LA881 960815 when a projection is not correct it doesn't create impact, prayer is always to the rhythmic beat of the heart Life is a balance between emotion and feelings. fantasy and reality. in your projection and other people receptivity

SUMMARY MEDITATION:

<u>Kriya 5 minutes</u>: all I am asking (16,36) look at the tip of your nose and breathe as slowly as deeply and as long as you can. Please be in the posture. Highest pitch.

Gong is played in the class.....

Gong stopped...(24,18 please relax

Now open your eyes I just want to tell you the vitality. That was pre recorded it played and you believed it, now we are giving you original, you understand what I mean? I want to tell you what is the difference between a preacher and a teacher. This gong is done by me, it is recorded also correctly. But the difference you will see. In position please.



Gong is played in the class Gong stops....(21,20)

<u>3 minutes</u>: Now put your both hands like a cup

on your ears like a cup. You never understood why God made this? God knew it I sat with Him face to face I say why you made my hand and there is a little cup here. He said, "In life the test and trial is a tragedy without balance you can't make it." When you want to renew yourself se this technique, which I am going to give you tonight. Put your both hands like a cup go.

(22) Gong is played in the class.....

(24,12) Please relax it is a intermission we will start again, you must try to understand why we are doing what we are doing. Whatever the base the central hammer bone has created between your left and right bone side, which are being picked up like hair like situation to transliterate the message in which you understand in your brain is ready to act. So you have a set balance there, we are create a sound current. We are creating a

sound current.

Students: We are creating a sound current.

YB: To change the hammer and its movement. And it will be done in such a classically way that you can find a balance. The sound created by the internal hammer should be picked up those hair-like skinny nerves to transliterate exactly and loud enough that you can understand the subject. If you don't understand the subject you can never receive the object that is where your love life fails. Because in the affairs of love you do not talk projectively, you cannot talk? Students: Projectively.

YB: You talk objectively you are just a worst beggars of life, you want of the impress you want to win, you want to be nice, you want to be sweet, isn't that all true? Damn it that is your mistake. You want to **penetrate** you want to send a message, you want to reconfirm reassure and you want to assert and your message must go in. It should not float. And that's the mistake everybody who is not trained and understanding with the understanding of life fails to achieve, there is nothing wrong in our life that I love I cannot continue loving, that is not true. If I have a relationship I cannot keep that relationship? That is not true, its not that my aggressiveness is not my aggressiveness? True. Is not that I want to give a message it will not go, it is not true that will not change a person absolutely hundred percent, that is not either true. The power of the conscious soul is so much that it can make God to ascend or descend as it needs to be. Human doesn't have a less power don't misunderstand me. Human is made in the image of God, its power as a God's own has the power over the God as His total that's a law. So you don't have to put your head down and legs up and burn fire and do all that kind of stuff to reach God. God is inside your heart, here, it is all God which you see outside is in you. You do not know how to communicate, you do not know how to live with it, you do not understand and you are not willing to pay the price of God inside you want it from outside.

(?)

You will search it outside God you are just in doubt and you will lose the bout of life. You are not born to lose. You talk of prosperity, somebody is rich somebody is poor you want money, okay. In every business hundred percent you must understand whosoever concentrate gets it. He may not enjoy it but he gets it. You can get anything you want. You may not maintain it that's a separate issue. Everybody has a lover everybody is beloved, everybody is this everybody is that, but you may not be you. So you change your personality by altitude and attitude. You change your timing by longitude and latitude. You are not forever. If you are not forever you cannot be trusted, you want to be trusted that is your need. You want to be trusted. Are you willing to trust somebody? No, you want to be trusted. I want to be trusted, I wanted to be loved I want to have a reverence, am I willing to trust and have reverence, I wrote a beautiful letter I will never forget that letter. He said, he is an attorney. He came to our teacher's course and on the very first introduction I said you are coward and you are a coward of a highest degree and you are liar too. You lie to yourself by profession you are attorney it is ridiculous. So he wrote he said, I know public relation is not your way teacher, I know

you have to hit me hard but you said something it has gone to my heart. Because I don't want to waste time with him two hours or tell him this and that I am not standing in the court of law case, he came to meet and know what is wrong. Wrong is very simple we are all cowards we are all liars, we do not stand on what we believe and what we want and we do not project correctly. And when a projection is not correct it doesn't create impact and therefore, nobody trusts us. And this is how it is at time of Patanjali, it is not today at the time of Patanjali which is thousands year ago he gave Wahe Guru mantra, the manter of G O D God, he gave us a sound current first people do not know what a mantra is. The mental projective bounded return in which you project and it bounce back the energy. Mantra is not a religious practice, mantra doesn't belong to a religion. Laillah doesn't belong to Islam they picked it up. Donkey belongs to that who rides it, there is nothing to it. Hallelujah doesn't belong to Christian. Jehovah doesn't belong to Jews. Rama doesn't belong to Hindus not that there was a one God. This all pictorial nonsense. Mantra is a sound current of projection through which the psyche of the universe is sucked back. You must understand that. When somebody talk, call us on telephone we say Sat Nam, that confirms the identity right there and then we don't have to say anything. You say sometime buddy hello, L O and then speak for two hours person won't believe you. Ask him tape it yourself, listen to it you won't believe it. Mantra is not.... this religion and reality and all these whole nonsense is made to keep man going. It is not keep man achieving. Sat Nam is Sa Ta Na Ma these are five sounds, there are five tattvas through which we are made ether, Earth, air, water and fire. Some sound control and reverse back. What is a control? What is a reverse back? I say hey come here reverse back is the person should come here. Reverse back nahi the person should call back and say hey come here.

Nobody does like that. Or I say hey come here. The person say no I can't come. Either there will be an obedience or there will be rejection that is how this universe is. So when you put mantra out if energy doesn't come you are done finished. That's why your prayers are not answered because you do not know projection of the prayer. How you pray? God is over seventh sky or He is in Santiago.

(Student's laughter)

Somewhere and you are praying to Him or to Her whatever the case is. If you are Buddhist or Chinese and (?) all this, actually prayer is to **prayer is always to the rhythmic beat of the heart. That is prayer.** Any prayer outside is waste of time and misleading religious practice. Prayer is not done to somebody, prayer does not work that's why mostly your prayers don't work. It is not your fault. You have never been told how to pray.

<u>2 minutes</u>: Now please lock your hands and put it at navel point. For God sake do it correctly and push it in doesn't matter how your belly is, pull, you have got to do it. Pull it tight, lock it. These two sides must be locked and the navel point must be locked. Your chest will come chin in.

Put that humihum brahmham, and just recite the sound don't do the thing. You have nothing to do and within your two hands Mr. Gold gym pull your navel in that's all you have to, for your sake I just want you to have an experience I am not trying to tell you what I am saying is right or wrong. I am giving you open judgment. Pull it tight and Siri Ved comes through we will have that tape. Watch out.

Tape is played in the class....

(Over the tape) Tip of the tongue use it only. Pull the navel in. It is a four-stroke navel prayer, it's the prayer of the third chakra. Pull the navel and the hands. Hold, hold, hold, I am wasting my time. Look at this...hey that doesn't work, this is how it is, humihum brhamam... this is how you create the sound not with your booty, not with your this...face. [Stop the sound 37,25] (Student's laughter)

You don't understand anything what should I do give you rebirth and then retrain you and wait for that? I am not going to come again to teach man, I had already trouble.

(Student's laughter)

Yeah. It is humihum brahmham pull it so hard like a hammer you have hands don't you? And you have your third chakra right, create sound from there,...

All right come on .

<u>4 minutes</u>: (37,59) Tape is played in the class....

(Over the tape) Now you are doing it, from the navel.

Pull. Pull. Now louder. That's it, that's it relax, relax, relax, relax, (40,50)

Kriya 24 minutes



LECTURE

...Please sit down, hahahahah....

You have undertaken to come for a special situation normally life is a balance, life is a balance between emotion and feelings. Life is a balance in between fantasy and reality. And life is a balance in your projection and other people receptivity. We normally lose balance we want our way, so to escape from reality and to escape from our potential projection we decide when we are young and hot blooded to have extra experience. That is where drugs came in a very important role, so drugs came important role at young time and that was enough to mess you up and well after drugs you grew up little bit and the handicap, which you fell out of balance because you took high elevating drugs. You hallucinated yourself to any extent whether you were very polite or you were very harsh it doesn't make any difference, damage is damage. Anything which is stretched out when it is growing it cannot reverse back to its normal that's the law. I don't care what the people who take drugs talk about it, these are the facts. A person grows up to twentyseven years in his faculties and before twenty-seven years any drug, which hallucinates you or puts in defensive world you will never come back to the original that's the law of nature, it is not a yoga law. After twenty-seven you may feel yourself very extremely great and wonderful and stupidity is when you think you can put extra energy in you and it can be alcohol or it can be anything and it can be herbs God knows what. Poor rhino can give you a sexual this that I don't know who tells you what? But stupid is the man who feels that any stimulation outside shall not be paid by a balance body and body will reverse to its balance and shall go and touch that depression to extent that you are getting and you are suffering almost it is called white depression. White depression is a slow, steady depression through which you cannot act right. That is why we are average divorced bad relationship, it is not that we don't love each other, that is not true. Please misunderstand not, but you cannot maintain that status of love and progression of love. Love is fine, to fall in love is okay, love somebody is okay, but there need a progression projection of love, you can't maintain that, you can't doesn't matter who you are and doesn't matter what you say. You can't, because your mind does not have the progression capacity to work in itself, so once a while we turn to meditation. We do yoga, we do it rightful we try to improve ourself we try to become religious you know it doesn't work. Can't work, because you are not willing to admit the fundamental handicap, which you have caused to yourself. You don't have anybody as your enemy, you are your own enemy. So technically speaking when you live a situation like as things are and you create a situation as it is you must understand something more fundamental than anything, sometime you go to a height or you to go a ocean or you go to certain places you know you don't have balance. Your balance of the brain hemisphere is not controlled by you or by your ego, or your Ph.D., or your degrees or your work it is controlled by the inner ear. And inner ear when has a capacitated damage to the bone either on the left and right you are damaged forever and slight one hundredth millionth of a millimeter. One hundredth million or a millimeter if that is imbalance between two side bone it is the hammer bone it creates it you are done, you are cooked, that's your capacity total big machos, I am this I am that you are good for nothing you can't even think right. And you will go through a very heavy meditative depression to just survive. Body has a nature, body wants to live. It's a most wonderful body ever God could not make anything better than that, please understand It. If he could have he would have. God is not stupid he wants to be the best, but damage we do it and we don't understand we think oh just one puff....

I know one girl she said, "I just had one puff."

I said, "Well, have it."

And our president said, "He didn't inhale."

(Student's laughter)

Doesn't matter. You know it is not I am not sitting here as a legal authority I am sitting how you rape your spinal cord. Any stimulation, acceleration, direct or indirect to a human body put out of balance not a menstruation or food cycle or sleep cycle it takes away the out few out of the rhythm of the spinal fluid. Medical science in next five hundred years will start understanding the spinal fluid side the genetic cure or not cure the person can be young and old as that is it was known for years and it has got forgotten. They knew used to do anything, they used to tap the spinal fluid and from that they will understand mixing with certain herbs what comes out of it and the only diagnose man ever did for a disease which is called doctor was the saliva. Pull your tongue out and put your spit out on a paper that's all they did and there was no papers those days they used to use leaf of a banana. That was considered a way out. Technically speaking human body has its own resources to recover to recuperate, but one where it fails when it comes to structural defect. And those who feel those ecstasy and things and high rock and roll and all that they must be enjoying it, I understand that. But they cannot come back to, you need a high strong music. Fine with me I have nothing to worry about it, but where you are going? Few hour you can dance naked and you can jump around and you can do whatever you like you can do all that stuff, it is just like a friend of mine used to be he used to enjoy food so he ordered gourmet food. Thirty-sixth (?) bah-bah whole thing and he will eat very little, precisely. You will never see him for four days, you can see him in hospital. That very night he will start vomiting, body will start reacting, he will go nuts. He will recover in three four months again the same thing. I have to eat one day he said.

I said, "Do one thing go to hospital first, don't embarrass us, we are your friends, go to hospital first eat, so you can empty the room and doctors in ten minutes there vomits you out that's the only way you can do, because food reacts. Your only authorized to eat one little food and that is cabbage, you digest nothing.

"Oh I am suffering."

I said, "You do it everything eat rotten oh dude now pay for it. Sometime body and its organs have independent. Medically you do not understand one thing, you have glandular system, glands are the guardian of health they secrete they make the chemistry of the blood, that blood if the capillaries are open goes back to your all organs and keeps you healthy. And when you are bleeding somebody said, you can't keep on eating vitamins and you will be safe."

So these two classes I decided to teach to give you a balance. You don't have to do anything, simply you have to look at the tip of your nose and breathe as long and as slow you can, it's a matter of cooperation. If you don't you have already paid and I am not going to get penny out of it and I lose nothing. You will miss an opportunity. That was the purpose of staying here to give you two classes, one today and tomorrow. Is that understood?

Students: Yes sir.

YB: Come on you don't learn with me from last twenty-seven years to speak from the navel point, how you speak. Now let me say, yes sir, yes sir, what is this yes sir?

(Student's laughter)

What are you? What are you? What do you think you are? You do not know how to say yes sir, we shall go to the head and heart at the same time. Put your hand on your navel point, put learn how to speak and press and say yes sir.

Students: Yes sir.

YB: You know it.

(Student's laughter)

Never speak which does not penetrate to the other persons psyche, never tie (?) this talk doesn't mean anything, nobody knows who you are, what you are saying and half people understand. If the balance of the central bone of the inner ear is not rhythmic whatever you is not communicated, period. You must learn from the navel and with the lips you don't know that. You know that? You don't know that. In my special subject I am Ph.D., in psychology of communication. I am always at your service, speak that way. Students: I am always at your service.

YB: See how good you feel and how somebody feels, feels. Majority of the time eighty percent you speak other person doesn't understand. Eighty percent, somebody was telling his wife, whole night he loves her. He made love to her, he did every damn thing which is on the Earth.

Next morning she said, "May I ask you one thing?"

He said, "What?"

She said, "What were you saying last night?"

(Student's laughter)

A man wanted to commit suicide, he called me, he said, "This happened."

I said, "Well, you were giving her a lunch talk, what should I do now?"

He said, "She is going to ask that question again in an hour or so."

I said, "Yes. Just tell her oh I, oh my life love you."

He said, "I will look nuts."

He was chief executive officer of a great company.

I said, "You don't want a divorce do it, if you want a divorce you have it."

So when in an hour she said, "John I really want to know what you were doing last night? I didn't hear a one thing."

So he did that what he was told to do.

So she said, "Oh my God first time."

He said, "Yeah first time."

(Student's laughter)

She understood because he didn't know how to speak from navel so he just yelled her in a way and that woman has never heard him speaking even which is this is how speak John. Should I tell you how John speaks? Yeah (?) I understand that things are ways are on, I think what I am telling you is (?)

His all executives used to pray God give him a voice to speak because they have to do.

(Student's laughter)

Some people have one problem, the problem is not who you are, what you are, why you are what you are, problem is how you speak or how you talk or how you communicate.

Tonight is the gong night, time is not the criteria that's why I came late and tomorrow I may not even appear.

(Student's laughter)

Doesn't matter. So technically speaking we are going to experiment today what we are going to do tonight is already a situation we have already figured it all out and we will give you a essence we change the rhythm and biorhythm of the sound and we put certain pressures as we choose to see how you respond through your aura, because you can lie, the aura can't and we can totally read it correctly how much is the depth in which we are. In two days to take away the damage of centuries is impossible, it is sometime that is why we are called professionally experts. That's why we are teachers, we have that moral duty and ethical capacity of a social structure that through our experience and knowledge we can give people a new start and that's the night tonight. I hope you will cooperate. Whatever you are and whatever your karma is it is not my discussion and whatever your sensual

and sexual and personal habits that s not my asking, all I am asking (16,36) look at the tip of your nose and breathe as slowly as deeply and as long as you can. Please be in the posture. Highest pitch.



Gong is played in the class.....

Gong stopped...(24,18 please relax

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YB: You talk objectively you are just a worst beggars of life, you want of the impress you want to win, you want to be nice, you want to be sweet, isn't that all true? Damn it that is your mistake. You want to **penetrate** you want to send a message, you want to reconfirm reassure and you want to assert and your message must go in. It should not float. And that's the mistake everybody who is not trained and understanding with the understanding of life fails to achieve, there is nothing wrong in our life that I love I cannot continue loving, that is not true. If I have a relationship I cannot keep that relationship? That is not true, its not that my aggressiveness is not my aggressiveness? True. Is not that I want to give a message it will not go, it is not true that will not change a person absolutely hundred percent, that is not either true. The power of the conscious soul is so much that it can make God to ascend or descend as it needs to be. Human doesn't have a less power don't misunderstand me. Human is made in the image of God, its power as a God's own has the power over the God as His total that's a law. So you don't have to put your head down and legs up and burn fire and do all that kind of stuff to reach God. God is inside your heart, here, it is all God which you see outside is in you. You do not know how to communicate, you do not know how to live with it, you do not understand and you are not willing to pay the price of God inside you want it from outside.

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Put that humihum brahmham, and just recite the sound don't do the thing. You have nothing to do and within your two hands Mr. Gold gym pull your navel in that's all you have to, for your sake I just want you to have an experience I am not trying to tell you what I am saying is right or wrong. I am giving you open judgment. Pull it tight and Siri Ved comes through we will have that tape. Watch out.



Tape is played in the class....

(Over the tape) Tip of the tongue use it only. Pull the navel in. It is a four-

stroke navel prayer, it's the prayer of the third chakra. Pull the navel and the hands. Hold, hold, hold, I am wasting my time. Look at this...hey that doesn't work, this is how it is, humihum brhamam... this is how you create the sound not with your booty, not with your this...face.

[Stop the sound 37,25] (Student's laughter)

You don't understand anything what should I do give you rebirth and then retrain you and wait for that? I am not going to come again to teach man, I had already trouble.

(Student's laughter)

Yeah. It is humihum brahmham pull it so hard like a hammer you have hands don't you? And you have your third chakra right, create sound from there,...

All right come on .

(37,59) Tape is played in the class....

(Over the tape) Now you are doing it, from the navel.

Pull. Pull, pull. Now louder. That's it, that's it, that's it relax, relax, relax, relax, (40,50) I just want to show you with a gong as you strike the gong it sends the waves or you throw a stone into the water it sends the waves, exactly this is what you do and this is navel point, this is your original pure energy with center. You lived with it, grew with it and it was when you didn't have breath of life, still old that status. So you want to be young? Yeah, you want energy packet? Even somebody give you where thousands dollar you will buy it, you are struggling too much wasting your money. It is like an old snake thing I'll think. **Make your both hands like full cup**, put it in navel point and with this one create the sound right from here, humihum brhamam, humihum brhamam, entire nervous system will glare up, flare up, glow. You will achieve what you have come here to achieve for. You have to work, I don't have to work. But once you can experience then you will trust it, then you will enjoy it, then you will do it, my God then you want to be young, powerful, alert, smart (?). It's a different beauty, which you don't have, have beauty and this and that you know all that nonsense there is a beauty of your presence. There is a beauty of your radiation. You radiate and that radiation of your psyche reaches and communicates who you are. There are some faces you look at them, you say wow. There are some people you say ah.

(Student's laughter)

Wow and ah. Same thing.

You think by lying and talking and doing things you can make it? Ah you can't. You only lie when you cannot face. You only lie when you don't have grace. What happens? You lose the race. You have to lie to person once. Once only you will pay up for it rest of the life. Person will never ever trust you. He say yeah, yeah I understand now you have become angel and you can show the wings see I have wings. The person says is that glued?

(Student's laughter)

You do not know price you pay for lying to another person, you do not know price you pay for stimulating other person, you do not know price you pay of misleading another person. You pay the most heavy price. In the universe of that person you do not exist ever to be trusted. Person may not say it, some people (?) let you know about it.

I was talking few days to somebody and somebody said, "Am I a good student?"

I said, "No, you should have two years ago you are hanging in there for nothing."

He said, "Why you said Yogiji when I see you when you are leaving?"

I said, "That is the ultimate end, you are dead wood. Neither you are growing nor you are dying so better leave."

"I am not leaving."

I said, "I am not saying don't leave hang in there."

Because when a person stop progressing and projection becomes negative and identity of personality come before generality and totality of the universe person is dead, finished doesn't make sense. Then you take shelter behind it is religion, it is this God, it is money it is power forget it. All that doesn't matter if you cannot open somebody's heart and somebody cannot touch your heart game is over folks. There is no religion there is no God it's a matter of heart. The art is to speak from heart, not from head. When you speak from head you are dead. Is that clear? You think you are very clever and you spin it all here and it doesn't matter. You have to speak from your head once you will never be in a position to reach the heart of another person forever. You are willing to take risk go ahead. Have fun. Your games will be not your name and your games will bring you shame in the eyes of the one who saw you playing it. So understand life as a reality and every moment of it. Now make the cups of your

Now make the cups of your and you have to pull the navel now by your own force and you will chant as we are playing. Ready, go. Tape is played in the class....

(Over the tape) And listen to it too. Pull the navel.

Inhale relax.

I think it is enough for the day rest we will take care tomorrow. It is not good to become saints overnight.

(Student's laughter)

It is always better to go slowly and gradually because path of infinity is a path of life, life never dies, you should be sitting here I am just talking. Your (?) does not keep your head together hurry up. Sing.

(Student's laughter)

What my watch did something wrong you hit it?

(Student's laughter)

That was my agreement, you might have to say last words you start singing.

The class sings: May the long tine sunshine upon you....

YB: As a special treat tonight I'll ask Krishna to sing you are my love oh lord and luckily she is unfortunately attended the class. Student: (....)

YB: Be here.

Student: (....)

YB: Pardon what? Pardon who? Look at her ah with the shawls (?) that is it. This is the words of Nanak translated in English being sung by Krishna and I love them. Okay.

Student: Yes sir.

The student sings....

These were words by Siri Singh Sahib at summer solstice....

Music is played in the class....

(Student's laughter)

(Students' clapping)

YB: I understand you are not coming on this birthday and singing, is that...

Students: No sir.

YB: He is coming, you are singing with him. (?).

Student: (....)

YB: Who?

Student: (....)

YB: Oh we have changed the personality?

Student: (....)

YB: Where is she? Student: (....) YB: Sing now here, test it out. (Student's laughter) Talent is talent. Student: (....) (Student's laughter) YB: Come on spontaneously singer that is better than (?) (Students' clapping) Okay. Student: Close your eyes. Student: Yeah. (Student's laughter) Student: Come on close your eyes. Student: (....) Student: Now listen to a bird. Student: The song is called baby sad eyes. The student sings..... (Students' clapping) YB: Goodnight thank you, we'll see you...oh you were very good. (Student's laughter) They didn't cry with God's grace. Thank you.