

NM201 960501 Punc Naga Kriya Ogni Vastità della vita è determinata da un'altitudine alle buone maniere

20+3 minuti: Le dita come quelle di un cobra, cantate Har Har Har Har Gobinde ... di Nirinja

Alla conclusione dei 18 minuti Ispirate ... trattenete e contraete con forza le dita ... ed espirate 3 volte.



Alla fine portate le mani al centro del cuore destra sopra la sinistra ed ascoltate **per 1 minuto** il mantra Kal Akal  
Per concludere Inalare bloccare i molari posteriori e lentamente respirare per favore, stringere ..... inalare stringere i molari profondo,  
espirare, inalare inspirazione profonda espirazione profonda, espirare e resistere, resistere fino a contare di undici. Uno, due, tre, quattro,  
cinque, sei, sette, otto, 9:10, inalare. Rilassarsi.  
My the long sun .....

**NM201 960506 Punc Naga Kriya Every magnitude of life is have an altitude which has to be very decisive by your manners**

**Each soul has to be crowned by the dharma of the self and dharma of the self is the pranas, which has been giving to you are yours. When you stop wasting them on things which are menial, inferior, negative then all positive force comes and salutes you, these are certain laws which nobody can change**

... You are Siri Pritham Kaur, she has written a beautiful article in Punjabi American that is the newspaper where she stays we like this to be placed, so that all can read it.

There is a...

Student: (...)

YB: You made it that way.

(Student's laughter)

What that means this way?

Student: (...)

YB: It barely comes through. There is lot of precious stone. I am looking if there is a juicy news for you. In New Mexico you have lost twenty-five homes, Clinton chews cigars but he doesn't inhale.

(Student's laughter)

President Clinton headed an anti-smoking event on Tuesday, still chews on occasional cigars but he does not light up, wow. Canadian Prime minister charged with a assault. Isn't funny we have prime ministers and presidents going crazy? Well there is nothing much for you in the whole United States I think the Monday went very well.

Nepalese which were a Himalayan country, which was always very independent is asking America to give them wheat, so you can well understand the state affairs. United States on the first of May was bankrupt and all the members state did not pay their dues on time and now they are diverting their peacekeeping funds to live. That is the state affairs everywhere if you are all in trouble just understand United States is more trouble than you. Age is coming to an end the Piscean which we all love and believe which carried us though all this time where we wanted to know we pursued, we worked it out, we landed on a Moon we want to know what the space and universe is. Actually it has come to an end. In another twenty-five years there is no search will be left to pursue, all things will be done for you by your own computer. It is very funny I saw that day a program how computer makes the bed and reads the instruction what kind of color sheets it has to be provided. Now both computer come on both side keep the sheet fold it up, all take it out in the end put the pillows and I was surprised I said, after a while we will not be needed anymore, all things will be done. You will look at the computer and your hairstyle will be done, can you believe that? So man is getting into a philosophy of flawless dependence. It looks very comfortable now people who were walking thirty miles to going from one to place to another way healthier then people are today, it is not a question of how good structurally you look it is a matter of stamina. In body the power of your stamina is all what you need of what you lost and in your mind it is the caliber which means anything, it's the mental caliber how you lost in dealing this world means anything. If there are speculations you are identified as Mr. Yoyo and that is not very healthy to deal with life. In spirituality is the basic of unisonness how you can be a giver never drop anybody, care for everybody, be kind to everybody compassionate, loving come through doesn't matter. That is when your spirit is very much with you. Spirituality is not you belong to a religion, you are spiritual well, your are respected by tons of people that you are spiritual and respected. It has absolutely no meaning. An ordinary man in ordinary way when can respect a befalling human that is way, way in the eyes of God a very precious act. You must understand this triangle how it works? Suppose I want to be negative to somebody and I am angry and I am destructive and I am abusive and I am not saying anything I am sitting silently. **You know my minds goes into those faculty of negativity and I think I am not doing anything I am under I am under discipline, but my mind like a telephone goes all the way reflects back to that person where I am focusing the dialed number of mine negative energy. Now nature is very beautiful, nature golden shield of that person and it reflects back into a mega power because I am already open it comes back to me and destroys me hundred thousands times. You don't have to destroy yourself. What will happen to you? If you are negative, slanderous for what? We do not know for what, why we use and waste most beautiful time and but what will happen to you is your face no grace, you will have everything in this world, you cannot have grace bought but it is bestowed by you and your dharma, your positive self. Each soul has to be crowned by the dharma of the self and dharma of the self is the pranas, which has been giving to you are yours. When you stop wasting them on things which are menial, inferior, negative then all positive force comes and salutes you, these are certain laws which nobody can change. That is why the Creator is bound by the consciousness of the devotee, people don't understand why should love each other? My question is why not? Why not? What will go wrong if are just a very passionate loving person? What will go wrong if you are kind and compassionate? You know what will happen if you are a good, good, good person? You will be a rich, rich person. Because goodness gives and you are not going to manufacture everything by stealing somewhere, naturally it will come to you and God shall see to it that you are given enough that you can give, it is all those who like to take by low handed menial ways they don't make sense, they lose their own prosperity for no reason.**

It's a story when it is true and it is my own life story. I once was with a person I respected very much and as far I know she was highest educated saintly woman I could not understand. It is not that I can deny that. That is why I chose to work with her. So one day she told me if you I went there for some reference book and she said, "Could you this Sunday, not but next Sunday be my guest speaker?"

I said, "What happened, somebody didn't show up?"

(Student's laughter)

She said, "Yeah, that's the fact."

I said, "Okay you can fill me in I will come."

So next Sunday when it was my time to speak I went there and I gave a lecture, the conscious divergence of the mind and spiritual affection of personal self to share with others. Those were very hippie days so it was considered very lofty lowing approving people those kind of lectures. So everybody was very happy because they don't understand that you understand lecture or not they understand how many times you clapped and how many times you say wow or that kind of how much noise you created. So it was considered to be very popular lecture. Anyway I finished then it's a custom that this great lady takes you to the nearest cafeteria you know where you take your own plate and you go through the railing and you put the food. We went there, so what she did is whatever the money came she had some system to give to the speaker or give it to the office and give to that, it was about hundred twelve dollars or twenty dollars I don't exactly remember the number but it was in a very beautiful gray bag like as you put your sandwich in it or something. So she hand it over to me and it is all written over there so I said fine. **When I come to this enter of cafeteria which I always pass now I remember the story myself, I saw a very tall man black with the electric pole standing and he said, "I am not a beggar I am just blind I have a family, I am a respectful man and I want you to buy these pencils for your children so that my children can be fed. So kindly take pencils as you please so it is written and put the money" in this kind of a big cup it was.**

So I just went and picked up one pencil and dropped that bag into it and I walked away.

That was my first encounter on the United States soil with a most reverend person for which I have even reverend now.

And she said, "What you did?"

I said, "What?"

"Do you know how much money was in that?"

I said, "Yeah it was money it was written on it."

"One pencil?"

I said, "Yes."

"You Indians you always feed beggars."

I said, "No mom, I am a Indian who bought a pencil for all that money."

"What you will do with this pencil?"

I said, "I shall write my own destiny, I needed a pencil."

Well she just lost her temper, which normally people do lose because when I become like snow face there is nothing but you get angry with me, doesn't matter who you are, I know that, that trick I play many times. To provoke how fast you come out of your skin, very easy and that tells me how much lava is inside and how much this snow cap beautiful person is outside. It does tell you all about a person. If you yell at a person and they shake you understand how strong the nervous system are if you don't give them a tonic you have a sick person at a home. So there were lots of measures you have to take in life to see where one is at? You know those everybody takes that plate and start rolling on that railing and pick up whatever you want? **Now how much a vegetarian can pick up one salad and one little muffin and some little thing here and there that's all it was. So I picked that all up, but because I was delayed with that conversation I was pretty lost. So what she did is that she took all the food and everybody we were eight, nine people and she told that last man will pay, that was me.**

You know what I mean? So naturally when I will go there I had food already and the cashier will stop me and say, pay the bill and you pay, because I am the last to pay for all who went first of me. So I went there she said, "Thank you sir, you go."

And I said she has paid. So naturally I was VIP of that night so I sat on that table and the custom is you take the food from the tray and put in the table and I did not like to have a dirty food of mine going into a further dirty table to eat. So I kept the tray so I an Indian, you know what I mean? She said again "This is not the custom, you have to leave Indian habits here and don't start eating with the hand."

(Student's laughter)

All right very fine and then the cashier came leaving the cashbook and left about seventy some dollars on my table. And I said, "Lady what is that?"

He said, "I don't sir some of your student was sitting here he gave me hundred dollars and ten dollars to give you all food and the check what is balance in the check he said, you give it to my teacher."

She said, "Are you a teacher?"

I said, "A kind of yes," so she said, "this is seventy dollars plus he has this letter for you."

I said, "Thank you" so I said, "Mom this 70 dollars are yours or mine?"

She said, " They are yours?"

“What is in that letter?”

So I opened the letter it said my dear teacher I have not come to many classes of yours I am so sad and sorry therefore to improve my position I am penalizing myself and I am gifting you five hundred dollars. It was the day when dollars meant a lot, so I put those five hundred dollars in that. And I said, “Mom now it is five hundred and ninety something, it is yours or mine?”

And she said, “Not, yours.”

I said, “See how the pencil works?”

(Student's laughter)

You do not know what blessing of somebody at what time that goodness and sweetness can change your life to ecstasy. Simply you should have open heart and be there to receive. God shall never be found outside of you, He or She whatever you call it or it is always in you. We forget God is, God not forget what we are. Now this is a classical psychology or affirmation you can call it but in the Age of Aquarius the mono system of quantum measurement of our psyche and magnetic relationship in our existence which is created by the miracle of the miraculous breath of life creates and diversify the energy into the running of our body and being and that very energy in the same very system is also living in other life. That is a dog or a cat or a duck or person or bird or a fish. The semantics are the same, the only difference is how many negative thoughts you have projected and ruined your destiny and how many positive thoughts you have projected and made your blessings. How many times you became giver, how many time you became a cheat it is up to you, how you treat your life is your consciousness. Nobody can ever tell you anything. If you have any philosophy where you want to look beautiful decorate yourself gracefully and have your face very bright, that may work. But within ten minutes, before eleven minutes another person will like for you or dislike for you, it depends on your manners. Every magnitude of life is have an altitude which has to be very decisive by your manners. It's the highlight, because we have longitude and latitude for life for everybody, we have depth because our life is granted to us but altitude and attitude that helps me. To built invincible attitude that is what the rishi the sages, brought a science fool proof absolutely clean it is called kundalini yoga. Uncoil your own soul from the sitting sleeping grip unto prevailing and penetrating energy so that you can understand. Like somebody was asking me a question today, if somebody ask me the dirtiest question and ugliest question and rotten question what should we answer?

I said, “Answer is very simple, **don't waste your words on things which are not graceful.**”

Simple answer, don't even say don't waste your time on ungraceful things, never use a negative word. Just say don't waste your words on ungraceful things.

Somebody will ask you a question are you this or you that? Why don't you meditate on my God and ask him to tell you the real thing of me? I don't have words to explain may be I may not be very right for your purpose. I want to know you don't have brother or sister know me, when you know yourself you will be knowing me all way. Is it something good? You can avoid a conflict, yeah... we are very uptight, this, this...man you lousy creature, you lover of the grit of the base of the root of the cockroach what are you doing, ah?

They feel there is no God there is no life, nothing. Look at them. They just want to show their brushed teeth, they open up their mouth, have you seen people doing that, nice all the time. When they are in trouble they magnify it thinking perhaps and look at these insecure people.

I don't think I can trust anybody, I don't think I can talk to anybody, I don't think I don't think, I don't think they even can't think.

They become like stone headed people. So we have a good faculty of life and by our constant hammering behavior of negativity we do circuit breaking. It is very confusing that human, which is built in the very image of God has to learn to be divine. Those who do not know to surrender their own consciousness to their own elevated consciousness they only know how to plunder their life for tomorrow. But let us not talk too much philosophy tonight, let us see if we can get into action and result oriented so we have the courage and people think all these exercises and it is just a few minutes joke. They are not, they just put you together for the moment so that you can continue forever.

Now please remember this posture, now this is a Id ego, this is.....

Student: (...)

**20+1 minutes:** YB: This is id, this is Jupiter, this is Saturn, this is Sun, this is mercury when there is a mount and the love mount is right here which is Venus but this thumb which is our ego and you make exactly like this, it is just a classic thing and you slowly open your all fingers and you will be surprised you have **punch naga five snake heads open, just feel it. Meditate open your fingers** like this and **concentrate on your fingers**, nothing else just tight, bend, bend like a **cobra head**. Don't put your fingers straight you won't have that feeling, just bend them like this and **solidify yourself**. And please close your eyes, four hours and Wahe Guru that one tape, money making



MM tape we call it, money making machine. People should be rich summer is coming. That is what mantras do.

**There is a panch naga kriya** it is just five heads of the cobra they are all fingers become the same. **Naga means not snake**, naga means something some being somebody which can go where nothing can go. Like raga this Sun energy can go where nothing else can go.

The tape is played in the class....

(Over the tape) Use the tip of the tongue please nothing else. Only tighten hands and the fingers and the heads of the .

Continued.....

**Inhale, tighten your fingers and breathe long and make them as tight as strongly you can do. Still, still, say nothing, use all the strength of the muscle and the mind to tighten the heads of these hand power stars in the heaven and your fingers as head of the snake. That is what you are practicing. Harder you make it sooner you will be awakened into a different dimension it's a matter of how much you try that's all, you are already on the urge of it.**

**Put your both hands on your heart, left under, right over and sit calmly.**

**Can you put up that tape, maha akaal siri akaal?**

Concentrate and meditate and to nothing as you relate this is the time for you to grow.



(Tape is played in the class.....)

**Inhale lock your back molars and slowly breathe please, tighten your molars inhale deep, exhale, inhale deep exhale inhale deep, exhale and hold out, hold out to the count of eleven. One, two, three, four, five, six, seven, eight, nine ten, inhale.**

**Relax.**

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

Come on let us start again, one, two, three go....

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

The class chants: Saaaaaaaaaaaaaaaaaat naam.

Very blessed are those who live, it is very supreme power in them to exist and feel and create a emotional co-existence with others it's a joy to see the light in our eyes to see the light in others, we hear the celestial music and something we create with our being. We speak the kindest words, which can melt even the hardest hearts. It's a unique opportunity to be friendly and kind and compassionate. Life is a gift of God each day His blessings comes on us and covers our weaknesses so we can pass the day for that tomorrow which is yet to come. May always live in love kindness, caring, compassionate and daring to serve.

Sat Nam.

Students: Sat Nam.

YB: It was very good, this room looks good but they don't have a light.

Send the tape, the tape?

Student: (...)

YB: Oh you promised, you promised.

Blessing my son.

Student: (...)

YB: Yeah, may kind of.

“Wahe Guruji ka Khalsa, Waha Guruji ke Fateh “

Student: It is my privilege to announce that we will be journeying to Mother India this fall on our 1996 yatra. The tentative dates are November 14<sup>th</sup> through 26<sup>th</sup> and it is during the time of thanks giving, so hopefully that will make it a lot easier for most people. We have two very special activities on this particular yatra. One is that you all know Bibiji has returned from the cleaning the seva at the Hari mandir sahib so our interest is it to make sure that we have a time on two, three days that we are in Amritsar that ladies will have an opportunity of that pure longing to serve the house of our Guru, in a very special way. Secondly, our plan is to base ourselves out of Bombay this year and also visit, Siri Hazoor sahib, which is one of the takts where Guru Gobind Singh actually left his body and there will be a special three day pilgrimage, actually out of the eleven days we will be five days in the south. That will comprise the first five days and then on to Amritsar for three days and on to Delhi for day and a half for Guru Nanak's birthday celebration to be shared with everyone. So we are just letting you have advance warning that if you don't have a passport we suggest you procure passport because you will not be able to get it at the last minute because of all the problems they have been having with the budget so we request that you get your passport early and also please mark your calendars November 14<sup>th</sup> to twenty-six.

Student: (...)

YB: Oh yes, also from Bombay and Aurangabad as we journey to Hazroor sahib we will be visiting the Yellora and Ajanta caves which are the most magnificent caves and sculptures with the rocks that you could ever imagine. It is really going to be a different yatra this

time, it's a we are going to have a special group that will be catered to that first time India travelers we are going to create that one particular group so that your needs are particularly met. We are going to be having both east coast and west coast departures which will make it a lot easier for those of us who live on the east coast and I think this is a time now to plan and place it on your altar and projection that we can all go together as a saganth to back to India and visit, Sirir Hari Mandir sahib the crown jewel of the Earth. Sirir hazoor Sahid and travel with our sweet and loving teacher throughout the land.

“Wahe Guruji ka Khalsa, Waha Guruji ke Fateh”