when we start marking time, time starts getting slow, right? That's not my fault. Remember whenever you wait somewhere, it looks longer hours than... That's why television has totally bewitched everybody. Nobody knows what time it is.

I asked that day somebody, "Where were you?"

He said, "Well, we started watching a television."

I said, "Then what happened?"

"We forgot."

(Speaking to someone sitting near him.) Now, come on, raise your hand, you know what I mean? I'm just sitting next to you. You know what I mean? Come on man. What do you think? To become a Sikh, because you are born as, is easy? Steady boy. And close your eyes and look at your chin, doesn't matter what happens to you. Okay? You will go through the experience of it. It's no problem. Sober, steady, simple.

Hey, play that tape, "I have seen God," that kind of stuff, so they may be encouraged. We are trying to encourage you now. This tape.... Tape is just a affirmation of, these are my lyrics. When I am in a pain I sing this way. So, thanks to Niranjana she has done a good job.



And we have got very good, best musicians from Vancouver tonight. And I'll convert myself to a singing class, so don't worry. We'll have fun.

Steady, steady, steady, steady, you have done exactly three and a half minute. Aha, I know, I know. Um, well, you know, I'm looking at this, they told me this watch is very costly and very accurate. That's why I wore it tonight.

(Tape is played, "God Is Within Me," by Nirinjan Kaur.)

YB: Concentrate, concentrate, steady.

Six more minutes.

Hold, behold, God is within the reach.

Every minute now is precious and every minute it'll be extremely painful. There is nothing but your own courage, your own consciousness, your own self-control can work. No gimmick will work. But if you do not give in and keep up, you shall win!

Pain will proportionately increase. Because body is going to kill all the dead cells in the brain. They don't want to die, so they are going to create a havoc so you may give in. That's the fight. Otherwise eleven minutes, nobody dies. It is not a long time eleven minutes, already we have done it. Wow, we have done it pretty good. Oh. Four more minutes that's it. Steady, no, no, no shouldering, don't do that.

Stay, stay with it. Stay, just if... all it takes is 'Stay, I am, I, I am, stay.' Nothing will work for you but your determination. Stay, steady. It is just conquering yourself. Roll your eyes to the chin, don't move, the pituitary will secrete thousand fold, and then command entire glandular system to secrete. That's how I'm healing these days, come on, join me.

One more minute, folks. Steady. One more minute. Forty five seconds only to go. Thirty more seconds. Come on, keep up. Fifteen seconds stand by. Now this is the most powerful moment coming. Five seconds, get ready.

**(30:20) Inhale deep, deep. (Tape stops.) Hold the breath, squeeze your body and stretch your that damn hand as much you can. Make it longer than a mile. And stretch every fiber of the body. (Held 20 seconds.) And kindly cannon fire out. Inhale again deep. Now, do it, this is what, second time we get only one more chance. Inhale little more. And now squeeze, squeeze. (Held 17 seconds.) Fire out. Inhale deep again. This is your last chance. And fill it up. And now from the very tip of the head to the tip of the toe squeeze. (Held 17 seconds.) Relax.**

I didn't say anything relax now. Relax, relax, relax. You are okay. Now don't meditate, talk. Say anything you want to say, but do not meditate. Do not, not talk.

YB: Oh wow, look at these. You came? Somebody told me you are not coming.

STUDENT: Well, I've been here all...

YB: Please sit down, oho. Everybody knows Spanish ego, I thought it got you.

This is our last class in this summer. I cannot defy the medical order, beyond my concept and control. So, I thought I'll teach you the most vital part of your life.

(Child cries) Oh, auntie can take him out. He wants to, before even he is born he wants to lecture himself. It's very funny. These kids forget they have little bodies and they think I should be out, they should be in. And it's very funny.

Ah, in your life your physical body and your metabolism and your nervous system where at it is work out on the automatics, but the main organ which controls you is pituitary. It's called "agia chakra," "command center" and normally we call it "third eye." Now, this gimmick of third eye, if I start explaining spiritually, it will take me whole night and I don't have night.

Actually, what is a third eye? Third eye is between these two eyes which, with which you can read little bit and see little bit and third eye is to see the unseen; between the two seen balanced cross eyes, you understand? Now, it's called Dhanura. Dhanura means bow and arrow and now you stretch the bow and that's the two sight of the eyes. Correct? And this is the arrow, right? And that is the third eye through which you can see the object.

So, in your life if you do not see the object, you are a wrong subject. That's why there is a pain in your life. That's why things don't work. Not anybody's fault. You have to see the object and you have the right to get it. Is that clear? Nobody is going to give it to you. And the tragedy is I want to get to the object, you want to get to the object, we all want to get to the object and nobody wants to work for it. If we develop ourself that we can be constantly and consistently objective, then life will have pain, but it will not effect.

I am not promising you that in your life there will be no pain. But there will be not enough pain to make you go insane. There will be pain, there will be pleasure, because I cannot take away that balance out of your life. Where there is a pain, there is going to be pleasure; where there is a right, there is going to be wrong; if there is a left, there is going to be right. There's... God is most impotent identity in the world. It cannot produce another God. All It can produce is two sides of everything. If you are going to be great, you are going to equally be small. You know how? You want to know? Huh? You want to know?

Class: Yes.

YB: Now I am great, right? I can't go without my four security guards even to bathroom. Yeah. And if I stay there more than 10 minutes, somebody knocks, "Are you all right?" Now how great I am? Even that, my privacy of the bathroom, is gone. Now, how great I am? That's how great I am. You understand what I am talking about?

Everything has a price to it. Every facility has a responsibility. You want every facility. You know where you are at? Why I call you earthlings? You are not humans yet. You want every facility but you don't want every responsibility with it. You want to buy the best gourmet meal, but you don't want to pay for it, and if you want to write a check, you don't mind if it bounces. You know, these things don't work.

So how to get out of all this rigmarole? Why not to see the Unseen? It means your intuition should be stronger than you and then you should have the capacity to look at your intuition.

Once I asked my grandfather, I said, "Well, I want to learn this."

He said, "Where you want to learn this?"

I say, "From you."

He said, "No, you are my grandson, you go to such and such person, learn from him."

And I went there to learn and when I came, there was no servant, there was nothing. I just has to put lime on the outhouses and that was my first job. I realized that this guy is going to rub my nose into my own thing. You know what I mean?

So I said, "Okay, well, if this is so, so be it."

And I think at that moment when I say, 'if it is so, so be it,' I became learned.

Because the capacity of you is in the concept of the courage to accept it. Not to defy it, not to deny it, not to run away from it and not to run anybody with it. The most powerful thing in you is your own acceptance of your own self. If you do not accept yourself, everything else you accept is you. So, that's why I am now His Holiness Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa, Ph.D., L-2OE-106. Doesn't mean a thing. This all came afterwards.

First I had to learn to accept that I have to be potty trained and I did get trained. And if I do not remember that I was potty trained and I start pooping everywhere, all this title will disappear. That's your problem. You get a diarrhea, and you start pooping everywhere, telling everywhere to everybody what your weakness is, what your emotions are, what your commotions are, how stupid you are and then you want to be respected. Now, this is not going to work. You know what I mean?

You take somebody to lunch, pay 15 odd dollars for that guy and tell him every stupid secret of yours. And then you say (ask) why that person didn't call you for four days. Because you filled that person with all the garbage in the planet. It will take that guy at least... food he might have, she might have digested next hour or two, but that other gimmick you stuck with that, it will take couple of days to come normal. That's why Nanak said,

Birthaa aapnay jee ki gur peh ardaas kar. (GM is approximate)

If you tell the story of your pain, meditate with your own God and tell Him, who created you. That stupid guy, you know, somebody, somewhere, that big one, right? Tell Him. Ask Him. Ask the Unknown, that you are in pain. And if He is a freak, so be it. He created you. Did, did you apply? Did you write an application, 'Make me so and so?' You didn't. So He created you. So you are a creature of that Creator and you are a creation. Understand? Now tell Him. And if you want to tell somebody, tell Him how beautiful your nose is, how wonderful your eyes are. If you don't believe me go and ask the blind man. You'll get to know it.

Everything which you got is beautiful. You are beautiful, bountiful and blissful. That's all you can talk. But you don't, I know it. Right? Why not? Because, there is no stamina, there is no caliber, there is no strength to glorify the Creator. If you do not glorify the Creator, then as a creature you cannot be honored, respected and glorified. You understand? If in a company you are working, you talk against CEO, Chief Executive Officer, you are going to be get fired, right? If not, you are not going to get a promotion, right? Not, you are not going to get your application done. You know what I mean? Your Creator, the Chief Executive Officer, is called "God" -- means "**G**enerates," "**O**rganize," "**D**estroys and **D**elivers." That's your owner.

You are made in God. And you have time and you have a space. If you have a positive vibration, there are two ways to live folks, no third way. One is just live and let all come to you. Other is live and go after everything. Make a choice. One is to sit in a luxury liner and go from port to port. Are you with me? Or get into the ocean and swim. If you make it you are the best, then, you will be first, on the first page of the magazine or.... you know what I mean? One guy that day in a solo ran around the earth in a little boat and he had a glorious day. They put him on the front page of the whole thing. I was only grateful, that what a tragedy the sharks didn't get him. I mean to say, they missed their breakfast, you know what I mean? What a stupid idea it is? You, just to sit in a little boat and going around the world.

It's just like a spiritual man was working with a master. He said, "Master I want to learn occult powers."

And master has gone through what I went through in my life first to use the tattawas and all those kind of gimmicks which yogis do, and it took me four and a half year to clean the Golden Temple to get out of that nonsense.

So master said, "Well, I can't teach it. You go to so and so and he will teach you."

So this guy came after 12 years and he said, "Master I have learnt."

He said, "What?"

He said, "Come on, I'll show you."

So he came and he walked on the water and from one side of the river he went to the other side. And the teacher said, "Come back." So he came back.

So he told his other students, he said, "How many we are?"

He said, "Fifty."

He said, "Un, untie the boat, let us all, sit in." And they sat in and they went across. And he said, "You took 12 years to learn just crossing this much water? Aren't you stupid? And look, fifty could come."

He said, "I walked!"

He said, "Big deal! Question is crossing the water, crossing the river. Question is not showing off."

Life is not show off. Life is to be deep with courage and strength and with character and commitment that every most non-trusting person can trust you. And you damn don't give an inch, because you are you. And that is your reality. That is your religion. And that's the truth. Not that you just, one this minute, this day, this second. No, you are there everlasting forever, for every one.

And that is what Kundalini yoga is about. To make a human as strong, as infinite as Infinity means in the world, English dictionary. So you can be loved, trusted, talked to, that you can become a companion, you can become a friend forever. And so long this planet rotates, your routine should be, 'I shall serve Thee, because I see Thou in you.'

Please repeat it.

STUDENTS: 'I shall serve Thee, because I see Thou in you.'

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"We forgot."

(Speaking to someone sitting near him.) Now, come on, raise your hand, you know what I mean? I'm just sitting next to you. You know what I mean? Come on man. What do you think? To become a Sikh, because you are born as, is easy? Steady boy. And close your eyes and look at your chin, doesn't matter what happens to you. Okay? You will go through the experience of it. It's no problem. Sober, steady, simple.

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(Tape is played, "God Is Within Me," by Niranjan Kaur.)

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I didn't say anything relax now. Relax, relax, relax. You are okay. Now don't meditate, talk. Say anything you want to say, but do not meditate. Do not, not talk.

(Class talks)

YB: Oh where is that poem? Soorya, Soorya?

SOORYA: Yes?

YB: Where is that poem?

SOORYA: I gave it to Daya.

YB: Daya where is the poem? Bring it over, let us read it. He could have done it, he start putting his...Junior, this belongs to you.

(Secretary opening gifts.)

YB: Oh, what is that? Good, thank you. Where is Daya?

(Student-teacher from Japan comes up.)

YB: Ah? We, we decided, what is that? Huh? Kiriya (refers to Japanese spiritual teacher) has become very rich now. So, Kiriya sent it? Huh? Give my salutations to him.

Hello, as we happens to be waiting, as we happen to be waiting, we have waited 25 years to complete this day and come to this day. There is one person who is flawlessly dedicated and has served selflessly in the world as English means. And you know all her. And you all are mad at her. You know, you don't get appointments and you don't and... Without her nothing moves. With her you can do anything, without her you cannot do anything at all. You know what I mean? And that's my Chief of Staff. (Referring to Niranjan Kaur.)

Class: (Applause).

YB: I have decided under the income tax law, I can gift her three thousand dollars without myself being taxed and without she being taxed.

STUDENT: I thought it was twenty thousand.

YB: No that is, I checked with my attorney. Don't worry about it. So, I'll ask my, I ask my Chief of Staff and my Comptroller General, is she here? So, present her with the check today or tomorrow and that's the minimum acknowledgment of her work. Plus, we gave her the

diamond ring which was a normal tradition of the person who has flawlessly worked to give her a flawless stone. So there may be memory. Plus all the members of the staff have helped and today we take her to our usual place, La Scala, for lunch. We try to do rich things today, so she may remember that we really appreciate her. Though it's not a fact. Because she is the only buffer. If anybody has a complaint, it's against her. So if anybody doesn't get things it's for her. Whatever happens on the planet wrong, she is the one who gets it. Whatever get right, I get the credit for it. So, I mean, it's a quite a relationship, so... But she has done her job very loyally, very faithfully and to the best of the knowledge and for many, many hours. There are not many working hours in a day, but she is always still working. She is kind, she is compassionate and she has earned her respect by her own right. So that's Nirinjan Kaur Khalsa. Is that true?

CLASS: Yes, sir.

YB: And I ordered that fortune cookies be served to the class today. Do you have that?

STUDENT: Yes, we do.

YB: So to make it little more interesting, I ordered that fortune cookies will be brought so that you may all may know on this blessed day. Oh by the way, when I was coming to Espanola to Albuquerque in the limo, Soorya was traveling with me and, so I started saying certain things and she started writing. So Daya has the copy and he will read it to you. And that's how you should pass the time. And those who wants to follow me and take my chair, must understand it has some spikes. Well, and minimum requirement of your casual talk should be like this. That's what I'm trying to say. Come on, Daya.

(Daya Singh reads: )

Siri Singh Sahib, March 31, 1994, New Mexico.

Wisdom has no criteria, stupidity has no age.

Woman has one defense, which is a cross bow between her humility and grace. Beyond that she has no armor.

Those who know that God has effective ownership are effective in every way. If you know and achieve all the knowledge and do not realize the source of knowledge is God, the Creator, you shall miss the creativity of life and your life will be empty and barren.

Love is a creative force. When you question, you stop the progress and you get wrong progressions in the answer. Putting conditions with love makes it a negative force and shall destroy the doer.

Beauty is a great stimulant and invites every evil, as the candle invites every moth.

You can sell yourself once, you can sell yourself twice. If you try a third time it won't be nice.

Cheap behavior, direct and indirect jeopardizes your happiness. Jealousy is your own enemy, blame your own snag. Nagging is your own misdemeanor, complaining is your felony. In the court of the universe, this is the way of law.

Any talk which is not from the heart will hurt. Any scheme with a head will need nowhere. Life is a mutual concept, nobody alone can do it. If you are in love, you have the strength to trust; if you can't trust, you can't find where love is. You can't be a common person and hope for uncommon achievements.

If you are not already one step ahead of the work, work shall walk one step ahead to someone else.

Those who know how to take, take them off the list of your friends. If you know people who give you a lot, remember the return.

Taking and giving is a mutual appreciation. When done with a motive it needs results. Instead of friendship, that creates an animosity.

Lovers' paradise is always filled with joy and love, there is no place for disharmony. If you can't read the language of heart, you are a no good lover.

Worries will keep you engaged, and you will miss the purpose of your life.

See not the fault in others, you will miss you own faults.

Calamity is a challenge, if you face it, it shall disappear, if you run from it, it'll get you.

Woman is a virtue, she doesn't have to gain anything. Simply she does not have to lose her virtues.

Count your blessings, not your curses.

Love is power which conquers the fear. Fear eats up love.

No man is better than any man because being a man is a rare thing. Find your own soul and rule the world. Do not play smart with others. When they get up with you, they will have no place to hide. Hidden agendas take you far away from reality.

Enemies are good. They keep you alert. Friends are like angels, they take away your loneliness.

Every child is your first student. It is there to prove your worth of a teacher.

Do not subject yourself to time and space, keep your wealth of wisdom and leap over it.

Those who try to destroy others have already made themselves inferior.

Don't think of doom and damn days, it's an illusion. It is your illusion or you are asking for trouble.

Watch out and behold, God can manifest in many ways, to test your purity of heart, wisdom of your head and greatness of your life.

Your looks, your structure and your projection has an elementary purpose. Because life is a comparative psyche and not of size.

Everybody who has tried to be a Napoleon, be ready to lie insane on the Island of St. Elba. Play no games my friend, because you will become a game yourself. Every life has a purpose and strength to process a pathway to success. Prayer is the power, meditation is the

guidance and love the strength. Everyday is a new life and yesterday was another death. And tomorrow another new hope. Don't worry about tomorrow, it shall have to become today to face you, and today you are facing very well. Tomorrow shall be another day to face.

If you need God's help in your life, be graceful. God shall be grateful to help you.

Your reference will not depend on your demand, it will depend on your commitments. Don't repeat mistakes, that will empty your life. Don't feel sorry, it will empty the joy of victory. Plan graciously before you play your hand.

Losing a friend or facing an enemy is sometimes purely circumstantial. Things do happen because of time and space. Keep moving. Otherwise you'll jam the traffic of life.

There is no tragedy worse than as you feel it. There is no poverty worse than when you can't give it. There is no misfortune worse than your broken word. There is no gruesome sin worse than that you betray your own trust. And there is no insanity worse than when you let down yourself or a friend. Love, my friend is good for health. Rejoice and show your gratitude toward God, be caring and kind; it shows your Divine strength. Be compassionate and wise, it shows your courage.

YB: Got it. Well, this was what you call, we are going to print it and distribute to you all, so you can keep it. Some where they will be just a help. It's, it's a practical thing, it's not something...

And what we have done tonight, right? For eleven minutes... If you undertake to 120 days this kriya, without break, there are two unfortunate conditions with it. One is you have started today, you continue for 120 days and no break, number one; and whatever time you choose, it should be that time. Suppose you choose midnight. Well, you can choose midnight. But be at midnight, because once you want to establish your metabolism, then your automatic metabolism and your forced metabolism must not conflict, when you do this forced metabolism, then the automatic metabolism will give in. You understand what I am saying? So, you want to get best result and best result will be that if you choose a time, convenient to you. With this kriya there's no special time required, ambrosial hour, at night or midnight. All is required that you pick up a time of your convenience and just do it.

If you want to have triple effect of it, and when you are in pain, instead of feeling the pain, chant the mantra. And mantra if you want to chant, then you'll have to do is to roll your tongue backward in your mouth and then say "Wahe Guru," mentally. You can't do it verbally, you understand? And then you must have somebody around somewhere and if you just sh, sh, (referring to if you leave your body) then somebody has to take care you. You know what I mean? That's why normally we don't teach these kind of kriyas to ordinary time and class, but now you are a fully matured, you have come along many years and you have the right to know these things.

You know what this is my tongue. I can put it up in the upper palette, locked, pressed. You know, once this is pressed, then I can do this, (closes his eyes and goes into the meditative state), and instead of that hurt and your mind goes through berserk you utter word, three sounds. These are three sounds of three deities -- One who creates you, One who sustain you, and One who delivers you. These are the three aspect of God, always considered, and that's word God is "G-O-D," One who "Generate," "Organize" and "Delivers." That's what from those three letters, word God came out. It is not something we just pulled out of the air.

And that God, the mantra... Mantra means mental vibration, mantra, tra. Tra means the vibes. The mental vibe of that God is "Waa Hey Guru," it trikuti mantra. It is a mantra of the pituitary gland. Now you understand the science of it? Am I clear?

So if you do not remember the mantra, tell somebody to write down, "Waa Hey Guru (Wahe Guru)." And when you're really hurt, it sounds good at that time to yourself mentally. It is very good. So that's how you concentrate to augment. If you don't... call yourself Christ, doesn't matter... call anything you believe in, that will work also. There may be some Catholics, they cannot meditate of anything other than Christ, so go ahead, do that. It'll be as equally (as) he was on the cross, so you are not going to be any different, so do what you want to do. So, do it. Don't do-do it, but do it. That's all it is required.

In 120 days, it shall change your metabolism. And it shall tune your glandular system. And it shall give you to see the unseen little bit, hear the unheard little bit, know the unknown little bit. And then you will get a taste of it. And then you keep going. Well, you need some little cookies for just to start with. And after that, you won't miss. I mean to say, when the person feels experienced in anything, then you find right.

Like somebody was telling me that day, "I am going to go sick, I'm not going to go to office."

I say, "What is the matter?"

The person was saying, "I don't feel like going to office." So the person reported sick, didn't go to office. Thank God that was the only person which was saved that day. The office roof fell on everybody there, it happened, I mean to say, it was a kind of a thing.

And she said, "You know I had that feeling and all that."

I say, "Well, dog gets that feeling, too."

You know, when earthquake comes, they go berserk. Because a dog can feel 24 hour in advance any psychosomatic, magnetic difference on the earth. And they are high frequency animals. You know when the siren goes, you know siren goes? It is the dogs who cry, you don't. You know what I mean? So they have that sense of high frequency, sound system and senses.

And so shockingly you will (be) surprised if you go on a tree where the birds have nests, you know, one sign is that birds will leave their nest and start flying. And within exact four hours there shall be earthquake. You can mark it.

So it's not that system does not exist. System is there and man through his observation from these natural sensory system of these birds and animal and the fish... like Simon will not jump. There's another sign that normally Simon jumps over the... if there is a little fall of

water goes up you'll find one, two, three, no jump. Automatically the fish slows down. It is not the nature of those fish. But it senses unexpected. You follow what I mean? We do not develop our intuition and our pituitary behavior and that's why we get polluted.

That's why I have given you this meditation today and I hope and pray that for 120 days, you will be very sincere and you'll do it very, very sincerely. I want you to develop this anyway, if the earthquake is going to come, you should be pre-warned. It will give you extraordinary sensibility of all the environments and the elements. It will also give you the movements of the unidentified objects and everybody is a UFO, who you cannot see and look at and understand. And when I and she is talking, she is UFO to me. God knows what she has in her mind and what is going to come out and what is going to come out with me. So I mean just thinking that there is a going to be a disk on the sky, that's not only UFO. You want to know the unknown and you got to develop your sense of Aquarius pituitary IQ, intelligence quantum psychological system in the biological world you are living in, so that it changes in the years to come, may be convenient for you. Is that all understood? You are with me? Even if you are not with me, doesn't matter. I am with you. So you know, it's a one way traffic, anyway.

May the long time sunshine upon you, all love surround you. (Class sings very low keyed and low energy.)

Sh..... no, no, no, this is not very affectionate. OK, one, two, three, go.

(Class sings with more enthusiasm.)

May the long time sunshine upon you...

YB: Come on, space outs.

CLASS: All love surround you, and the pure light within you, guide your way on.

YB: Inhale deep. Saaaat Nam.

(YB and Class chant long, "Sat Nam" one time.)

#### CLOSING PRAYER:

Oh blessed soul, see the strength and the light of guidance and interrelate to all the souls purposefully in peace and tranquillity, respect and divinity and grace to find the polarity and balance so that we can live in peace, serve each other, love each other, be for each other. As we pass the day and pass the night, we may progress into the warmth, harmonious, calmness of inner self and outer projection. May we all pray and seek at prayer to give mankind a chance to be healthy, happy and holy, to be gracious, to be noble, to be strong and courageous, so that no call may go unanswered, no hungry mouth may go hungry and no poor may not find refuge. Blessed are those who feel all is out of the one and one is out of the all. In that oneness let's pray for the peace of the world and the strength of the mankind. Sat Nam.

STUDENTS: Sat Nam.

YB: God bless you and thank you. At the center...

STUDENT: Convention Center.

YB: At Convention Center, at Sunday, we'll have the spring day to celebrate the birth of the Khalsa which is very important to us. When among us, the purity and piety was born. If you care to attend please come and don't eat at home because after the ceremony and service is over it is tradition to serve a feast. So please participate with us, and come as you feel, and thank you very much. You are going to show me the cookie? All right, let's see I'm going to...

(Class sings Happy Birthday to Niringan Kaur and Guru Dhan Singh)

YB: Now this is my cookie. Read it.

STUDENT: Beautiful things await you.

YB: See? (Holds up a gift someone gave him.)

STUDENT: Oh, it's also Guru Dhan's birthday, sir.

YB: Oh Guru Dhan, why, why didn't you, where is your cookies?

GURU DHAN: Everybody ate them.

YB: You cheated? Huh? He gave what?

STUDENT: He gave dessert for...

YB: You mean he participated?

STUDENT: He participate.

YB: Well, you have votes on your side. It's good somebody should vouch for you. It's beautiful... That's good... Ong namo.... This is Buddhist kind of a rosary, mala. Oh, she came?

Oh, this is two things. Hello, hello, there are three people have to be introduced tonight. What are those? Guru Singh you will introduce her. Hey you, you will be introduced by him and you introduce him. Right? Get it over quick.

STUDENT: I would like to introduce our first guest-----)

YB: Yeah, yeah, yeah, get to the mike.... His ego is bigger than him so he has to....

STUDENT: (Gurucharan Singh) I'd like to introduce our special guest, Tony Robbins who is well known in helping elevate people and a great teacher from many life times.

(Class applauds)

YB: Come on, come on, next, quick. Hey, hurry up.

STUDENTS: (Happy Birthday, Guru Dhan. Happy Birthday. How old are you Guru Dhan?-----)

GURU DHAN SINGH: 46.

YB: Oh, no he's lying. We have to ask his mother to confirm this statement. So hurry up.

GURU DHAN SINGH: It's my pleasure to announce our honored guest Gurunam Singh, who is a master palmistry reader, amongst other things, master of the Kaballah and is here in Los Angeles through Monday and he lives in New York City.

(Class applauds)

STUDENT: He's hiding he's not our guest, he's our always student-----)

YB: Oh you come here and introduce properly. What are you doing? We have babied her enough, that's enough..

STUDENT (Guru Singh) We have what?

YB: We have babied her enough. Now introduce her like a guest.

GURU SINGH: She's not an honored guest, she's an honored student, she is among us all the time. She comes to Solstice, but she travels all over the world all the time. So sometimes she's here and sometimes she's not. Tatiana Patiz..

(Class applauds)

YB: No, no, no. Hold on, hold on, hold on. I want to tell you why I'm introducing her. I never have to introduce any VIP for other than a purpose. But she did something to win my heart. And what was that?

STUDENT: Yeah. I remember.

YB: Remember that?

STUDENT: Yeah.

YB: Yeah go ahead you say it.

STUDENT: She'd rather go naked than wear fur.

YB: I think five, six of them isn't that? Five, six of them, one day I was switching channels and there she was, and they just put a big cloth in front and they say, 'We'd rather go naked than wear furs.' And I think that was the most noble human thing they did professionally. And since then I was waiting for the opportunity to pay homage to her because I do believe that way. That it is very unkind on the man to imbalance the ecology of the planet earth, and at the rate we are polluting the earth and messing it up. On one hand we call it Mother Earth and it's our magnetic field. On the other hand we are bringing it to such a imbalance that's not going to hold good for a good time. So technologically when she did that, I thought one day I shall pay personal tribute to her. And that's what I'm doing.

And on my best birthday last year, there were different booths to read the hands of different people and this guy had the longest the line and I asked, "What the hell is going on in that corner?"

And they say, "Your son is reading the hand." (Referring to Guru Nam Singh, the palmist.) And I saw Lieutenant Governor there and Senator of the State there and other five guys and he really did surprise them with things which I couldn't believe he could do it. So I thought I should acknowledge him in the sense that when he comes this time to the birthday, don't go to other booths, but (laugh)... there first.

And you know this man, this tall man sitting here, he is taller than me in size, have you seen him? (referring to Tony Robbins) Stand up. (Laughter.) And he has inspired lot of people because that's what his soul is at. His head and heart has to follow the call of his soul. And he wants to do it what he is doing and we all pray that he should be successful in continuing what he is doing. And you all have to understand that, and I thought it'll be a pleasure to introduce him to you all today. And God bless him.

STUDENT: Here, here...

(class applauds)

YB: I will, I will not be very fulfilled if I do not introduce our first emotional singer, Guru Singh. Could you stand up? There is a, there is a twenty five years history being written. So that's why I want to introduce him, for what? One day I was driving around from that Hollywood area and I came to Melrose and I saw somebody with a turban, polishing the chair. And I said, "Who is he?"

So I went there, I saw Guru Singh in turban and I said, "What the hell you are putting this thing on your head for?"

And he said, "Well, like teacher, like student, what's wrong with that?"

And I said, "Okay, that's what you are doing?"

He said, "Why not?" And I thought it is one day affair only. His turban style has not changed since then. (laugh). And he stood his ground and many winds have gone and many tornadoes have passed by and there is a lot of things to stand by, or not stand by but his style has just slow and steady wins the race. So that is Guru Singh.

When we were in trouble and Golden Temple was attacked and we all had pain in our heart and even God could not come to help. We were so much in pain and for years we couldn't go to Golden Temple, pay our homage. Somebody wrote a song, and he sang it too. I'll ask Gurudass, the God gifted singer, to sing the same song tonight so that it may remind us our... though now we can go and all that stuff, but with the love and affection he wrote this song, so long there should be a Golden Temple on earth, he shall live forever. And that is called ageless body. You know what I mean? Go ahead. You want to come here?

STUDENT: Yeah, he should.

YB: Come on, come on. Here. And you guys from Vancouver, will you be ready?

STUDENT: Yes.

YB: Ah? Please listen to the song, this song brought tears into my eyes and it reconsoled many souls at that time.

(Gurudass Singh, plays guitar and sings, "When Will I Walk on the Cold Marble Again?")

YB: Well, we are, we are attending, our intention is to go in October this year to visit Golden Temple. Last time we went in a called short shoot, six days, two days in, two days out, two days may be and lot of people were not satisfied. But just try to understand, we went there after nine years and circumstances were such, and we wanted to take every opportunity, every minute of it and you did it well and we are trying to organize sometime what?

STUDENT: We are proposing that we arrive in India on the 22<sup>nd</sup> of October...

YB: It is in month of October, details Sat Simran can give you. And if you come with me then you must understand it is 22 hours keep going. I mean, it's not ...

STUDENT: But it's one solid week in Amritsar.

YB: Yeah we'll give you rest, I suppose so. I mean, whatever. It's a very, it is a very flawless, enjoyable selfless experience and those who went last time shall acknowledge it and this time will be little kinder, may be little harder, who knows? I don't want to promise that, because more we are going to stay, more people want to come to talk to us and mob us and prophecy has to come true. People go from here to India to become teachers, now from here teachers will go to teach Indians. And that's what all the way it is. If you don't understand the change of the axle, then you don't understand what you are doing. Your very existence is more influence, your silence existence is more effective to those who have a culture and a spirituality of five thousand years. And today they have to look to you for guidance, so it is not something which has already not happened. It is true and it is truly happening. So it is also obligation on your part, moral, ethical, social and psychological and sociological, that when you have experience from the knowledge of those saints and sages of that land, you must return to pay homage to the people of India.

So, it's not something bad we are doing. And sooner or later, we are going to go to Israel, and we are going to go to Jerusalem and we are going to go, one day, I think Mecca is going to ask us to come, too, though they are at this time fanatically strict. Other than a Muslim you can't come. But I think that tradition will grow out of bounds, and world will become one and we'll have fun. You know what I'm saying? Oh, so, you know, slowly, gradually, I think we have set a ball rolling that God is One, so religion is one and humanity is one and there's nothing than one. You know what I mean? Still unfortunately this is all a philosophy; in reality it is everything is two, three, four, five, six, seven, you know what I'm talking about? You know what I mean?

We are a practical religiously hypocrites. Well, that's true. I mean to say, it's all everything is a bull. It's no, black cannot go even to the white church even today. I mean to say, it is totally, I do not know what kind of Christiani..., oh he cannot sit in the back of the car, bus, he can't walk in front, but I, I have seen if a black person sits and the other gets up and goes somewhere else. I mean, we have not conquered the color of the skin, though our blood color is the same. You know what I'm saying? You understand? And Christian is very near to God, and Jew is going to be near God and both do not know where God is. I mean they have not found the address yet. I know the address, I'm not going to tell them. That's the tragedy.

In Cornell University I was going to speak on God, I said, "My God, your God, our God, by God, nobody know what God is, I know I'm not going to tell you, thank you very much." And I got, I got away with the place. And that was the only lecture I gave. You know what I mean? So it's a very stupid world if you really want to know, and people are very limited and if everybody's selling a gimmick and everybody's sugar coating it.

Actually, at the, in the dust of the feet of another human lives the soul of the other man which is called the part of the underfoot, right? That's what you call sole? Isn't that sole? Right? And that sole touches the earth? Right? In the dirt of that lives the spirit of God. And if you can humble yourself that much, you can find it. Otherwise, you are just as good a freak as everybody else. And you are on a trip, you know what I'm talking about? So with all your richness and with all your philosophies and all your saying, so long you do not know to go...

I do not know, I can explain to you now, this Ma Jaya in Florida, I mean to say, I, I, I can't believe this woman, I mean she goes and takes an AIDS's dying, sick person, put the head--- on the lap and heals the person and heals... The doctor, the nurses can't even go near and I'm saying, there's no fear, there's .... She does such a way, even the death become painless. It is amazing. She works for about 18 hours a day. I mean to say, Mother Theresa might be... my all regards to her and she is a international recognized identity, but this woman is unbelievable. And we are going to honor her on the world's prayer day and I'll ask you all to come. We want to honor this identity. And she's doing it totally without asking any help and without laying any gimmick or without recognizing that she needs to be recognized, she's just doing it because she wants to do it. And she is helping those dying children and patients and people and taking away the pain of death so beautifully, that sometime I can't understand why we all can't do it.

So I mean, things are changing, that's what I'm trying to relate to you and things are going to change that mankind has to be kind enough to come for each other. We can't live at each other, against each other, we have to live for each other and that is the main message of this whole change.

I do not see Krishna anywhere. Is Black Krishna here? I will miss her song very badly. And I protest, right?

I would like to ask those who have come from Europe and from other lands to join us on Baisakhi, would you please all stand up?

(Class applauds)

YB: Well, there is Australia, London, why don't you speak your countries, or towns whatever, Paris, Chile, Espana, right? Espana. I learned first time to pronounce it right. Guadalajara, that... he is from Spain, that is Canada that whole group is Canada from there to there?... Gururaj Kaur, (laugh), France, Francoise..su su... yeah, those, yeah, speak louder...

STUDENT: (Student speaks in French.)

YB: Aha, that is, you heard it, understood? OK you are from Fransay(sic)--- and this is Guadalajara, and who else is what?

STUDENT: Japan.

YB; Oh Japan, Japan, Japan. Norway, Oslo and where is that little angel she has? Oh, she is sleeping. We had a fun when we went there. So I am very grateful for the courage and the endurance for all this...

STUDENT: Also Babaji is here.

YB: Oh Babay (refers to Babaji Singh from Mexico) where are you hiding, dummy? Come here.

STUDENT: (Mexico City.)

YB: Ah, New Mexico, he is total Mexico, not only city, he is a very pioneer, he has many faces. He can turn himself to be eagle and then he turn himself to be what, wolf? And then he turns himself to be a human, he changes as he wants to; 8.4 million lifetimes he can change. You have to meet him at midnight. This man has conquered death. Really. Honest to God, you don't understand. There is nothing called tragedy which he has not gone through with a big smile and he still smiles, I love him. He is my great inspiration. And what else?

STUDENT: Kenya.

YB: Oh, this is Kenya and London... by the way on Baisakhi, you are going to have a music from this whole set of people that it will blow your mind. Could you please stand up, all of you? He is a doctor, he is a DC but he has turned himself into.... (class applauds).

They are... and they have come all the way to join us. You know what I mean? And politically it'll be wrong if I do not introduce my wife. (Laughter and applause). No, no, no, I, no, no, I was just pulling her leg, she doesn't need introduction but I just, I just wanted not to spend any money, so I thought easy way is to introduce her. (Laughter.) I'm just mischievous tonight, you know, I'm trying to... Ah, Oh, where is that Russia, you must be hiding somewhere, eh? Oh Kulbir...

STUDENT: (Kulbir Singh): New Mexico

YB: No, fact is he opened up the Moscow, Moscow and we are going to send Taran, Taran Kaur there to just take care of things and we are holding good. And we are holding yoga classes and drugless rehabilitation and we are doing very good in anywhere we are, it's not something that, uh... We are not, we are messing up less and missing a lot because people need a lot, so I think this is a time which will be pressurized time to all of you to go and serve and help and encourage other people to help and serve others. This is the time when you, it's a candle to candle, who is there?

STUDENT: India.

YB: Where is that?

STUDENT: (-----)

YB: Oh, where are the young? Oh, that, Oh, that plane load came. All of you stand up, you guys.

(Class applauds for the kids from India who came back.)

Well, kids sit down and I want to give you a bad news. Bad news is that we are going to have the school now at our own, and good news is that discipline will be so well that you can have an IQ and face anything in the world and you'll be the best. We are hiring our own teacher and our own environments and own circumstances and we are not going to play anymore that gimmick which we went through so many years, and let us say days of our sorrow are over and I'm waiting for my guest to fly in any day and we are going to sign the agreement and run it ourself. So, it's all right.

Some of you, ah, there is one thing in life which is very important, most important than life itself. It is the power of your own discipline. And that can be only taught... you must understand you have three phases of life; life is 18 year by circle (sic—means cycle), intelligence is by 11 year and consciousness is by 7 years. So within that scope of time if you are not properly disciplined to concurrently and coherently the expansion is not proportionate, life will be nothing but a living misery. And nobody can escape that law. So I'm trying to make our children to concludingly come to like as a 18 years person must have intelligence 1.6 and consciousness 2.4 something in that ratio, so that they can understand and calculate themselves in these, in the progress of life and that kind of children we are supposed to produce but we had a tragedy that we could not get all done because of non cooperation of certain people, but now we are going to do it ourself. So, I think we will be very, very, successful and extremely caring and we'll have our psychological, intelligence quantum raised to the point of 2.1, which is required of each child, rather than 0.8 which is American standard.

So I mean, we have to, because we have to successfully overcome the handicaps and cap up to life to... so that we can have not for ourself, but also to share. And that's the way life should be and that's the way life demands it.

Technologically, it has been quite a painful for me. Knowing what I can do and I could have done and handicap of environments took a long toll. But I'm very grateful that now the circumstance has changed and we will be in a position to cover ourself thoroughly well.

Similarly, my personal apologies, because for medical reason I couldn't go to Europe, though you were all very happy to receive me and very enthusiastic and I could have done a lot, too, myself there, but it was not at that time allowable. So we had to cancel that not tour but we have postponed it. So that may be if any consolation, that should be...

We'll be going this summer to Espanola and it is a beautiful land God has given us and we had it at good time; if you want to buy anything today, forget it, it is not practical. So, I'll like you to join me there. I'll still teach under that cherry tree as normal and bring your sheepskins and sit with me enjoy, if you can afford. And come and join us at ladies training camp, come and join us in children camp if you don't think you are adult, and join us at Summer Solstice and join us on world Peace Prayer Day which we are celebrating this time to honor this most beautiful Godly woman. And other guest will be coming there, too. I hope, with all this good news, now you can go and sleep.

And thank you very much with us and we'll meet Sunday again and we'll pray to the Lord, God, Creator and in consciousness that our days and our life be comfortable and peace may prevail. We are atoms; we don't need a bomb, you know what I'm saying? Hallelujah, Shalom, thank you, Isalaam alekum, whatever it takes and now, go home, thank you, good night. Sat Nam.

Hi, love, how are you?

STUDENT: Oh fine.

YB: You want to bring him over?

LA799 940407 Ambrosia Meditation Summary  
True Love Series 8

Mudra: Sit in easy pose with a straight spine. Left hand: Bend the left elbow down by the side, and bring the hand up, next to the left



shoulder, up at the level of the head. Make the palm flat, facing forward, and the fingers point towards the ceiling. Then bend the ring finger down into the palm, and hold it there with the thumb. (This is called 'Ravi Mudra.) Keep the rest of the fingers very straight.

Right hand: Extend the right arm straight out, in front of the body, parallel with the floor. Let the palm be flat and facing the ceiling. Have absolutely no bend in the elbow.

Eyes: Closed, and stare at the chin through the closed eyes.

Breath: Breathe very long, deep, slow and consciously.

Tape: Done in silence for a while, and then "God Is Within Me," by Nirinjan Kaur is played just for encouragement purposes.

Time: 11 minutes.

End: Inhale deeply, stretch the extended right arm out as much as you possibly can, and squeeze every part of your body. Hold from 17-20 seconds. Repeat three times total. Relax and talk to someone. Do not meditate after this exercise.

Comments/Effects: This meditation will help revitalize the brain cells. We forget the brain needs to be refreshed and kept healthy, the same way our body does.

There are two things which are going to hurt in this meditation. One is your right elbow; the other is your forehead because your eyes are rolled to the chin point. What we are gaining out of this pain? What we are getting is that our brain is going to create its own morphine to give us endurance and if we start controlling our breathing, we'll be conquering our death at the time of departure. So breathe very consciously, long, deep and slow, and you shall have no problem. Those who have not meditated will hurt more, those who have done will hurt less.

The metabolism will start changing, the glandular system will start secreting, nervous system will start renewing itself and brain shall go through its own renewal system.

The pain in this exercise will proportionately increase as time goes on, because body is going to kill all the dead cells in the brain. They don't want to die, so they are going to create a havoc so you may give in. That's the fight. But focus on the chin, hold yourself very steady and determined, and let the pituitary secrete a thousandfold, and then command entire glandular system to secrete. That's how I'm healing these days, come on, join me.

This meditation can be done for 120 days, but it has two conditions: 1) Once you start it, do not break it. 2) Pick a time to do it, and it must be done at that time every day for the full 120 days, because it works to change your metabolism, and then your automatic metabolism and your forced metabolism must not conflict. When you do this forced metabolism, then the automatic metabolism will give in. So, to get the best result, choose a time which is convenient to you, and do it at that time every day.

If you want to triple the effect of it, and when you are in pain, instead of feeling the pain, chant the mantra. And if you want to chant a mantra, then roll your tongue backward, press it on the upper palatte, lock it in your mouth and say "Wahe Guru," mentally -- not verbally. Instead of that pain, you can concentrate on that mantra, the mantra of the pituitary. And if you want to use another mantra which is meaningful to you, you can. But you must have somebody around somewhere in case you just happen to leave your body, so that somebody can take care of you. That's why normally we don't teach these kind of kriyas to ordinary classes, but now you have come along many years and you have the right to know these things.

In 120 days, it shall change your metabolism, shall tune your glandular system, and it shall give you to see the unseen little bit, hear the unheard little bit, know the unknown little bit. And then you will get a taste of it. We do not develop our intuition and our pituitary behavior and that's why we get polluted.

I want you to develop this anyway, if the earthquake is going to come, you should be pre-warned. It will give you extraordinary sensibility of all the environments and the elements. It will also give you the movements of the unidentified objects. You want to know the unknown and you've got to develop your sense of Aquarius pituitary IQ, intelligence quantum psychological system in the biological world you are living in, so that it changes in the years to come may be convenient for you.