

LA807 941003 Pran Kriya - Human psyche has its own vibrations, I has to be experienced our own relationship with our own self.

Last run. YB: It is that last run which matters in life

#### SUMMARY MEDITATION

Human psyche has its own vibrations. I has to be experienced. Let us see tonight, if we can understand our own relationship with our own self. Oh we want relationship with everybody, but God sake do you understand that you have a relationship with yourself first? Is it worth it?

**Now sit down straight and sit down very spine straight.** (23,18) Try to look like lord Buddha in ecstasy. You know what I mean? Have some good imagination. Sit and take the Gian Mudra or the index finger and just like this. Just little bent, little nice. You freak out when you do it, it look very easy but it's (?), pretty good. And just sit chin in, chest out. Roll your eyes, look at the tip of your nose. Nine part closed, one part open. Correct? **AND JUST BREATHE ONE MINUTE A BREATH. TWENTY SECONDS TO INHALE. TWENTY SECONDS TO HOLD AND TWENTY SECONDS TO EXHALE.**

**Put that 'Every breath is ecstasy...' whatever that is.**

(The tape 'Every heart beat is....' played).

YB (talks over tape): ..... (?).... Posture (?)...

(The tape continues).

YB (talks over tape): (?)... This is the time when you feel sleepy (?)... Me within me must control me. (?)... Inhale deep, hold the breath.

(The tape stops).

YB: Let it go. Inhale deep again, hold it, let it go. Inhale deep, hold it. Relax.



**Kriya audio 37,51 minutes**

#### LECTURE

(?). Okay. What we are going to discuss today? How things happen. In the interrelated magnetic field, how the human mind works. Have you noticed sometime you see somebody at the first sight and you say, 'Wow.' You have any idea with that? You just see a person and you said, 'Wow.' And on the second round, you see a person and you say, 'What?' Both are persons, you know, they can't deny it. **You cannot factually deny it. Because you must understand you have a three personalities to deal with. One is your internal personality, (?) your fantasies, your desire, the way you want it. That, nobody will know, doesn't matter how open you become. You may even confess it. Still, people will not understand. That is your internal self. Second, you have something which is called relative personality, which you develop by profession, merits, by looks, by dress. It's called workout personality. You workout that personality. One is your internal and second is your workout personality. That's not your reality. Third which you never know, never touch and never understand is your reality.**

So that's how we deal. And all these three identities within each one of you have a mental projection. It's called electromagnetic wavelength. It's very painful to tell you. Sometime your real inner self has such a high frequency that it overrides your workout personality. You know what they call you? Space out. You are called spaced out. Sometime your workout personality is so powerful, you put so much on it and your inner personality is so dead (?) in comparatively that you work to the point being a egomaniac. I am just giving you extremes example. Third is, your reality. Your reality, if it is awakened, if your reality is awakened and you are by your reality, then you don't need anything. Then all universe serve you. This is how three, this triangular in us resolves. There comes a stage when you don't have a boyfriend, you don't have a girlfriend, you don't have a husband, you don't have a wife, you don't have children. At that moment, you don't have even you. Then what you have at that age? Only your, only inner self, your only reality, rest is all gone. Your personality is gone, which you have worked all your life.

It's very funny. That day, somebody was making a person sit. Two people were making that person sit. You know. And I asked he must be very important person. He say, yeah, once he was a gymnastic champion of United States. Can you believe that guy going and going on aerobatics and on poles and everything, what a fantastic personality he was? And then two people were just making him sit. Couldn't sit himself, couldn't get, forget about getting up. That, that I think was a dream.

So, there come a stage in your life when you are left with nothing. With no fantasies, with no workouts, with no realism and whatever you dream and whatever you think and whatever you talk about, today you go every month, cut your hair and do all that kind of stuff. At that time you will think. Is there any hair left on your head? The whole body structure will change. Whole mental structure will change, but what you will left with me, your own real self.

Now. leaving the earth, whatever your age of leaving the earth is. Now this is a biochemical law. This cannot go wrong. Before your death, seven year ahead of it, you will become absolutely more to yourself than to all what you have. And if somebody knows you very well, the study will show it. This is a rule. And if you can note a person start saying, "Well, (?), I don't think, (?)," that's how they talk. "I don't think I like this, I..." The person used to like those things very much and then he say, (?). It start happening. No more. It is the inner revolt. And as the time develops, it start distressing from all what was one day real to you. You come out of the show business, you come out of just forcing people, impressing people and all that jazz, you come out to be you. And that's a very important period of one's life. And nobody escapes it. And within that period, you condemn yourself or you accept yourself. Is that last run they call it. What do they call it?

**Students: Last run.**

YB: It is that last run which matters in life. Not when you are twenty one, umhu. Not you are thirty one, not you are forty one, not you are fifty one. Not at all. When you are eighty one and eighty eight you have to quit, between eighty one and eighty eight, there are seven years. Watch out.

Now this is called the cosmic law. This is called the law of panorama. This is law of self-realization. All the spirituality and all this training and all this religion and all whatever you are talking about, is just based on this law that all human realized that all gimmicks won't work, all fiction won't work, all imagination won't work, all nonsense won't work. At that moment, one within oneself has to face oneself within oneself. And that's the relationship.

Today we have likes and dislikes. Today we have designs and fashions and today we have lot of things. We like young girls and old people will like young girls and young people like old people and then young people like young people, old people like old people, you like a fashion, you like to wear clothes, all that stuff what you do. It all has no value. You want to buy a house in Beverly Hill, you want to buy and have a acreage with it and all that, call it anything, you want to live by the ocean, you want to have your own island or you just want to, just have a little bed and just relax and sleep and that's all you want. It all does not matter.

I know a boy personally. He met me. He is more rich than I, you can count. He never has more than two knickers and one shirt and a sleeping bag on his back. If you look at him, you will find out he is homeless. He is about, ninety, hundred million dollar worth of kid. He knows all the wealth, he (?) with his wealth, he (?) invest (?), pays taxes, does everything regular. But his life is like this. You will find him on a hamburger stand or (?), just spending couple dollars. You can see his shoes one sign to recognize him, his shoes will have holes. He seldom changes them. So one day I ask him, I say, "This drama won't work either."

He say, "I am very unattached."

I say, "Why you eat (?) then? Live on air."

We all feel that by attachment and detachment, we'll win. We have never decided that we'll win only by personal knowledge and personal experience. Nothing can save us. Neither our youth, nor our sex nor our projection nor our aggression, because the electromagnetic frequency will change. And once it changes, there is nothing you can do about it.

Now. You are sixty year old and the bulb you have in the house is ten watts. With all that bad eyes and old age which newspaper you can read? Higher the age is, you need bright light.

The most beautiful fashion and the brightness of life is higher you grow, brighter you may look. Brighter by wisdom, brighter by intelligence, brighter by confidence, brighter by words, brighter by patience. It is that brightness which changes from fashion to impression. First you have fashion. Later on, that fashion becomes impression. You become very impressive. You move, people know you are somebody.

It's very funny. Once I was sitting at the airport. I was very sick myself. Right? I was coming from my medical check up. And we missed the plane. Perhaps that was missed that I was not supposed to go through that procedure. Otherwise we never miss a plane. Well. So I was sitting at the airport. Not well at all. So I was sitting just like this. Close my eyes (?). All of a sudden I felt my hand and I felt very cold hands on it and I look around. There was a beautiful young woman sitting there. "What I can do for you?"

She say, "Could you heal me?"

(?). I couldn't believe. I say, "I am very sick myself. I am sitting here."

And she asked my security officer, "Can I just talk to me?"

He thought perhaps she is my old student. So she wants to just talk (?) what it matters. So (?) she is harmless. She was very well dressed, pretty, there was nothing wrong with that. So they never thought any danger, so she said, she say, "Can you heal me?"

I look around, I said, "Oh, yeah. Why you want to me heal me? Why you want, why should I heal you?"

She say, "Please."

She didn't ask. She didn't tell me what is wrong with her. I say, "All right, close your eyes and not put hand on my heel, put right on this chair and put my hand over." And I say, "Just sit for few minutes."

So we sat. I say, "How you feel now?"

She say, "Thank you. God bless you."

She got up and left.

Now how can I understand that I came here, they (?) me to emergency ward, to hospital, to da-da-da (?) whole thing. You know, I went through the whole thing. I am not saying anything was right thereafter. But that woman which I enjoyed healing her and her asking heal me was a electromagnetic progression which her identity related to her (?) to her and myself told me before death even, this is a job to do. And this is called human courtesy. I came through here, I went through what I went through, it was all fine. I went back. One day I had a such a big flowers basket I can't tell you. And there was a very little note. Because I could read that. 'Thank you for giving me my self back.' Now tell me on the health point of view or heavenly sake, what a man like me who doctors think are not going to survive another twenty four hours can do to somebody? No it's not true. There is a personal identity of yours. Water is water whether it is in form of a ice or in the form of a cloud or a gas, whatever you want to call it. It still remain. You know in the morning when there is a wet air, it's very, very, charmingly healthy. Water is very nurturing. It is known fact. You can solidify it like an ice, it cannot be solid like a brick, but still it is water. When it's liquid it's water. Saint is a saint whether he is dead, alive or gone.

I remember, there was a man of God in India. We went to put him on a pyre and we took him. So they, every decided that each one will give him a shoulder for a minute. And when this was to be decided, they, you know what the decided? All sick people should come forward first. I said, "But what is this?"

They say, "Oh they all will be healed."

All sick people, they lined up and they told them to give shoulder to his dead body. He was I think half-burned, not yet fully cremated when these people (?) told they healed.

Now bamboo stick is a bad conductor of heat and electricity. So I mean, nothing passed. And it's (?) dead body. Then when he was being taken to pyre, lot of people put shawls on him as a matter of respect. You might have there was a shawls for Jesus Christ which they

say is right or wrong and I am not worried about it's correct or not correct, but, but they have respect for it. Each shawl just people kissed and they chant. And it was shawl which was just taken from bazaar before, put on and taken off.

So the ions of the power of the electromagnetic field is not only just like electricity, it has to go through the wires. It's a radiation. It's bright, it is beautiful, it's bountiful in the dead, in the alive, in the gone, but it still exist in memory. People go, sit in a church, bent, they meditate on Christ, they get what they want. People go to Golden Temple, they take a dip and sip of that water, they get healed today. In 1994. They have been doing this for thousands and thousands of year. Just go take off their clothes, they come out. That's it. They don't do anything else.

Human psyche has its own vibrations. I has to be experienced. Let us see tonight, if we can understand our own relationship with our own self. Oh we want relationship with everybody, but God sake do you understand that you have a relationship with yourself first? Is it worth it?

**Now sit down straight and sit down very spine straight.** (23,18) Try to look like lord Buddha in ecstasy. You know what I mean? Have some good imagination. Sit and take the Gian Mudra or the index finger and just like this. Just little bent, little nice. You freak out when you do it, it look very easy but it's (?), pretty good. And just sit chin in, chest out. Roll your eyes, look at the tip of your nose. Nine part closed, one part open. Correct? And just breathe one minute a breath. Twenty seconds to inhale. Twenty seconds to hold and twenty seconds to exhale.

Put that 'Every breath is ecstasy...' whatever that is.

(The tape 'Every heart beat is....' played).

YB (talks over tape): ..... (?).... Posture (?)...

(The tape continues).

YB (talks over tape): (?)... 'This is the time when you feel sleepy (?)... Me within me must control me. (?)... Inhale deep, hold the breath.

(The tape stops).

YB: Let it go. Inhale deep again, hold it, let it go. Inhale deep, hold it. Relax.

Please stretch your arm and your legs and the whole body.

**We'll meet next Monday and Tuesday and it is my preference that you practice this exercise which we have done today. It's called Pran Kriya, it is very beautiful. Try to breathe one breath a minute and sit in a very good posture and try to go through it. You are not required to overdo it. May you start with eleven minutes a day and, and proceed in developing. Not only it can heal your inner self and outer self, it can heal your universe. Very powerful. And the lyrics, which we you, we play it, these were the lyrics which I wrote one day face to face. These are very beautiful, I like them too. So if you can play the tape and go on it and spend for your sake sometime everyday, you'll have wonderful results. And look at you now. There is affirmation required.**

(The class sings, "May the long time....." and chants 'Sat Nam').

The breath of life, the existence of Prana, the ecstasy of nature and environments, bless me and take me to the ecstasy of the bliss. In my purity, innocence and reality, my (?) can feel all divine there is and the joy of having no duality of mind and self. Give me the peace forever. Oh my Creator, bless me, bless me, bless me. With ecstasy, ecstasy, ecstasy. Sat Nam.

All right, now you can stretch yourself, turn around and as you feel fit, leave for home. See you Monday.

Student: (-----).

