

LA891 961211 Increase the Psyche at level 2,5
<https://drive.google.com/open?id=1F1PFNICaagiA0dpFicM1fL7Xg1zuA>
Los Angeles, CA

Sit down. Cookies will be served in honor of Gurupartop Singh's seventh birthday. Now, let us start the class. We have crossed into five years of the cusp year, we are entering the other five years, and imaginatively we are all searching for self. We are fighting three years of man and his conflict. Conflict is you have been told to find God. God is trying to find you and you so we miss each other. We are born with a spirit and with a soul as spiritual beings and we become human. We are not born human and become spiritual, but I am very sorry I can't change that concept in which you have been bombarded for three thousand years. You have been told, pray, worship, find God and you have been believing from generations through generations to generation, but fact is that you are born spiritual. And as we cannot relate to our spirit our caliber we fail. Things are very simple - 11 minutes of Sat Kriya every day keeps the chakras open. It is not difficult, everybody can do it. But people don't have even 11 minutes for them. Ah, 11 minutes of Sat Kriya is good for chakras. 11 minutes of Sa Ta Na Ma, sitting very normally, it's not..., take care of the five elements of the body. And 11 minutes of Sodarshan Chakra Kriya can totally give you the spiritual experience. Rest is all too much. I'm talking on the three fundamental requirements. It's amazing - there are 900 and some regular religions or philosophies. There are over million therapies, call it anything, but man has not reached his own goal, so tonight we are not going to waste much time in talking.

We want to do something. Ready? Correct? I have to teach two days before I ship myself out to the south. Those who are lucky to have come on this rainy day must benefit maximum. Hum.



Please, very simple exercise today. It's not a hard day. **Kriya 31 minutes: (6+14+8+3)** Put your left hand and put your right hand



and must have at least 9" difference between the two. It is a requirement, and what will happen this distance will close against your will, mind you, so be very alert. your spine, chin in, look like this and **close your eyes**, and **feel your spine base to top, run with it. Breathe long and deep. Nothing else, just watch what will happen. 6 minutes:** With every three minutes, we'll increase the vibratory flow of energy, that's what we are going to do. And if you breathe long and deep, you will enjoy the ecstasy. Concentrate on your breath. Long and deep. You are doing wonderful. In five minutes it will start changing your metabolism. You have direct connection with the unknown; the energy will increase, as per psyche frequency will increase. Your body and change will be resistant but your will will prevail through,

and you will have some little more different experience than you can have otherwise. It will be those who have been different time, who are used to drinking, it will be just like intoxication; physical level will be like that. After that it will become softer and softer and deeper and heavier. If there is anything called meditation or concentration this will put you in a flying pattern after next five minutes. All you have to do is just concentrate.

Put that new tape 14 minutes, that nightingale of India. This music and tape is just to help you, so you may not get to sleep because in a few minutes that's a possibility. (Tape begins - **Sat Nam, Wahe Guru**) Enjoy the steady and keep your spine straight so that if the, it start going to the chakras then you can balance yourself and not do anything other than that. Physical body will go berserk now for the next 11 minutes. You will have a tremendous nervous itching because your nerves will connect and the body will fight. Any dead nerve ending which is there will find a new nerve ending connection and it is going to give you lot of indifference or itchiness. We are going to increase the psyche levels of two, 2.5; for some of you it may be bearable and not bearable, the same thing, but if you keep the posture steady you can survive. Secret of success is in posture and long breath. You can bear the pain, otherwise pain will be now unbearable. Once it start putting you through, you will ????, and that's what you have to comfort. You must triumph ?? against it. It's abnormal, because the psyche go at a higher frequency than normally, but with a deep breath and more prana you put in body you will be successful. Try again, you all can do it. It's all yours. Now try to hypnotize yourself that you have no body. Hypnotize your own body that you don't have body. You will be shocked to know that you can hypnotize yourself perfectly right now you are in such a state. And self hypnosis is the self command and enlightenment. Call it with any name. We are releasing the psyche at the point of 2.6 which is pretty good. Absorb it, breathe long deep with it and steady yourself. In the next three minutes you will be very doubtful but you will conquer the doubt; it's a direct fight, confrontation with self. Painful confrontation. It's a bad dream kind of thing, but you'll go through it. Stabilize yourself, you all can do it. We used to do it when we were very young, eight year old. Pain is in the change of metabolism because nervous system is asking and demanding the body to respond. Mind is handicapped. Become a saintly. Spirit is invoking when you are going through this thunderstorm. Steady, steady. Rahao.

(next 8 minutes)

Keep your hand where they are but take your thumb and touch it with the sun finger, which you call it a ring finger. Now you are going to change really good. It will bring you health. Bear with me, bear with me, steady. Wake up, don't, don't, don't move. Life is a challenge. When calamity face you, you move, you loose. You don't move, calamity loose. It's a natural law. You don't win by your brain waves and all that, you win by your inner grit and strength. When you don't move everything moves away. At this time if you see your aura it's just like as red as post card we write. Sun energy is very prevalent. Stabilize yourself like a statue. Maha akal being - great deathlessness must prevail in you. With a long deep breath change your metabolism (tape turns over) Today and tomorrow, two days, that you have to go through experience to win what you are.. should win. **Now you have last three minutes to go through and they are decisive minutes. It's up to you, take longest, deepest breath, hold for as much time and then exhale. Exercise perfect control of yourself and the body, mind, and soul. You are the coordinator of body, mind, and soul; you are not the soul, not the body, not the mind. Don't forget your role. Two minutes. Last minute. This is a victory march.**



(Last 3 minutes) Make the "O" of your mouth and breathe breath of fire. Get rid of all disease. Through the "O", in and out, powerful. Good breath of fire through the "O" of the mouth is a income tax write off. You are net saving the life. Disease, whatever is going to be or is will eliminate. Use your power. (6+14+8+3=31 minutes)



5 minutes whistle: Put Ardas Bhaee tape; they have to listen to that. Now please get ready, **fold your hand in the center, connect it nicely.** (Ardas Bhaee tape begins playing) **And whistle.** Inhale deep. (Ardas Bhaee tape stops). Hold the breath. Put all the pressure on the hand you can. Must have your total strength, and stretch the spine like you can flip it. Try, hold the breath. Cannon fire. All out. Inhale deep. Do the same, tighten it, stretch the spine. Fire out. Do it in again. Very good. Relax. Oh, come on man, it's not big deal. We just, we are just starting. We are starting because in people of the Age of Aquarius we are not going to be earthlings and human and all that nonsense; it's not going to work out. Sooner or later we all need intuition to guide our life; not education, philosophy and all that. That's just very worldly.

Feel good? **Now, take your hands up your head and start dancing, (2 minutes) your legs** like this as **you are airplane flying and dancing your...chelo,** put that dance tape. Na, pa pa, systematically dance. Move energy. Otherwise you are not going sleep night and curse me for nothing. Play, play, play. **(Punjabi bhagara dance tape starts playing.)** Play strongly, wild, wild, wild. In your own style. Hands must be above head. Move, move, shoulders, shoulders, shoulders, rib cage, lower back. Aright, come on Harbhajan. Bring your guitar. Your power is in your songs and your smiles. Thank you.

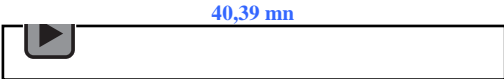


Now she is going to sing happy birthday. (Musician starts singing "On this day") You will all sing with her. Sing, sing. Saaaaaaaat Nam.

Blessed are those who understand their soul and their god is one within them. Blessed are those who face the calamity and smile, and in their victory they feel exalted and happy. Blessed are those who conquer their own emotions, feeling, and understand the will of God is all prevailing, which is their truth and reality and personality. Blessed are those who see God in all. Blessed are those who love all as they are themselves. Blessed is the friendship of the man for all living beings, and kindness and compassion and care we take for those who are needy. We really let the God's will flow through us. May we all be exalted in essence and in love and affection. Sat Nam.

Wow.. Hm, pretty good. Ah, you want to go home, or sleep here? Ah, what we have to do, I am just here for two days and then I am going to go to Winter Solstice. The idea is not now to be more, idea is to change the frequency of your inner psyche and your power to experience more your own width so you can fly little higher. It's a question of changing dimension. You can't survive the cusp of 21 years at this level. There is a lot of insanity and self tragedy. So the best way we can do is to make you to participate to get into different dimension and experience so that whenever you feel something awesome all you have to do is just switch yourself into your gears. I mean, your car is all right. You have a gasoline and body is fine. Road is okay, but you need transmission. Chakr chatr vartee, chakr chatr bugatay - you deal with your chakras and you complete with your chakras. And man if your gear gets stuck, you know how you can drive. That's what we are trying to do our best, and now you can have all the

cookies in the world and eat and enjoy. Come on. Very politely I will say good night because after 30 days my fever has broken and I am all right but



LA891 961014 Portiamo la Psiche a livello 2,6

31 minuti: (6 in silenzio, 14 sat nam wahe guru, 8 in suria mudra, 3 resp. fuoco dalla bocca ad O)



**Chiudete gli occhi e respirate lungo e profondo.
Dopo 6 minuti comincia a suonare Sat Nam Wahe
Guru #3. E mantenete la posizione ancora per 14
minuti**



**adesso unite l'ego con il dito del sole, prendete l'energia....e per 8
minuti
Continuate e non muovetevi, qualunque cosa succede non muovetevi.
Cominciate a cambiare**

(Gli ultimi 3 minuti) mettete la bocca ad O e cominciate a fare respiro di fuoco dalla bocca.

5 minuti: Adesso fischiare Ardas Bahee (solo musica).



**2 minuti Ora al suono di punjabi drum da seduti ballate con le mani e tutto il corpo,
le spalle, le braccia**



Sat Nam