

SUMMARY MEDITATION



(28,56) To hierarchy, to hierarchy of those who believe in God. And I would like you to just get to that today and see how you feel about it. **Kriya 11 minutes:** You see this. This is the index. My **right hand, the thumb and the index, this pinky** and this is my **left hand** and these three fingers will be straight and **sun finger and the ego, the thumb, same procedure.** We will just sit straight and do nothing but **concentrate on your hands and keep the fingers straight, see what happens.** There is no huge involvement of you, just keep the mudra. Keep it correct. If you think you have corrected the mudra, if you are sure of the performance, that mudra is correct, then **close your eyes and between the eyebrows and the root of the nose, beam out like a light, beam of light, beam out. Just concentrate very politely. In this mudra, your mind will challenge you and you will challenge mind** and you can totally overcome in dictating it the way you want it. If you think you have beamed out correct, your mudra is right, the **third step is at the heart center revolve the mantra, "Ong Kar" mentally. Mudra is correct. Beaming at the third eye point is okay, then at the heart center the mental mantra is "Ong Kar".** Correct your posture, stabilize your posture. That is very important. Stabilize the mudra. **Stabilize the beam. Stabilize the mantra. These are the four steps. Inhale deep. (39,48) Relax.** Don't just become yogis overnight. **I just wanted to give you a sample. But if you ever want to talk to your mind, this is the first mudra.**

Kriya audio 12 minutes

Well today comes the, what we call the topic of the day we have been exploring for a long time and that is, spiritual experience and the physical integrity. You might not be even understanding what I say. Sounds right or not right? Let me first explain to you paraphrase by paraphrase.

What is spiritual integrity? Spiritual integrity is, that you deliver what is expected of you plus more. That does not mean that you should be trustworthy but you should be worthy of every trust. To be trustworthy is not enough. So if you have a spiritual integrity then you have a physical experience. The physical experience here we are referring is a sense of joy. Wherever you perform an act of spiritual integrity on any level, accidental, consciously, unconsciously or it happens by coincidence, you will feel a sensation of fulfillment and having that sensation of fulfillment is not a thing you can price. It is not a thing for which you can pay through any virtue. It is not a thing for which you can even think. If you ever want to know what word bliss means, except you can find it in the English dictionary. It is called a sensation of joy, extraordinary or extreme happiness, those kind of expressions. But all these expressions are earthy. They do not match that sensation, that happiness, that you can that way get by yourself experiencing when you perform directly or indirectly, coincidentally or accidentally, consciously or unconsciously, an act which your human integrity allows you to perform. That is why forgiveness is the highest act, but if you are a teacher and you forgive and you forget, then that is not spiritual integrity, that is cop-out. Just understand one thing is good for one, it is worst for others. Don't misunderstand that something is good for all. If a spiritual teacher forgives or forgets, he is cop out. He commits a sin, but for an ordinary person to forgive and forget is a divine person. What is divine for an ordinary person is undivine for a spiritual man. Act is the same. Feeding the poor is an act of grace. Helping the needy is an act of grace, but creating the needy is a treachery. Though the acts are the same. Giving somebody spiritual integrity is an act more than of a God. Now I am using English which you have to understand because God may not have written on the forehead of the person that that person will ever experience integrity. Now you are giving him a spiritual integrity. It is an act more than of God. It is a blessing of God. It is a teaching of God. It is God's way of learn. It happens coincidentally because of the prayer, because of this thing. To give somebody spiritual integrity. It is a great act. But to take away somebody's spiritual integrity is an unforgivable act, or unforgivable act of sin. Situation is, what you can give you can take too, because it is a matter of ego, but it is not valid. You can help a person to get to the act of integrity but at no cost, no benefit. Take away from somebody, somebody's integrity. And sometimes we innocently do things which are extremely irrational, extremely irrational, because you must understand, between the soul and between the body, the life which is a continuous there is a force called mind. And mind is given to you as a gift. When the mind and ego acts together, you have no chance. When mind and

consciousness act together you lose no chance. It is the same mind and it must act. It has absolutely no idea why it should not act because mind cannot be but act. If you have any dream that you are so dumb that your mind won't act, no, no, no. Mind will make you the holiest of the holy and mind will make you the unholy of the unholy because mind must act. Either you control the mind or mind will control you. There is a war between you and the mind because it is the intermediary energy. It cannot sit idle, so what is the choice we have go | . Choice is very simple. There is no complication about it. If the mind is made to act with consciousness you have nothing to hassle, but if the mind is being made to act with ego you have all the things to worry about. Because when mind acts with ego, it inflates the I and when mind acts with consciousness it opens the eye and if you understand Gurbani, "Haumai vada da rog hai, daro doo issmae." Ego is the biggest disease but ego has its own solution in it too. Because if you want to get rid of the mind then you will be just without mind. Without mind people are called insane, lunatics. Somebody just met me. I said, "Well, how are you. They said, "Fine." I said, "What are you doing?" I said, "Well, I have gone to America." He used to study with me sometimes. We used to go to certain teachers together. I used to go for different reasons. He used to go different reasons, but. I said, "Hey, you are still student." He said, "Yeah, I never get a luck to be more than a student so I am still a student." I said, "What are you studying?" "I am studying to still my mind." I thought he was saying distill my mind. I couldn't understand that he can be that naive or my ego might have played a part that I couldn't believe that he can say that. So I said, "You know how to distill your mind." He said, "No, no, no, no. Not distill the mind. Still the mind." I said, "What?" He said, "There is a new process through which you can still the mind." I said, "Such mind God never meant. What are you going to still? Who is teaching you this?" Then we get into intimate discussion and I said, "Shut up, don't get into this. It is a waste of time." He said, "Why it is a waste of time?" I said, "You know the matter is, you never wanted to be a teacher. You always wanted to be a student so you go to weird grounds and learn weird sciences. Now, on this planet earth God does not know how to make a still mind. Where you are going to still yours? Something is nothing but the impulsive frequency, impulsive frequency of the creativity of the center of the nucleus eye which is the impact and the pulse of the creative act of all elements. It is called "Dance of the Shiva." I said, "Now that mind you are going to still? With what force? With this body, this couple of pounds of meat and bones?" He said, "I can understand theory of it, but I understand not the logic of it. The mind has to be stopped." I said, "Mind has to be stopped. That I understand, but you are not stopping the mind, you are stilling the mind. They are two different things." He said, "But how to stop the mind?" I said, "It is an easier thing. Stop it here, stop it that way. Mind wants to live. If you want to stop on direction a put it on direction B. Give it the alternative route. That is the only way to stop the mind. Otherwise it will hurt you. Mind is most sophisticated force in the world. Actually the story is, you must have heard that story. I have told you many times. When God was hatching. This is how it is. God was hatching. He told the soul to go and prove to me you love me. God became Himself egomaniac sometimes, so don't misunderstand you become only. God has the same faculty as you have got. So he told the soul. Go. Now there are many planets and all the planets have life. Don't misunderstand that earth has a life only. Every planet in the cosmos has life and there are billions and trillions of sons and billions and trillions and zillions of planets and they all have life, but the difference is, this is the opaque life and that is the transmitting life. So in all other planets, they don't have bellies, they don't have to have food, it is an experience of consciousness and that is all it is about. But here, it is a grassroot experience. So, the earth, when the soul has to come to touch earth, soul folded hands and said, God, that is a bad thing to do. That means a permanent separation. The God says, "What do you mean a permanent separation. It is just a hundred years of life. No big deal. It will just go away like that." He said, "No, in that if I miss it, I miss it. I know how many life times I have to miss it, so it is not a good deal. Now, that is not fair. So God said, "All right here is the mind. Only the mind is your privilege. All other transitory, soul lives on all planets do not have mind have transparency. That is difference. When you become human, you are given the gift of mind. Why it was given? Because mind is faster than time and space and if you want to connect with God it can just take you before even a thought can take place. So it was the transit power to be in touch with God. Going through the experience of this earth. So its own vibration is beyond time and space and you are subject to time and space, therefore God gave us mind. Purpose is to use it and use it consciously. Never let your mind act on you unconsciously. And what is unconscious subjection to mind, when mind and your subconscious become friends you are doomed. That is it of you. Two things must not connect in you ever, your subconscious and your mind. When they become friends, you have had it, because when the subconscious, the subconscious and the mind act together, you will never have integrity. and without integrity, self experience of your own integrity, you don't have a place to go. Therefore you have only one reserved place to go to the heart. You have to go to your own heart, head won't help, and when you go to your heart, you have to humble yourself to receive the blessing so that you can raise yourself in that consciousness to find out where your consciousness is. The problem with all of us is that we do not know what our consciousness is. What is our consciousness? We are American. We are great power. We are super power. We are M4 missals. That is all. You know. Can you believe in America we have got so many ethnic groups. It is a nation of all nations. I think there is any part of the world from where people have not come here. All over the world. Maybe some people are minorities, some are majority. There is hardly any religion of the world which is not practiced in United States. So in other words. Every religion is here. Everything is here. And you know we all tolerate each other. We have never communicated with each other. Periodically maybe somebody may get interested into somebody. Oh, what are you wearing, what is your dress? It is my religious dress. What is your religion? Or someone will say, "I like you." Once in a while. There are some good souls. The funniest experience which I am having these days. I go by the airplane. Now, people who can fly are average, above average Americans, right? And how you like when you fly eight o'clock in the morning and they start drinking Bourbon on the rocks and Johnny Walker and Jean. Can you believe that? Eight forty-five the flight starts. Fifteen minutes we are in the air and they start boozing. It is amazing to me that what these people think they are. I had the saddest experience. I flew from New York. I came to Los Angeles. I didn't know where is the wall and where I have to walk. The alcoholic breath from other passengers got to me so bad that I didn't know whether I am in Los Angeles or I am in the middle of some ocean or what is happening. They all drank crazy. Very bad,

very bad, very bad. Now it is not. They can't take the pain. They think the booze will take away the pain. It means they don't have their own nervous system to take the pain. Forget about going above the pain. It is a normal, human trait. Above the pain is you. Acting under the impulse of pain is animal. When animal is hungry, he has a response of pain, God, do you know what they do? They will eat up their own kittens. They don't care. It is the human rational mind which makes you to take advantage. That is why you have banks. You have storehouses. You have malls. You have supermarkets. All this paraphernalia is out of your rational mind. You created this whole rational earth just for one thing. That you should be above pain. You want to be happy. There is no such thing in you to be happy. Happiness can come in pain too. Sometimes your pain tears bring you happiness also. You do not understand the difference between happiness and pain. Or you don't want pain but everything you do, you do to cause pain. You go out and eat a heavy meal. You think you are not causing yourself pain. You are causing a terrible pain. But your rational mind has worked out a system for your -- home, air condition, lift. Now you know the land is smaller. You have to go up. Now you know man has no capacity to go sixty stories by staircase so they made up lifts. So lift can go only maximum twenty stories. So, what you do? Double phase lifts, so on twenty stories, you take twenty-one to forty, forty story, forty to sixty. I went to that building, that thing, what do they call it? World Trade center. Oh God, crazy. You go up and up and up and up, in one lift. Just in one three set minutes or something, they have a timing. You are on the top of the world and if you stand over there what we have built, you will say, we are crazy. It is unbelievable nuisance. I mean to say, think of somebody who is on the hundred and first story and the lift doesn't work. It will take him a week to come down. So what is the mind? Everything is being grantedly being equal, the mind is rational. Proportionate sigma of the mind, everything is equal, is equal to all things in equal and subject to time and space, giving all conditions equal and everything is workable. That is the rational mind approach. I never knew when I have now studied with you a lot of business and work you do that there is a basic theory of trade. Very very ancient, very very old on which we are going to teach this time in the subject. The basic trait and the mind. People aptitude is not what trade is trade but what is the satisfaction of it. So they build up a big facade for no gain. And some people have a big gain and nobody finds them. There is no identity. Exactly about the mind, you have the sharpest mind. You never use it. Why? You let it mix with ego. You have dullest mind and you are very good with it because you let it use with consciousness. With which partnership the mind works, that is your integrity in personality. You always will have that choice. This choice can never be taken away from you and in simple English we call it free will. Free will is whether you let your mind work with your ego or let your mind work with your consciousness. I have a mudra. It is an old Chinese mudra. They stole it from us but they stole it via Lanka. You know Sri Lanka, they have little eyedrop under here. In the fifteen century there was a Chinese king, I forgot the name of dynasty. It was some dynasty. He got very uptight with his subjects in China, fourteenth and fifteenth century, so he sent some messengers to go to India and learn certain procedures through which people can give away their mental cleverness because he found his courtier doing games and everything. But they were not successful, so then he sent a Saddhu. He came via Sri Lanka. He came to the South of India and learned there a simple mudra. They call it "**Amarti Mudra**". It is "**Amarti Mudra**". It is very sacred.

(Gap in the tape)



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sadhana for two days. I have been given a chance, so. We'll complete about eight to sixteen mudras between that period. Do we have sent some secret telegraphic message somewhere? No, but we have a contract with them. They have to come and fix it. Yeah, but that I have to find out, that is the difficult. It should have been found out by you a long time ago. You all have to learn to take over the responsibility because don't expect me to look into everything myself. The experience in this mudra if you go for hour an hour sometimes casually, you will be surprised what it can do for you.

Now we are coming to the sophisticated part of the Kundalini yoga. So, I think this Baisakhi is going to fall eighty fourth year of twentieth century we would like to participate some of the good goodies we will pull out of the bag of the Kundalini yoga. I would like to share. I would like to share something very unique with you. You know many of you must have heard of John Freezoni. Can you stand up John? Show up people? Here ji. Is wonderful to see him after so many years. Don't misunderstand. That is why God never goofed. He made the earth round so that you can take a full circle. Actually earth is flat. It is cut and dry. You fall on the north. You fall in heavens. You fall in the south, you fall in hell. The idea theory of the idea was good but later on they found out it was round and there is no earth which is flat so they found there is no hell and heaven, so they took away a few chapters out of their bible, but. It doesn't make sense. If we would have known it was wrong. You know this is the problem. We always say, sun has risen, sun has set down. Sun never sets down, never rises. It is we who move. We have been so many, many centuries brainwashed. Now it isn't possible for us to accept earth is round. Though we know we are round. How many years we know? Couple of hundred years? When it was found? So four hundred years ago we came to know earth is round. So four hundred years we know earth is round and for other twenty hundred years we know it is flat, but still it is flat. We won't admit it that it is flat. We say it is round because if we say it is flat then it is nonsense. We don't know anything about geography, but in our mind it is still flat. Had we known the earth is round we would have obeyed the law of karma. Had we obeyed the law of karma we would have been very conscious. Had we been very conscious, mind would have been under our control. Had mind been under our control, we all would have been very divine. The first goof we goofed was that we believed the earth was flat and we still believe it is flat. Where is that book? They have printed a book in German. Could you knock on that door and ask them to give me that book? It is right there? Yeah in the yellow. What is it? What is the back side in German? In Germany they have sent the translation of Siri Guru Granth, that is what they have said? (Yeah, some hymns of the Adi Granth and they say it can be -- kind of in between Eastern religion and Christianity.) So, will you? How many people of us know German? A lot of people know. You know German too. Here you go. Translate it, show it to me what it is, then we will give you the copy. It was sent to us today. Is there any language in the world you don't know? She is the best I have got. Hand picked. So, sing the song.

Merciful God, for all the acts of performance and prayers of all those who have gone before us, who are with us, and who shall be coming. Give us the experience of Cherdī Kala, the rising twilight Infinity in conscious act of the finite body. That is the literal translation for you, though you are the one who translated for us. The humanity has come to the crossroads. It needs peace. It needs joy and it needs ecstasy in Thy grace. Bless us with all so that we can celebrate Thy day with all the glory with which it stands for. Give us the power to pray. Give us the projection to be pure and give us the image of piety so that we can walk on the path somehow.