

Yogi Bhajan Teaches the 1972 Santa Cruz Teachers' Course

January 29 to February 4

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Acknowledgements

The project of publishing the Santa Cruz Teacher Training Course originates with an appeal I put out on-line in February 2010 for help in putting into the public domain some of Yogi Bhanan's earliest teachings. It was a call for all of us to take up our collective responsibility as Directors of Spiritual Trust. With the tremendous outpouring of help, we were able to post on-line both the audio and annotated transcriptions of Yogiji's first recorded lectures by June of that year.

The publication of the Santa Cruz Intensive, as it was called, turned out to be more challenging and, for various reasons, took two years to complete. Now is the time for me to thankfully acknowledge all those who have graciously and generously contributed to this project.

Of course, without Yogi Bhanan, we would not have any project to talk about, so our unbounded gratitude goes to him first and foremost. This work also owes its realization to Guru Ram Das and the efforts of numerous selfless volunteers.

This first group of contributors managed to type into digital format scans of the original typewritten transcripts. That was back in the spring of 2010. They are: Aad Sach Singh & Satya Kaur, Akasha Kaur, Amrita Kaur, Anne "Ananda" Leggett Walker, Arjinder Kaur, Dale Prentiss, Daniel Gurucharan Tabachnick, Danuta Kirn Kaur Szwejkowska, Dharm Kaur, Guru Amrit Kaur, Gurumeet Kaur, Guru Sant Kaur, Gurusurya Kaur, Hari Atma Kaur, Harsimran Singh, Holly Garrett, Hardarshan Kaur, Jagat Guru Kaur, Jost Schulte, Krishna Kaur, Lisa Carroll, Marilyn Freeman, Nam Kaur, Patwant Singh, Sat Nirmal Kaur, Siri Narayan Kaur, Sukhdev Lilia Del Rio, Tricia Sabo.

The two following groups then did the first proof-reading of the document. Each group did half: Aad Sach Singh & Satya Kaur, Arjinder Kaur, Fateh Singh and Sukhdev Lilia Del Rio; Patwant Singh & Jane, Akasha Kaur, Gurumeet Kaur and Harmanjeet Kaur.

Siri Kirpal Kaur did the final proofing of the entire document .

Then, for several months, I had to leave the project as I was utterly preoccupied with starting and managing a new teacher training course, plus my usual responsibilities. And then, as the course came to a close and I was able to refocus on it, the document crashed!

At that point, I was very fortunate to have Akasha Kaur, Anne "Ananda" Leggett Walker, and Dharm Kaur graciously come forward and retype everything using the hard copy (printed version) of the document before it had crashed.

The next-to-final task was to proof the retyped text. This was graciously done by Karta Purkh Singh and Suzanne Winlove-Smith.

All that remained was to reformat the document. Farah Jindani and Balwant Kaur contributed their skilled efforts, and within a matter of days, this document before you was realized. My apologies to anyone I may have overlooked.

Any shortcomings in this work are mine alone.

Introduction

The Santa Cruz Intensive was an early teacher training course that took place in Santa Cruz, California over seven days, early in 1972. There, Yogi Bhanan laid out the basic principles that governed his mission, for his teachers and future teachers to imbibe.

When KRI was just a little seedling, this is how teachers were trained to go out and share the healthy, happy, holy gospel of Yogi Bhanan throughout the world. After the course, Yogi Bhanan's students set out to pioneer new frontiers of consciousness in Amsterdam and Mexico City, Vancouver and Oklahoma City. Within a few years, graduates of the Santa Cruz training were even teaching in remote centers like Anchorage and Hongkong.

Many were sent out to cities where people still could not tell the difference between yoga and yogurt: they sounded similar and both came from the east. It would be their job to patiently and repeatedly and good humoredly explain the difference, and many other things: "Why do you wear white?" "How do can you live without meat?" "What do you call that thing on your head again?" "Isn't Kundalini Yoga dangerous?" "Can you marry?" And so on, as well as the health-giving properties of yogurt!

Dressed in white and turbans, in the 1970s Yogiji's teachers attracted attention wherever they went. Even the Indian community, which over time would serve as a social buffer between the apostles of health, happiness and holiness, and mainstream culture, was hardly to be found. Outside of British Columbia, it did not arrive in numbers for another decade.

It was difficult. Not everyone would survive the ordeal of being so distinctive and so disciplined, rising regularly at 3 or 4 for *sadhana*, in a culture that sought homogeneity and abhorred self-discipline. The attrition rate from self-doubt of all kinds and seduction of every sort was tremendous. It was a high-wire act and everybody knew a few people who had fallen from grace. And still, the pioneering teachers of Kundalini Yoga as taught by Yogi Bhanan kept up for a better world, a future of peace and health and self-awareness for themselves and for humanity (whether humanity was ready for it or not).

Over seven days in Santa Cruz, California, the Master fortified his students for the challenges ahead of them, as he laid out the basis of his teachings. He talked about a God none of his students had ever heard of, a God who was a friend, a friend of women in particular; a God who did not care for suffering or celibacy. To cap it off, Yogi Bhanan told his students that in reality they were God!

He talked about righteous living as the path to true happiness. He talked about honoring God through His creation, through the simple act of keeping one's naturally long hair. He told lots of stories. Yogi Bhanan was a great story-teller. And he taught quite a few yoga *kriyas* and meditations. I suspect the original transcriber may have even missed a few.

Most importantly, Yogi Bhajan told his students how to teach, encouraged them to be humble, and warned them to avoid the pitfalls of the spiritual ego. To this end, he instructed his students to create ashrams, spiritual communities where they could become practiced at living for, and not at, one another. Group consciousness, he told them, was the path to Universal Consciousness. Yogi Bhajan also warned his students of the problem of mixing too much business with teaching.

In the Master's words:

(So) we are trying to go through all these things with a purpose, to serve the one need of this country. One need, to build in it a family. I am serving only one need, that is a family of healthy, happy and holy people where nobody is exploited, everybody is respected, and everybody is taken care of...

The purpose is very simple. Wherever you go, you find people who know you, whom you know and you feel are a part of your family, and they feel you are a part of your family. We are building a Nation within a nation, a Nation of selfless people, a Nation of people who are guided by their God-consciousness. And compassion and love are their two offerings, that kind of people.

By the grace of Guru Ram Das, may we be that family. Sat Nam.

In the Name of the Cosmos which prevails through everybody, and the Holy *Naam*, that holds the world,

Humbly yours,

Guru Fatha Singh Khalsa
Toronto – March 9, 2012

Notes

Presenting the transcripts of a course like this presents certain challenges to anyone who wants to honestly replicate both the teachings and the experience that was had.

The first choice made was to leave nothing out. This means that when there was a question and answer session between Yogiji and his students, his replies are represented here, even if the questions or comments of his students are unknown – probably inaudible on the original tape recording.

As for the *kriyas* that were taught, even when Yogiji's words alone do not provide enough information for us to do the *kriya*, still we kept the *kriya* instructions we have, and even listed them all together in the subject index in the back. Out of these *kriyas*, the second *Sat Kartaar kriya* given on the top of page 29, was published and became a part of our KRI-approved repertoire. Some of the other *kriyas* did not.

A weakness of the original transcriber which persists to this day in KRI culture is the lack of comprehension of Punjabi and *Gurmukhee* – the language of the Sikh Gurus. For this reason, there will be an occasional blank spot where it says “Yogi Bhajan recited *Gurbaanee*” or “and it clearly said [*Gurmukhee*].” What exactly he recited or what the original *Gurmukhee* is, we can only guess.

As for transliteration of *Gurbaanee* and Indian names and terminology, you will find phonetic transliterations used except where a name or term is firmly established with a spelling that is not phonetic. For example, though the first Guru of Sikh Dharma's name is pronounced “Naanak,” his name will be spelled the way it conventionally is spelled – N-a-n-a-k – except where it turns up in *Gurbaanee*, where the phonetic version is used.

Lastly, there is the matter of Yogiji's own speech – and to fully appreciate this, you will have yourself to have tried teaching in a language not your own. Our teacher did an inspired and remarkable job conveying his thoughts and inspirations in American English. Not surprisingly, his grammar was sometimes challenged. Now and again, even his vocabulary would fall short. He would be thinking in Punjabi while speaking to his American students in English.

Sometimes, where we felt the meaning might otherwise be lost, a correction was made. Usually Yogiji's words were left to speak for themselves – leaving you perhaps a little puzzled for a moment, just like his students gathered in Santa Cruz in 1972 must have been. It was all a part of the flavor of the experience. Enjoy!

Day One

Greetings to you. We will expound today on the theory of *Naam* if you have ears and you have a heart to listen to it. And I think after listening to it, there is nothing left out to be learned. There is an idea that a man seeks out a teacher and learns, again and again. Underlying this, there is one fundamental idea, that is a man must develop his attachment towards his own higher consciousness. When we study with a teacher, we practice that. It has no further beauty than that. Practice leads to perfection, and perfection is what leads one within himself and to expose himself to the people.

When you read the scriptures, they may be western or eastern... In the west, you call it "praise the Lord." In the eastern areas, they call it "*Naam*" and "*Shabd*." And there is a feeling what this *Naam* and *Shabd* actually is. Let us not talk about the eastern thought. We are in the western hemisphere. Let us think and imagine what the western thought is on it.

His name is Michael. He is known by the name as Michael. He is understood by the name as Michael in relationship to his society. But he is not a Michael. He is a bunch of hands, fingers, legs, brain, heart, nose, eyes and whole stuff. If eyes are missing, they are missing. If there, they are there. If he has four fingers, it is alright.

So what is a Michael? This is what we are going to understand. Two feet, two legs, a waist area, a cage area, two arms, bunch of fingers, a neck, a round thing on it, they call it head. This stuff, a creature, has been given a name: "Michael." All he talks and feels and believes is to spread his ego as Michael. So much so, that if he is driving a car and you call him, "Michael," you will be surprised his foot will go on the brake pedal automatically.

He says, "Who? Who wants me?" That is Michael. This five foot, eight inch, 180 pound person is hooked up by one word, one *Shabd*, Michael. His totality in personality, in activity, in projections, in existence and his bank balance and property, his relationship, his postal address, his everything is what? Michael.

Think over the whole scene, and if somebody can prove he is not a Michael, all can be taken away from him. His car can be taken away; his house can be taken away. He cannot go to the bank and draw his own money because he can't identify himself as a Michael. If somebody else gets to the bank and says "I am Michael," and he can prove he is a Michael, he will get the money. But not the Michael.

Now what is all this? This is all the name. This is the power of the *Naam*, and we know it what names mean to us. But it is hard for us to practice it.

In Hindu mythology you have three gods - generating principle of the life on this planet, organizing principle of the life on this planet, and destroying principle of the life on this planet; and they are known as Brahma, Vishnoo, and Mahaysh or Shiva. One god has the job to create the life, the other has to feed and organize it and take care of it, and the third kills it.

Now, you got to understand this. These three gods, Christians do not like at all. They have one God. Am I right or wrong? Hindu has three gods and Christians are very much against that because they've got only one God. Muslims are very much against them

because they have only one God and how can Hindus have three gods?

Now look at them. "G" the generating principle of life, "O" the organizing principle of life, and "D" the destroying principle of life and these three letters make one word, God. They don't like three gods, but they like three letters! And somebody said, "Why?"

I said, "Why couldn't you have the name 'Bot' instead of 'God?' Why He has to be called God? Can you tell me?"

They couldn't understand. They could not relate to it. When a man does not relate to the basic originality of the letters of the sound, that is where his problems come in.

Look at these Muhammadans! They are fanatics. They kill everybody with a sword, otherwise other person is a *kafir*. Look at their word, "*La ilaha illa allaah.*" Just look at my sound, my tongue. I can correctly create that voice. I have studied more than a Muslim has studied in all his life: "*La ilaha illa allaah muhammad rasul allaah.*" It is nothing but "La" sound.

I'm going to give you a chant. You will be chanting "La" sound and you will sound like you are chanting, "La, allah, la, allah." That will happen to you.

La ilaha illa allah muhammad rasul allah. The God is infinite and He is the only one and Muhammad is the messenger of that God. That is what it means. When Sufis got out of them, they made it *La allah el illah Raheem*. They thought that God is the one, only one, but he is merciful, *Raheem* and *Raaman*: "He is merciful and he is blessingful all over." *Raaman*, a being who is a giver to everything.

Buddhists say, "*Mahaa Boddhisattva.*" *Mahaa* means great, *Boddhi* means the acknowledged knowledge of the being of totality. You must understand these words or it is no fun to be spiritual. It is better to eat hot dogs and drink Coco-cola. No fun. You basically must understand the word, the *Naam*, the sound what it means and then basically live up to it. *Mahaa Boddhisattva.* *Mahaa* - great; *Boddhi* - acknowledged knowledge in the being, the person who has attained the total wisdom. Who is that? God.

Man is always handicapped. If any man does not believe he is handicapped, make him stand before you. Tell him, "Count how many hairs you have got on your body." None among you knows it. I don't know it too.

How are you perfect of the knowledge of you? There is a limit how much is in everybody. But it varies with every individual. There is a standard knowledge about man, but as individual is, nobody can say it. Because you have to cut him down and measure his everything, inch by inch, and then you can know. By that time, man will be through *sattva*, the finite infinite wisdom.

Highest of all the *tattva gunas* is the *sattva*. *Sattva*, *raajas*, and *tamas*. Now if a man of God comes to you and says, "You know, *sattva* is the best!"

And someone else says, "Yes, sir, it is the best! We need not have *tamas*, we need not have *raajas*."

Anybody who tells you this thing, you must understand one thing basically: he is a most unaware person. Better get out of him as fast as possible. Because these three elements are the principle elements of life on which your life depends. They are all important.

We do not like darkness, right? Darkness is a bad thing. It is black, it is dark, you can't see it. Then sleep in the sun all the time. If it is twenty four hours sun shining on your head, it will make you crazy.

What we do it, we have certain notions and we do have brain washing all the time going on. You know you must have a Guru. Without it, it is impossible to survive. I agree. But there is one requirement of having a Guru. Guru must be a being who should make another being a guru. Guru should not create a disciple. Disciple should always be a disciple, but Guru should do his utmost to create a Guru out of him.

Have you seen a candle burning? You all have seen it. Right? When you burn another candle, first the flame is always little, but finally it becomes a flame equal to the flame from where you have burned your candle. Same principle applies.

The test of humility of a student teacher is that he remains a student first, teacher later. And the test of humility of a Guru is that in his consciousness he always feels the disciple of his is his future. Therefore everybody wants a better future, therefore everyone has to work harder for the future. It is useless to have bunch of disciples. 50,000 disciples, 100,000 disciples, it does not mean anything to you if you do not basically create a very powerful foundation of the disciple and turn him on to the highest consciousness of guruship.

The same principle I repeat today: if you want to know a thing, read that; if you want to learn a thing, write that; and if you want to master a thing, teach that.

In the philosophy of India, Kundalini Yoga has been attached to Shaktee Yoga or Shakteeism because it deals with the life principle. *Shaktee* means the existence. What is the life principle? Your existence activity as a being is the life principle. When your activity ceases, you will cease. You and activity, activity and you, are co-related.

If your hand and this first finger move, you can apply *gyan mudra*. But if this finger is not there, you cannot have *gyan mudra*. Activity of existence is *Shaktee*. It is power, and this realization man has to understand, and it is within every body, this dormant power. When you realize that you exist, when you also realize that everything exists, then you realize the one who made everything exist, also exists. And when the total existence has been sucked down into you, you become aware of this universe; then you get united with the universe or the source of this universe. Outside you all that has been created is also inside you, from bottom to top.

Why to top, why not in buttocks? Have you ever thought about that? Why not your brain should go into buttocks and you become kundalini-awakened, you become aware? Why down to up? Have you ever thought of it? Because brain is the controlling center of everything. The total nervous system is controlled by the brain and if this nervous system here works steady, man is steady. If this goes crazy, man goes crazy. And something has to be injected from below in that top not to let it go crazy. So what they do is, through Raja Yoga they pull all the energy up.

Doctors will know in 2076 they don't know anything now. There is a difference between M-D and M-A-D. What they know, they know. They are perfect, they are professional to cure the disease of a person. Agree? These brain cells, there are two brains in yourself. The front one and the lower one. Up to this time, you can chop off the front one; you don't know what it is about, but it is there. It is not there without a purpose. It has a purpose. That is why it is there.

There is nothing on your body without a purpose. Nothing. Not a single hair grows on your body without a purpose. You can chop it off as much as you like. You may have tomorrow a razor which may be fixed on your body, running all the day, chopping off all the hair. Why not? Tomorrow they will make an electric-batteried hair cutter and you can put it on your back and it will work on all your body, chopping off all your hairs all the time. Perfect, you can make it. You are human being, you will do crazy things. But God has another way. He will keep on growing it, moment to moment. Because God knows it that this guy is getting crazy, but I am God, I am not going to be. Nothing in this body exists without need. It is the *need* of the body which exists.

Why everybody doesn't get enlightened? Tell me why? Problem is very simple. What is enlightenment? We talk about it. Are we aware basically and we believe in our creation? That is the first question I'd like to ask everyone on this planet: "Do you believe that you have been created? And do you believe the One who created you is wise enough to know what He is creating or is He a madman like you?"

This is a first awareness, first enlightenment, first act of wisdom. Do you know or you don't know? Either thing can happen. And if you know you can create yourself, from today onward, make a clay, make a baby out of it and say "shhh" and it will start walking and talking and doing things. Then you create. But if you cannot create you as you, then One who creates you knows what He is creating. And if you go on making amendments in that, how far sincere are you to Him? I'm not discussing any spirituality and I'm not laying any trip on anybody. I am just discussing the basic fundamentals of *shabd*, the sound.

What are you? Who am I? I am a creation. By whom have I been created? By a Creator. Who is that guy? I don't know. Alright, if you do not know, until you will know Him and talk to Him, be as you are. Until you do not meet your Creator, talk to Him, tell Him and discuss with Him the problem: "Why I have a nose? Why I have got two eyes? Why not four? It takes a long time to turn back and see..." And discuss with Him the whole problem. And whatever you decide with Him, it is okay. I have got nothing to do with it.

But so long that is not done, be what you are. To be what we are is the realization of self totality. To know what we are is the realization of self-activity. Potentially you are unlimited, but in activity you are limited. So in you there is a limited unlimited.

Nobody's bad. He has some good in him. Nobody is good. He has some bad in him. If you feel that Lord Krishna was an incarnation of God, I feel the same thing, but I have some reservations. If God was the total sum incarnation of Lord Krishna, what happened to China at that time?

On one thing we say, "I am everything." On the other thing, we say, "I am that— I am this, I am that." So in other words, it is a living example. You are the infinite and you are the finite.

Krishna as a teacher taught nothing. He was a king. He was a married man. He did play with a lot of other girls at night. But he had shown something to the mankind, that while living in the finite form of a being, one can attain to the infinite. That is what he says, "I am not that. I am not that..."

What does it mean, "I am not this little finger. I am not this sun finger. I am not this Saturn finger. I am not this Jupiter finger. I am not the thumb, the ego?"

But I am finger. Just put two teeth on it and I say, "*Ahhh!* What is going on?"

I am finger; I am part of every of this finger. But also I am not this finger. You are not you. You are the whole universe. But you are not the whole universe. And this is the realization which you don't have, and so long as we don't have that awareness, you may stand on your head all day and night, nothing is going to happen.

You may read truckloads of books. On a donkey, you go on put a load of books. You can't have a load on yourself of anything. You have to know things in your subtle self. You have to know things with your understanding. You can't be with gross, and how you can be with not gross? Only if you live in your head and not in your buttocks.

Somebody even said, "Head is one. Buttocks are two. Why not we live in two? If one goes wrong, one can live in the other." You see how crazy arguments he creates to justify himself?

One had to live in his head all the times, so that he may know the sequence. One who learns from the sequence does not face the consequences; and they call him liberated, they call him divine, they call him an aware being, *Sat Purkh, Brahm Gyani, Nirvana...* Three thousand and thirty three words exist like that. But it is the story of only one thing—that a man has decided, or has learned, to live in his head.

So what is the game? Game is from the buttocks to the head. If I ever get a chance in my life, I'll write a journey story from the buttocks to the head. It has got all total from the start to end: seven centers, headquarters, stations, chakras, circles. If one gets out

of all those circles and reaches to the final destination, they call it, he has reached the higher stage: he has reached the required stage of his destination.

So far, there are saints and sages, men of achievement, who have laid down certain principles. But my dear, you must remember, student must have a longing, live a desire to achieve it. And teacher must have a live desire to let it happen. Only when two such people meet, the life comes.

So long as the student meets with a reservation and teacher meets with a reservation, the result is a total sum reservation. Student flows, opens up his heart; teacher opens his heart, they both help each other. I help you; you help me: Let us be *Sat Naam* because there is one teacher only. Only one teacher, and that is he who through his own learning has learned how to create this creation. What we do is repair work.

For our own shelter, we dig up a place and make it a home, and we say, "I have built a home."

What do you mean: "You have built a home?" You have built a home for what? Why

have I got gas in my home? Why do you cook? Your world surrounds you and you surround your world. The day when the universe surrounds you and you surround the universe, that is the day you can see and feel you are a part of the creation. Up to that day, you are a gas; you are a brick, lumber; you are a stove, a garage, a car. You are all that stuff, but you are not that stuff. As I am not an arm only, but I am an arm, too. That is what the story of this and that is.

Naam, the Name, has a power. The word God has a power, but by saying God doesn't mean anything... When you say "God, God..." then these three letters must come to you. Then these three principles must come before you. Then you must be you. This is known as meditative living.

If the life does not become a meditative living, all things are rituals, and they are useless. You say "God," the whole universe is you. You say, "Rod," then a stick comes before you. Rod, iron, iron R-O-D, rod—three letters.

What is the change? Only G. Have you even chanted, "Rod, rod rod?" See what it does to you. Come, let us do it. Why not for experiment? Let us understand it. You must understand what *God* does to you and what *rod* does to you. Is it not a sound? Words are the same: R-O-D, rod. Words are the same: G-O-D, God. But you will realize the difference. And let us experiment the difference in ourselves so in the future we may not commit these mistakes.

First, we will meditate on the sound "God." Fold your hands in a very simple manner. Sit very calmly in a perfect post. Be with the prerequisite form. Meditate on universality, and that is what *God* means.

God means the total principle of life, total sum of the existence, creative principle of the universe. Your mind must become acquainted with this principle. Only then, this word means anything to you. Totality of the being and the totality of the Supreme Being. The being of the being, very deep in you, from the very toe of you to the top of your head, through all chakras, all praanas, all principles, all existence, all what it is. The light is the light. So merge your consciousness into that delightful light.

First, within you cannot see with eyes, but when you close your eyes, look in yourself. Look in your head and feel the brain, feel all that around it. Close your eyes and see in the center of your two eyes, the principle place. Go down to the toes of your body, and with each toe, with hand, with heel, with shin, with thigh, with waist. Whatever you are feeling in your physical self, very meditatively also realize it. It will help you.

Why your fingers are made like this? Why your thumbs are made like this? Why your head has this shape? Why you have hair? Why there is a chest? Why you have a heart? Why there are lungs? Question it. Can you create anything like this? If not, why have they been created in this way?

First realize the self in a very gross physical form, because whatever you have been given, is a trust. Every part of your body is a trust to you. Honestly ask yourself have you held the trust intact? Do you feel the responsibility that God has given you eyes? You should keep them clean and not put the greedy light out of your eyes on other

peoples' things. God has given you ears. Do you keep them clean physically and mentally? Physically you take care of your ears, mentally do you not listen to the garbage, slander? Eyes were given to you to appreciate the beauty of this universe, not to have bad and ill designs. Tongue was given to you for sweet communication. Have you kept it clean? Sense was given to you to feel and touch the ecstasy of God's creation. Have you lived up to it?

These are the principles, dear, which you must think and value. Realize yourself first in the very gross form without any prejudice. It is a difficult meditation you are going to adapt now, but you have to understand it once and for all in existence as a being. How can you know Supreme Being if you do not know the being, who you are, what you are, and realize your every part which makes you? And then you must assess how clean you are physically and mentally. And it is not very wrong to be aware of you. It does not matter if you have to pressure yourself to assess yourself because mind does not involve itself. One should assess himself one hundred percent. Self-assessment is a most difficult thing. Mind is afraid of it. Mind knows if the being can assess himself, the being will be free. And if the thought comes, "What am I doing... ?"

"I'm assessing myself..."

"Who am I? Am I this or am I that? Or am I both?"

The word is God. When you say "God, God, God," assess where your mind goes. This is a technique, which you have to learn if you have to become enlightened. If you do not learn the Laya Yoga, the power of the sound current, and you do not train in these days that your mind should follow the sound right away and give you the awareness, you will do many wrongs in your life. Intentionally, unintentionally, doesn't matter. But wrong is wrong all the time. Therefore, just meditate on the sound God, God, God. And feel where your mind goes with it. God, God, God...

You can't meditate on the sound current if your mind also does not have the same frequency, same fluctuation. If you take the sound, "*Waahay Guru*," and you do not feel the ecstasy with each "*Waahay*" - forget it! You will only get the Guru. And when your Guru will appear before you and say, "What do you want?" you will say, "I was chanting *Waahay Guru*."

"No, you were meditating on Guru. Here I am. Tell me what next?"

If you meditate on *Sat Naam*, and you do not feel the *Shaktee*, the total universe, the flow of that huge energy, and you say *Sat Naam, Sat Naam*, it is possible that from Tucson, Sat Nam Singh may appear to you. It is possible. His name is *Sat Naam*, too. If with the word, the mind does not pick up the frequency, mantra is not effective. If the mental being has not been merged with the sound, how can you praise the God? When you chant, "*Raam, Raam, Raam*" - the whole universe starts chanting with you. If it doesn't, you haven't started chanting yet. You may keep on creating a sound. That doesn't mean that you are chanting.

There was one guy who was chanting, and a man came. He looked at him. He drew a circle around the man who was chanting, and went away. His disciple saw it. He didn't ask anything; he just looked at it. After two years, the same man appeared. He did like

this: he drew a huge circle like this [Yogiji demonstrates.] in the air and went away. So after another year, when he came and he looked like this. [Yogiji demonstrates.] And this disciple of his caught him and created a lot of sound, and asked his guru to open up his eyes.

So the guru, when he came out of his meditation, said, "What is his position?"

He said, "Say, man, I have caught him."

So they both came and the guru said, "Baba, I'm sorry for the behavior of my disciple. Three years ago you came, you drew very limited line around me and you went away. Next year, you came and you drew a line like this, pointing your finger on the earth and you went away. This time, you did like this. We want to know what it is?"

"First year, I came. You were '*Raam, Raam, Raam,*' and you just that much only—*Raam*. Your *Raam* was four feet this side and four feet that side. So I drew that line. And when I came next year, your *Raam* was in the universe of this planet only. So I did like that. So when I came this year, your *Raam* is beyond everything. So I did it like that."

The word is *Raam*, which only means omnipresent. So from finite to infinity to infinity to finite are two related things. Man is a living finite, therefore he must relate to the infinity. Any living finite who will relate to the infinity with the power of his mind will create a contact. And it is through that contact, dear ones, that liberation comes, because finite is always caught, infinity is always liberated. So if you want liberty you must know how to relate to infinity. And that is what you have to understand. We chant *Sat Naam* with the breath: "*Sat...*" We go to the infinity. To the maximum finite extent when our breath does not go, we say, "*Naam.*"

Shaktee. I have a *Shaktee*. I can close my fingers like this. This is *Shaktee*. *Shaktee* does it in me—energy.

I can open my fist: this is *Shaktee*. This is activity only of *Shaktee*. But this is activity only in this area.

Now it is this. This is *Shaktee*. It is in this area.

Who does it? Mind. Mind ordered these muscles and these nerves to do this. Mind does this. Brain gives an order to this nerve.

Who gives the order to the brain? Mind. This body is the poor servant; it has to carry the orders. So you've got to give it right type of order. Brain is the control center with a lot of switches.

Who presses the switches? Who computes those switches? The mind. So your activity comes from the mind, your humility comes from the mind, your ego comes from the mind, your misfortune comes from the mind, your ego comes from the mind, your misfortune comes from the mind, your virtue comes from your mind. Your infinite mind is in a finite form in you. Therefore it is a part of infinity. It is given to a finite shell known as "being."

That is why they connect always *atma* and *paramaatman*. *Atma*, the soul, the mind, the

Jeev, the being, the *Pursha*, *Paramaatman*, the great being, the great soul, the Great Spirit... They are all actually one.

From the One, one has come. They have only one place to go. This is a total sum of our total spirituality.

It has many branches, many ways, and many paths. That doesn't make any sense if you relate to one basic sense: who you are, what you are. This awareness is required to be made aware of.

Are you aware you're breathing all the time? It is a simple meditation. It is a simple sound, which your breath makes. Create that sound consciously. Breathe consciously. Consciously breathing, you will hear a sound. Inhale and identify this existence with *Sat Naam* with yourself on the hold. Then exhale *Waahay Guru*, the ecstasy. Continue for 15 minutes, then inhale, exhale and relax for 30 minutes.

Okay, now we'll be meditating on a great sound. When Guru Nanak started teaching, he taught through *Mool Mantra*. *Mool Mantra* means the root sound current; that is what he said: "*Ik Ong Kar*. There is one Creator of this creation. *Sat Naam*. Truth is the identity of that. *Kartaa Purkh*, a great being, doing. *Nirbhao*, fearless. *Nirvair*, revengeless. *Ajoonee*, He does not die, he is not born. *Saibhung*, created by himself."

These are the qualities in reference to something. If you want to relate to that something, he says, "*Gur Prasaad*. That is the offering which you get from a Guru."

It doesn't come to you from the heavens. You have to create it - *Gur Prasaad*. From the Guru you're going to get it. And what is a Guru? He who gives you technical know-how: how to get it. And Guru Nanak never believed somebody is going to do it. He immediately said how to do it. He said, "*Jap*."

Jap means meditate. On what?

"*Aad Sach*, in Infinity He is True. *Jugaad Sach*, through time He is True. *Hai bhee Sach*, now it is True. *Nanak hosee bhee Sach*, Nanak Says, it shall be True."

Now this is a sound current. I am not making it up. It is a mantra made, chanted, talked by a being who has that ecstasy. In this mantra, the snake sound, you will hear it yourself, you must meditate on that infinite sound. When you will chant it, it will be followed by that sound. And on that sound you must meditate. So you will be creating a sound to meditate on. If you will not bring your mind into the tune, you will not enjoy it. I can't help you. I can tell you the technique. You must do it and if you don't do it, God bless you! Eat every evening, sleep every night, get up every day. You will be as good a nut as you were. Because it is doing which gives you an experience. It is experience which changes your consciousness.

Your consciousness doesn't get changed when I keep on talking "Blah, blah" all the time and you go listening, "Yah, yah, yah." But once in a while you think, "Well I have heard it." But if you won't stick to it, it won't glue you with something.

But if you go through it, you will feel you have the experience, "Forget it! That is it! I know it. It works!"

We all know that fire will burn us. But forget it! The man who has burned his hands with fire, you just put a red thing before him, he will run away.

So let us go to the experience of the sound current and not do a lot of talking about it. Okay?

Sit down very nicely, properly, this time the thumbs will come thumb over thumb. Totally relaxed *mudra*. This is known as *Sukhshyaa Mudra*. Left hand is on the bottom, right over it for the ladies. For the male, right is under the bottom and left is over it. That is the relaxed position.

Are you all set? Left will hold the right in case of ladies. Right will hold the left hand, like this, like a baby in your hand like this and very relaxed and perfect. Okay? Inhale deep! Exhale. Inhale deep! Exhale. Inhale deep! Exhale.

Now you know your head? Touch your head everybody. This is a forehead. I said touch your head. Alright.

Now this head has to be straight. And you will chant first to begin with a chant, "*Waaho Guru*." In this way, it is exactly 180 degrees. Your head is exactly straight, eyes to infinity, eyes focused out. "*Waaho*" to the right, "*Guru*" to the left.

[The meditation began with everyone turning their heads to the left as they chanted "*Waaho*" and to the right as they chanted "*Guru*." They continued for 31 or more minutes.]

Inhale! And concentrate on the top of the head. If the energy goes to the spine, let it go. Don't feel upset. Hold this breath! You have the capacity to hold it now. Exhale. Inhale. Exhale. Relax.

Beauty of the man lies when his parathyroid and thyroid glands act properly, stimulate properly and support each other. The people who go crazy, go negative, the first thing is there is a difference in the basic secretion of these two glands. Charm in behavior, charm in talking, good manner, pleasing personality, very attractive, sweetness... All this comes from this.

Nothing comes from the heavens, there is no parcel train yet connecting you. You've got to create your heaven here. And that is how it works. Therefore when you are chanting, this is what will give you the power of infinity. Your brain cells shall balance themselves. But some of you do not create a sound with it even in as *baykree*. It's the *baykree* sound when you say, "*Wow Guru!*"

Some of you I've seen doing like this. [Yogiji gestures.] This is done in gymnastic. When you are running on the parallel bar, there you do your neck like that.

Here you have to create a sound, so the sound may have an effect at a nerve joining the two points, and thus it will bring a definition, permutation, and combinations between the brain cells. Okay? You must have head steady, chin to shoulder, "*Waaho Guru*." Shoulder to shoulder correctly done with absolute perfection. "*Waaho*," the sound of ecstasy. "*Guru*," you know it. Okay. Set yourself in a very balanced mood.

[Yogiji's students resume their chanting meditation.]

Inhale! Meditate on pineal gland. Exhale.

“Aad Sach, Jugaad Sach, Hai bhee Sach, Naanaka Hosee bhee sach...” It must in fifteen minutes cause a pressure at this point and this point. At these two points in your brain, the skull starts getting into. You feel that drilling is done here. When you create the sound *“Sachhhhh,”* it will create a drilling here. It will create a sound here. [Yogiji indicates the top and slightly to the sides of the middle of the head.] When you go into that sound, it will do something to you. And you will do it to it.

All set? We have got to do a job. The job cannot be done by just sneezing, it has got to be done by doing something. Now set yourself.

Perfect. Very easy posture. When I say “higher,” it means louder and “lower” means softer. Keep the rhythm. Try it. It can change your life. It can start a new life. It may be a cause for a new beginning. Put in an effort, so that you many live happy, healthy, holy.

Find the *Sat Chit Ananda*. How are you going to find it? When you walk, you speak, you live, you feel, it is all *Sat* to you, then you are going to do it. But you must have that experience. Let us do it together.

“Aad Sach, Jugaad Sach, Hai bhee Sach, Nanaka Hosee bhee Sach.....”

Inhale! Now listen to the sound you are creating. Hold the breath [about 30 seconds]. Exhale. Inhale. [Hold again.] Exhale. Inhale. [Hold 30 seconds again.] Exhale. Relax.

Day Two

[Our transcription begins with Yogi Bhanjan's lengthy introduction to a talk by Dr. Swami Rammurti Mishra. Dr. Mishra had been in America since the 1950s. He divided his time between his students in New York City and San Francisco. Whenever Yogiji was in the San Francisco area, he liked to visit with him. Dr. Mishra had published "The Textbook of Yoga Psychology" in 1963. He was a trove of knowledge of Sanskrit, Hatha Yoga, Yoga-Vedanta, Hindu lore, and the ancient Vedic Fire Ceremony. Dr. Mishra's talk is not included in the transcript.]

Sometimes in our life we become very, very fanatic spiritual people which is worse than any garbage of the kind seen on this planet. Don't misunderstand me if I speak in exact bitter words. Spiritual people are more unspiritual, and they are very much possessive of the students, and they rather mislead more than they lead. Blind leads the blind to the well of death and disharmony and the result is very evident.

Today in this world we have religious fanaticism. Man loves to kill another man in the name of religion. And we have fought more in the name of religion than we ever saved. Yoga is catching roots in this country and the effort has been made. And that let us learn and let the teachers teach what they know so we may not end up bringing on this planet fanatic yogis. And it may not be possible that tomorrow they will say, "My teacher is best and yours is worst!" and they may have punched noses, blue eyes on that issue.

That is a possibility. So last three years we have been trying to put all the teachers together and share teaching, make it happen. There is a friendly tone that with Dr. Mishra exists, and he has quite a powerful tolerance, and he goes into his medical experience to explain. He also believes man does not have to be a fanatic. Relaxation is the law.

Now question is the matter of opportunity. If I start teaching and speaking, he is available to us today, but tomorrow afternoon he is going to slip away. So why not make best of what you have, if you cannot have the best?

We have all gathered to one purpose. Purpose is fundamentally one, to reassure that we are conscious. And to practice that we will follow our conscience. There is no doubt to know what truth is. Everybody knows what truth is. But the difficulty comes when you have to practice the truth. It needs assurance, it needs love, it needs encouragement, and it needs somebody's association to go along the path. You require a certain buffer, and in case at some time you fall apart, some loving voice which you know and respect, and feel will tell you "Keep up!" And then you keep up. Otherwise not.

I have not seen a miracle that I have been to a man, and he said to me: "Gillie, gillie, come!" and my kundalini raised and I jumped from the ground six feet and all that kind of stuff. I have heard that nonsense myself. I was sitting before the man who spoke like that. It hurts me, how daringly, how unwisely, how idiotically they mislead people. They have no logic, no reason, no background, they have no truth, and they have not experienced anything.

I am very much ashamed when I read that book "Kundalini." [Kundalini: The Evolutionary Energy in Man]. It is on every book store shelf. It put me to death shame.

I have read it myself. I have got it on my book reference thing. It is very surprising how people exploit people. And it is going on. There is no end to it.

The only way we can end it is let... Those people who are genuine, who believe they are meant to serve people, inspire people and lead people to higher consciousness, they should get together. You can make two gods sit together, but two teachers sitting together is a very difficult job. But I feel personally, and that is what my endeavor is, that all are welcome because the greatest student is always the greatest teacher. So those who will learn to be student and practice to be a student, they need not to become teacher. Time shall make them a teacher anyway. Study of one-pointedness of mind, that practice, in existence of that one-pointedness of mind, makes a man to live in his own higher consciousness. Therefore, it's a privilege to have Dr. Mishra among us. I received a call from another teacher, he is coming also.

You must believe me. This is what I believe. And I didn't believe it straightaway because my Papa told me. I believe it through my experience, and that is "everything on this planet which exists has a relative capacity to teach." There is nothing in existence on this planet that has no capacity to teach. Everything teaches. Sometimes we form a *sangat*, the gathering of the people for the higher cause we call it a "*sangat*", where we like to explore the truth. It is a unique way. It is a very powerful way. It is a fortunate way.

I am practically against images. The best way to break the image is to teach with participation. So we decided to have our best friend, who is well known to the United States of America quite earlier. He came in this country much, much back in time; lived here as a doctor, understood this country. He has the capacity to cater to people on every level because he knows what a psychiatrist has to do. They go on listening and you go on talking to them and they have only the capacity to listen back and not be affected. So here is a chance for you to study with a man who has genuinely come out of that life. Or if he doesn't want the credit of it, it is better. Let us say it that way. God pulled him out of that life beyond his control of circumstances and made him put these clothes and he has to exist as a Swami. To me, everything is not done by a man and it is His Will which prevails, and it is His Will what he is doing. His association and love for us is His Will.

We may not be capable and competent to deserve His love, but it is always a pleasure to share. It is always a pleasure to give. Those who do not know how to give, they do not get it because everything is blocked. Your capacity is a capacity. You have to shake it up so that you must give, so there must be some vacuum somewhere to be filled in with something.

Let us love the teachings, not the teacher. It will be our endeavor to make teachers who, if they will not like to teach anyone, shall be competent to teach themselves at least how to be healthy, how to be happy, how to be holy. You can do it from yoga, you can do it from *bhaktee*, you can do it from religion. You may be a very good atheist and still you can be healthy, happy and holy, because one who does not believe in God, he uses all his one-pointedness of mind to deny God. And that is pretty great one-pointedness of mind.

Perhaps sometimes God loves them more than one who says "God, God . . ." all the time. Because I have seen in life the child who calls "Ma, Ma, Ma . . ." all the time gets spanked. The child who doesn't care and plays his own game, when Mama comes, he says, "I don't care; I'm alright," she says, "You are a beautiful child; I just came to see how you are doing."

I have seen in thirty-nine years in India, people who are respected as *Jugat Guru*, the "Guru of the whole world." I would not like you to spit at their face, and their ego and their aura are so dirty. They represent black aura. But what to do? Millions of people go, lie down in front of them. And that guy of 128 pounds – forgets it is the Will of God, and nobody bows to his flesh and his big belly, which is like a beer belly.

So there are things and there are situations in which man forgets that he is a channel of God, and his lifetime is to just serve and quit. Because the aim in life is to quit this world smiling. Because we've come in this world, we may not get grounded, attached, so much, so heavy that we may not know how to quit. And while quitting we may carry a lot of attachments, and string with us and may come back. You may have all knowledge of the whole world. You may recite all the scriptures by heart. You may do postures better than anybody can do in circus. You may have 20 million followers and Bank of America may exist only because of you. Even then, while quitting this world if you cannot go in peace and harmony and the last sound is not so graceful, such as "*Siree Raam, Jai Raam,*" "*Sat Naam, Waahay Guru . . .*" in that ecstasy; because you have come from "Him," from "there," from "It", whatever you are willing to call it, you've got to go there. This is the entire training. The awareness.

Somebody asked me one question. "What is the sign the man has raised his kundalini?" And the reply still exists on record. If the person has become fearless and he has found yonder than death, the house of his Father, you can presume that he had an experience. Because when your awareness will become universal in relationship to everything and you will feel that you are a visitor to this planet, and you have come to go, and when for you that doesn't become painful at all, God has blessed you. It is His mercy. It is His grace. It is *Gur Prasaad*.

It doesn't happen to everybody. I know. I am a human being like you. I share those things. I feel those things, and I feel right deep in my heart. Sometime under the burden of technology, of spirituality, we get so loaded that the simplest thing that "we are here on vacation," we forget. We go so deep into the mud of this Earth that it becomes difficult to pull our own feet to walk on this planet.

Time has come that man now knows the whole Earth, inch by inch. You can put up an atlas, a map, and you can know what is going on on this whole planet. You get a fifteen cent newspaper and you get a written report what happens.

I was surprised that in a very remote area of south India one big bus fell into the river, killed fifteen people. There was a news report in the Los Angeles Times. It is very surprising. About a thousand years ago, twenty thousand people may die somewhere in an earthquake and you may have information after ten years. Who knows whether you got the news or not.

World has gotten so small. Therefore our ego should become very small too. Relatively small, so that we must understand that we are One. Let us be One with everyone so that we can realize the One within and without.

It is pretty difficult. Sometimes we know it, we feel it, we realize it. But it is very difficult for us to practice it. Because there is one great fear of all fears. Man is afraid to lose his identity, because he feels he will vanish. Whereas the reality is, if you lose your identity, you will become so Universal that you will be lifted to those heights which

you might not have seen under any dream of yours. *Jis neech ko ko-i na jaanal, naam japat chau kunT pachaanal*: That means, "Humble man whom nobody knows, when he meditates on the Name of God, infinity, all four corners of the world bow to him, recognizing him." It is not an unknown secret.

The saints and sages were not sitting in the White House to control the destiny of man. They were roaming around. They were person to person talking. And today even after their death, though they are not alive, they are with us, their hearts are with us, their sentiments are with us, their ecstasy and experience are with us. And it is a very rare stage when a man becomes aware to the extent that his consciousness relates to every consciousness on the equal level of recognizing and his spirit becomes so radiant out of him that he inspires people to that infinity, which is not an easy process because we know only to pull ourselves downward.

We only discuss our limitations, we only discuss our weak points, we only discuss our negativity, and that is also a vibration. If we use the same energy to be positive, to expand ourselves, to relate to infinity it will do us much good in a short time. Because this unit, the finite energy is there, it can be used to make or mar your life. Somebody shared these truths with me. Somebody gave me what I am today. Somebody loved me to make me what I am today. Somebody inspired me what I am today. And I believe what I am today, everybody can be ten times better than that.

There is no reason it cannot happen. So let us have a channelization of circumstances and of environments to make it happen. For those purposes, we don't retreat in life, we advance in life. We believe in creativity. We believe in fulfillment. We believe the world is beautiful and there is a plenty in this Earth. And every one wave of breeze and every one movement of water in ocean has a lesson in itself.

Let us make ourself so delicate, so sensitive, so genuine, that we may pick signals all over, everywhere and may have the power to compute them, to realize the basic truth in the whole thing. I will not like to stand now between the learned teacher and you. Therefore I hope you will take maximum advantage of this opportunity and engrind in your consciousness what he has to offer.

Dr. Rammurti is a human being. He does not sit on the *takhat*, so no ego carries him. And you know me very well, I am very nasty on certain points. Therefore rest assured, feel free if you do not understand certain points, ask him a question and he will love to explain to you about the life he understands.

Be very informal, domestic and loving. You are not here in a county jail. Just relax and ask him as much as you can. It is a very good opportunity to clear the garbage in your head. The only way you can do it is bombard him with all the questions, and all the questions you have preserved through all the years, and get answers. That will be a help to you so that you need not have to ask those questions again and again of somebody. You can ask him about Hindu mythology. You can ask him about all the gods and goddesses. You can ask him all about American life. There is hardly any sphere in American life and Eastern life that Dr. Rammurti Mishra has not dissected and seen it with the naked eye.

Go ahead. I wish you a good day. I'll sit down calm and quiet and watch. God bless you!

Day Three

I'd like you to understand the fundamentals today. There are three types of teachers. One is a teacher who is total antidote, a polarity to your ego. That's number one. Number two, there is a teacher who is not a polarity to your ego, but who is a parallel to your ego. And there is a third, who is neither a polarity to your ego, nor he is parallel to your ego. He is a position in your ego. One is the opposite polarity, the other is parallel to your ego, and the third has a position in your ego. You will find people belonging to these three categories.

"Oh, I have been initiated by Swami Such-and-such and Yogi Such-and-such, Master Such-and-such..." they have got twenty lists. Twenty people have initiated them and they are the same nuts as they were and shall be to the end. Nothing happened. They are just like a status symbol.

"I have been initiated by Such-and-such and such-and such." That is one category. The other people, they want their ego to run and also they want to be attached to the higher truth which they feel flows through the other man; that is parallel to the ego. And the third stage is when he faces you head to head. There is no alternative at that time. If a teacher faces you head to head and you still have ego, he is not a teacher. If you lose ego, then you become a teacher.

Throughout the world captures, they will belong to any religion, but this is a fundamental truth. You are sometimes confused to find a guru. Don't be confused. Anybody who punches your nose is your guru.

Tell me, for what you need a guru? So that you may not have hallucinations in life, right? So you may know truth, you may live in reality. Guru is not meant to find God. Don't be foolish. Understand the formula. Guru is meant to *live* righteously so that God may find you.

Enlightenment does not come from any experience that any head was all filled with light. What does that mean? Nothing, absolutely nothing! Even if somebody is meditating and Siri Ram appears, "Yes, my son, what do you want?" You say, "Nothing."

What can he give? You *don't want* God. I'll tell you what you want. Now search your heart. Meditate on it. You want that you should live breath to breath righteously so that you may be recognized as a righteous man.

Now search yourself. Is it true? Go in yourself. Don't look at me. You want... This is what you want. This is your concept of God. ...that everything should happen so smooth, so right, that you might not have to worry. You want to live as a carefree man. Man wants to live gracefully, and he wants to live radiant. These are the three fundamentals which a man wants.

The *tattva*, the earth *tattva*, of this has been given as a body, the essence of that *tattva* is desire. And if anybody on this Earth tells you to be desire-less, either he is a madman or you are mad who are listening to it. You can't get out of it! That is your *element*. Element must have its projection.

That is a bare truth, bitter though, like horseradish. It is bitter. It opens up your sinuses though. Every bitter thing on this Earth will clean your blood, do you know, without asking it? That's it. And this is a bitter truth. And the truth is a man does want, desire. It is the basic *element* of man. The only way he can be, is that he can channel this same energy which is kundalini, channeling the energy to the higher self. You can channel that energy to your higher self, and by channeling your lower self and channeling into your higher self, you become carefree.

What desire do you have? To be *carefree*. To be graceful. Is it wrong to be? If you want to be carefree, to be graceful, and you want to be totally righteous, relax!

What else do you want? Is there something else God can give any human being on this Earth? That is a fundamental need. That is a fundamental desire and it comes from the basic element, earth, and we are made of earth, and it is energy. Only way you will not desire is when you will be dead.

Guru Gobind Singh, why should he tell a lie? He was a guru. He said, "Honest, I don't want to be a ruler and I don't want to be liberated." He said, "What have I to do out of it? I don't want to be liberated. I don't want to be a ruler. All I want is that I should have continuous longing toward Thy lotus feet." *Charan kamal*.

Kamal is "sophisticated softness." This *kamal* represents the higher mind, lotus. Wherever you find the "lotus" or "*kamal*," it means the higher, sophisticated mind. Symbology. And why the feet of the master are as lotus feet? Because the entire radiance of the master is not in his head, but in these feet. 72,000 nerves are in the feet. If at all he has to radiate and he has to project light, he will project it from where? Where the nerve endings are, and that is feet, not the head!

All the chakras, where they are with the Brahm, they are also with the Mother Earth. The center of the Earth is also the same gravity. That is why in all the scriptures, you will find one word very common: "at the lotus feet of the master." Nowhere will you find: "at the lotus head of the master."

You mean masters do not have their heads, and they are not radiant, and not like a lotus? Why? Why this is so? Have you thought of it? Because you want to get through the gravity of the being. From him, get the whole being to the Mother Earth, gravity point, this is the point of contact.

This is a scientific prayer: "at the lotus feet of the master," because this foot touches the earth and you want your share at that point. The head is *akaasha*. You have to be that sublime to get from the head of a master. And every student knows that each day he grows, his master grows ten times. That is the game. So how is he going to reach to his head? Impossible! So what he wants is right underneath.

You know, if you want water, you make a hole underneath and you can drink as much as you like. When you make a hole at the top of the jar, you have to put your neck in or lick it up. How are you going to drink it?

Is everybody ready to have a teacher who will oppose his polarity? No, only that man will oppose your reality who has the highest compassion in his heart. It is not an

ordinary man's job. Don't compare between teachers. Everybody is doing everything as the will of the Creator is. But I was today asked a question and I wanted to answer that question. That was no time and I wanted Dr. Mishra to be on time for his classes in San Francisco.

There is no initiation on this Earth more powerful than the truth, and truth comes out of compassion. Even *God* appears in incarnation! Why God became Ram, became Buddha, why Guru Nanak? What for? All scriptures say one thing: out of compassion.

Man, if God can come down on Earth out of compassion, why can't you have the compassion? What has gone wrong with you? If God can be brought on Earth because of compassion, what has gone wrong with your compassion?

Compassion comes from where? From the totality of the five *tattvas*. When man is compassionate, he is God, G-O-D. Compassion is the quality which binds the God. It is the quality which makes a man a god, a self-realized man, a God-conscious man. A man of God is nothing but a total living compassion. And everything else is a ritual. It is a hanky-panky talk. It doesn't solve the problem of humanity, and that is why we are going in circles, again and again, again and again, again and again!

Self-surrender does not mean *anything*! "Oh, I belong to my master." You are hooking with a compassion not at all. You are hooking with a passion. You are emotional, and you find some teacher as an outlet of your emotions. That doesn't make any sense.

You saw those colored slides. You went through that. Why couldn't green be green for you? Why it became black? How dare you let it go that way? The radiance of the mind should show around the color. True, that should happen. But yonder than that, how do you let your mind go in this left and the right of things? Are you the master of your mind, or is your mind the master? Green became blue! Can you believe that?

In your meditation, are you going to see donkey as a man, and man as a donkey? Green is *green*, and tell your mind, "This is green. Behave! This is green. I command thee to look at that as green!" That is *pratyahaar*. You *must learn* it that way, that when you look at green, you only look at green. Train your mind to look at green, so it may remain green all the time. Red must look red to you all the time. Black must look black to you.

If you are a human being, whatever it is, it should look to you as it is. Then you can know what truth is. If red starts looking black to you, and I ask you, "My dear Son, what do you see?" And you say, "I saw a black color." - but it was red... If you look at a red light from a long distance, and it starts looking green to you, what are you going to do? You are going to have an accident.

Under no circumstances, please allow your mind to vibrate from your clutches. And eyes are nearest to the brain. Eyes, ears and nose, they are very near to the brain and whatever you practice, any practice, through these three organs, you must have command over the mind, rather than letting the mind fluctuate.

Stand warned on this issue. I sat down among you to watch what replies you would give, and wanted to watch all what you were doing. And that is why I said to take one hour rest, so I could pick on you and you could pick on me.

The mental self *must* have the power to look at things as they are. That is the basic reality. A woman has to be a woman, as she is. A man must be a man, as he is. The *first* realization of God is through his creation, and as he has created you, the moment you realize the beauty of that creation as you, that is the first step towards God realization.

Search yourself is what I am saying. You can meditate on these words. It will go straight into your heart. Whether you like it or not, it doesn't matter. I am not asking you to like me. I am not asking you to understand me. I know these words are right sitting there where they are to go.

Your first realization of God is through the creation. That is what the Upanishads said. That is what the Smritis said. That is what the Vedas said. All scriptures say that. Bible says that. Hebrews say that. A being *must* realize himself as a being. That is the beginning of his 'being-ness.' It is God consciousness, because you have no choice.

You never manufactured yourself as a man. I never manufactured myself as six foot two inches. Not at all. I wanted to be a reasonable size. Five foot eight inches was alright.

We had an experiment in Los Angeles. One of my secretaries went on a diet, Susan. I said, "I don't like anybody not to eat in my house."

She said, "No, Yogiji. I don't want to be fat."

I said, "Go on. Go ahead."

The next day, Diana came, my Sherman tank. She said, "What he says is alright. Forty days I lived on water. I never lost an ounce." So she gave up after one week.

I said, "This is the house of Guru Nanak. No one is going to go hungry here. All have to eat."

Our first realization is who lives in this house has to learn one thing: He has to live as he is because the fear, the phobia, takes away every bit of energy of the man. We do not want to live as we are. The moment we start living as we are, the whole universe starts relating to us as life.

How can you kill? You will never kill, I can bet you. You will never ask a question, whether I should eat meat or not. Question does not arise. When you will live, you enjoy the life in you and you will be the life, the whole life will live with you.

Whom are you going to kill? You can't kill anybody. But it is a realization, a feeling, and it has to be in you! Without that, books.

Guru Nanak is clear on this: "By thinking, thinking, thinking, nobody can think. He may think a million times. It is impossible that you can be silent. There is no such thing." Your brain works all the time. Your intellect gives you the energy. It is constant! You are getting trapped when someone tells you to sit down and do that. Do what? Silence. What silence? It is impossible. Your brain will all the time work. It has been manufactured that way. You say you want to still it. You know when the brain becomes still? You know that? I think so. That much wise you are. (laughter) You want that to happen? You like it?

They used to feed people on the birthday of Jaganaath, at Lord Krishna's temple. They made so much food, so much food! Guru Nanak said, "If all that food is taken into the stomach, even then the hunger doesn't go!" You know when the hunger goes? You know that? No? Forest Lawn. When you go into the Forest Lawn in the wooden box in that big car. The drivers goes in the front, toot, toot, toot. And all the cars follow you. At that time, neither you think, you are totally silent, and you are absolutely not going to be hungry after that.

We desire wrong things. That is why the life becomes wrong. We have hallucinations, imaginations. So you have go to correct yourselves. You are as you are.

Somebody asked me... You know our Rick Katz? He has a very long beard. He's an attorney. He goes into court with a two-foot long beard. Have you seen him? So he said, "Yogiji, it is a very long and brittle. What should I do?"

I said, "Nothing. You are going to be brittle anyway."

After a few days, he told me, "It has become soft. What all went through?"

I said, "Do you want to know what happened or do you want to think it was a miracle?"

He said, "Well, I would like to know what happened."

I said, "It is in the mind. Mind is the biggest medicine on Earth. You just relaxed. You never wanted to make it soft. The opposite in the subconscious to make it brittle went away. It became soft. You released the energy. That's all."

Life is so simple. Life is so simple. And the moment you start realizing your life and you become a living being, you start vibrating and then you start feeling those vibrations. Charity begins from home. When you start vibrating, you start feeling your own vibrations, you become a living being, then everything in the surrounding starts vibrating. And then you vibrate in relationship. You dance with the whole energy and the whole energy dances with you. I am not saying you are going to have six houses and twenty cares. That I'm not saying. But wherever you are, wherever you are, you will enjoy it.

Jesus was a very powerful man. He made the dead alive, right? Have you read that story? Couldn't he keep himself alive? Why he went on the cross? Why? Have you ever thought, sat down and given thought to it? He could have said, "Jesus, go!" and he would have gone. Sure. I can assure you. The Roman soldiers would not have found him.

An ordinary yogi can disappear himself. Well, why he couldn't do it who can make a dead man live? Rather, John took out the sword to defend him. He said, "Hey, stop it!" Why he did it? Have you ever thought of it? I will tell you why he did it.

When the pandits of Kashmir came to the ninth Guru, they said, "This ruler takes 125,000 people every day and by force makes them Muslims, and then he eats his meal. We cannot live our dharma." The Guru meditated, he opened his eyes.

His nine-year-old son came, Gobind Singh. He said, "Father, you seem very sad today."

He said, "No, there is a question."

He said, "What is the question?"

"These people have come and they have been served notice by the emperor that either they are to accept the Muslim religion or they are all to be beheaded next month."

"It is a serious situation. What should happen?"

He said, "They can be saved."

He said, "Father, how?"

He said, "A holy man, man of higher consciousness, man of God, should give his blood as sacrifice. That will shake the harmony of this planet and this rulership, this power, will shake up." And he looked.

He said, "Dad, is there a better man of God than you? Why don't you go?"

And he said, "Okay, Son, I am happy. I know out of me a man is born who realizes the truth. Take care of things." And he left.

The ninth Guru went to Agra, got a small, little boy, and gave him a ring which had a ruby in it. "Go get something from the shop."

The moment the shopkeeper saw such a precious ruby with an ordinary boy, he asked, "From where you got it?" He reported it to the police.

The police said, "Where you got it?"

"The man is sitting outside the town."

They came and caught him and asked, "Who are you?"

He said, "I am Tegh Bahadur."

"Oh, Oh! You are the one we wanted. Come on, catch him! Great!"

He told the king. "I have got that guy whom all the Hindus said, 'If he turns into a Muslim, we will follow him,'"

"How clever," he said, "As a reward, five thousand gold pieces. Get him to here!"

They tortured him! They tortured him, that Tegh Bahadur who used to do this way with his hand, and things used to happen what he wanted! There were six with him, and they said, "Guru, are we supposed to suffer?"

And he said, "Sure, it is a test of suffering. We are taking away all the suffering of the hundreds and thousands of people today. I am going to drink the whole thing consolidatedly."

Bhai Mati Das was put in two logs, and he was sawed in the center. "Thy will, oh God!"

Those tooth-nailed wheels, five people were put in that so that, little by little, their flesh flew into the air. They laughed! Bhai Taru Singh, they wanted to cut off his hair, pull his hair. They couldn't do it, so they pulled off his whole scalp. And when they pulled the scalp off, he laughed, "Ha, ha, ha!"

They said, "What are you laughing for?"

He said, "Fool, you couldn't cut my hair. You have to take the whole scalp! Are you not an idiot?"

He said, "It is something. Why are you laughing? You are dying."

He said, "I don't care. I am to die anyway, but look at you!"

Bhai Mani Singh, head priest of the Golden Temple, was ordered to be cut limb by limb. And when they started cutting his limb here, he stopped them and said, "Wait!"

They said, "Are you going to be a Muslim?"

"No, but my limb is here. First here, then here, and then her. There are three. You have been ordered to cut me limb from limb, do you understand?"

He said, "Yes."

He said, "Then this thumb is three limbs, not one. Don't quick your job! Here I am. Now cut. First nail, then this, then this."

He said, "Wait a minute! Let me drink a glass of water." He said, "What kind of people they are?"

He went to the governor and said, "Sir, what kind of people do you send me to kill?"

He said, "What is wrong?"

He said, "They direct me on how to kill them. They are absolutely not afraid."

Bahadur Shah wrote in his book: "These people who are walking on the empty backs of horses, and they chant "*Akaal, Akaal, Akaal,*" they are so fearless to death that even I who am the emperor to whom the whole world bows, when they chant "*Akaal, Akaal, Akaal,*" I have so much fear in my mind that I have no option but to run away from India." He said, "I can't sleep in this country."

The fearlessness of the man is his liberation. Or you will be liberated after death, but you can't know. If you want to know whether you are liberated or not, it is a simple word, *jeevan mukt*. *Muktee*: liberation. *Jeevan*: alive. You have to be liberated alive, and that can only happen if you live *as you are!*

You are a higher consciousness, but sum total of your higher consciousness and lower consciousness is righteousness. And each act of righteousness can wash away all the

karmas. And continuous righteous living can clean you totally, completely, of all the karmas, not of this incarnation, but of all incarnations.

Why? The moment I have realized I am Your creation, then what? How am I answerable to You? You created me. I got created. I have realized now I am Your creation. So where is the count? What karma?

The moment you know you are you... Karma is there because you *are* you and you must pay your karma. The moment you know you are His, what karma? But who can link it up? Mind.

That is why the scriptures are very clear: *Man jeetai jag jeet*. "If you win your mind and you win the whole world." *Man*: mind; *jeetai*: winning; *jag*: the whole universe; and *jeet*: the victory. By winning the mind you win the whole universe.

Whose mind is it? There are two principles which you must understand. One is: You belong to the mind or the mind belongs to you? This is a practice: *pratayahaar*. Synchronize the mind under the higher will of you, then the mind shall belong to you. Otherwise, you shall belong to the mind. When you shall belong to the mind, then the senses will rule you. When the mind will belong to you, then you will rule the senses. You have to have a support, and it should be very clear.

We are going to create today alpha waves. Right now. A formula of fearlessness. And I hope you are not here to waste time. You will participate with all sincerity. That is what I expect from everybody, that while doing these *kriyas*, these *sadhanas*, you must participate totally so that you can reassure yourself that you are it and it is you. Duality will leave.

Sonny, you wanted some question all the time. What was your question?

Student: Did I understand you correctly in saying the mind is only quiet once you're dead?

Yes, yes.

Student: When you become what you are instead of trying to become something else all the time, when you become timeless, you're realizing you are what you are and you are just in that position, doesn't the mind stop then? You stop thinking as to where and what is?

Mind becomes support, support. This wall is the support of this roof. It becomes the friend, it becomes a help.

Student: It seems to me it also becomes quiet when you're just aware of something without thinking about it.

Oh no, no, no, no, no, It doesn't become quiet at all. It becomes friendly, rhythmical. You don't feel the opposition of it. Quiet. I tell you the mind only becomes quiet in Forest Lawn, nowhere else.

All these yogis and those type of people who do those hard types of *sadhanas*. They go in the graveyards to meditate. Why? To tell the mind that we are now alive here, "What else do you want?" But still it doesn't become quiet. Its vibrations come under the command of your will, your higher self, and you do not feel any opposition.

Have you seen a man who meditates three hours in the morning and goes to work and has no patience to pardon his secretary and starts yelling and screaming? Have you seen such a meditator? I have seen one. Three hours he meditated in the morning, came back to the office, saw a letter, threw the paper book right on the face of the secretary. I was sitting there and I laughed.

He said, "Did I do something wrong?"

I said, "Sure not. There's nothing wrong. It is not one wrong, it is a total wrong."

He said, "What?"

I said, "You have to leave off one of two things, either throwing of the books like this or meditating in the morning. Either one is a hypocrisy."

He said, "Are we not supposed to meditate?"

I said, "Yes."

"Are we not supposed to throw books?"

I said, "Well, you can do both, but these both do not meet each other anywhere. If the letter was written wrong, you should have told her, 'My dear...' You should learn to play cool. Meditation is to make you play cool. It doesn't say, 'stop playing.' It says, 'Play cool.' And when the mind plays hot, it means your meditation is wrong."

He asked me a question. He said, "Yogi, why you want me to do it?"

I said, "It is a compassion. I'm just ringing a bell in your head of compassion. If you listen, fine. If not, God bless you." There is no such thing as a still mind.

Student: Suppose you are sitting on the bench, as the sun is setting, playing your flute, and all of a sudden everything becomes very clear, you stop. Your mind has been jumping to tomorrow and reflecting upon yesterday and worrying and all of a sudden it becomes very clear and you forget these things, and you're just looking at what it is. And you're amazed by what it is because you haven't really been looking at it before. Your mind has been using... All your energy is just going into looking at what's there. It seems to me that mind is not involved in that process. It is absent. That's just pre-perception.

Who is perceiving?

Student: There is no sense of perceiver. There's just the perception. There's not someone looking.

Where is the perception?

Student: Physiologically, I suppose it is in the brain.

Who, whose brain?

Student: Well, at the time you're not aware...

Time has a brain?

Student: No, I'm saying, afterwards...

No, no listen. Don't confuse yourself. That's why I'm stopping you. Otherwise you can talk twenty minutes. That won't help me. Whose brain is this?

Student: My brain.

Whose mind is this?

Student: My mind.

Who feels?

Student: I feel.

Where is stillness?

Student: But at the time while it was...

At *that* time you feel it. It is an activity.

Student: Does mind have to be involved with that process?

I am saying, moment you say your mind is still, you are still in Forest Lawn.

Student: What about the Patanjali's Aphorisms - stopping the *chitta*?

What it says?

Student: Stopping the vibration of the *chitta*.

What that means?

Student: That's what I'm asking you.

Stopping the vibration of what? From confusion, from distortion, Patanjali is very clear. He said the mind vibrates. Bring vibrations back from the negativity and still it so that it can perceive the positive - *Brahm*. Now if you don't hear the other word and add to it, then it will be wrong. It said get your mind closed to a pinpoint, *bindu*. *Bindu*: to a point. Why? So it can perceive *Brahm*.

It doesn't mean stop. If it stopped, who is going to perceive *Brahm*? The same mind who was wandering around. What is state of bliss? When you are confused, why are you confused? Because your mind is confused. And when you live in bliss, why do you live in bliss? Your mind is in a state of bliss.

Nothing stops. Nothing. Life is an activity, energy, going on and on and on and on and on and on. Atom. Electron, proton and neutron. All the three gods dance all the time.

Who is going to stop what? Where do you stop? Channelize. Stopping is not the process. It is the wrong word, the wrong translation. That is what the problem is, of understanding and not understanding.

In *Peace Lagoon*, there is a saying, “*Sat Guru*...True Guru will break the fetters of the disciple.” Right? Now it is there. It is a scripture. It can’t be wrong.

So one man will go and steal the green crop in the morning for his horse and will take that and say, “*Sat Guru sikh kay bandhan katai*” every day.

One day the farmer said, “Somebody is really doing me something.” So one night he had his bamboo stick in his hand and he waited there. So this man came in the morning and started cutting his crop and started also chanting, “*Sat Guru sikh kay bandhan katai*. - True Guru cuts the fetters of a being.” He took the stick and very perfect, making an angle, stuck it right on the back, quite heavy.

He said “Ahhhh.”

The farmer said, “Hey, mister, read the other line. ‘*Gur kaa sikh bikaar tay haatai*. – if the disciple leaves the bad actions. ’” He said, “You are reading only half line. ‘*Sat Guru sikh kay bandhan katai*. *Gur kaa sikh bikaar tay haatai*. – If the disciple of the Guru refrains from bad action, Guru cuts down the fetters. ’”

Actually it means all the fetters of the *sanskaras*, previous incarnations, are dissolved if on the words of the Guru, man starts living righteously. But some people think “Oh, oh, scripture. Guru has promised that all the fetters are going to be cut. All right, you are my Guru, my fetters are cut, now I can steal anything I like.” It won’t work. It means that if from this minute you stop living wrong and start living righteously, all the previously done actions shall not pounce on you. That is what it means. And that is quite a big release. We do not know what we have done. Alright, we’ll discuss it later. Let us do something practical. Alright, if it is a very urgent question, say what it is.

Student: Yeah, I was just going to mention that you were giving a bunch of ‘thou shall nots’ out there on marijuana, grass, and I don’t know how you relate on sex but, uh...

I’m going to relate on everything because we know. We are going on and on.

Student: Yeah, well, I can hear people all around me saying, “Well, Yogi says this and Yogi says that.” And how can one know if you’re laying down your thing, your projections, your enlightenment of reality and you lay it out and people say, “Well, Yogi says this.” I don’t know that. I haven’t experienced that for myself. Just like you went on your trip of eating meat for 90 days and you failed and your enlightenment was through your failure. How can I know what you say? I can’t know that.

Why not?

Student: I’ve got to experience it myself.

There are three ways of learning in this life, my dear friend. One is from other man's wisdom, one is from your wisdom, one is never to learn from any wisdom. We actually know what marijuana has done. We also actually know what meat does. I offered myself with a special reason. I said, "Why you want to discuss it? Here I am, I'll go on this diet. And you people have to examine me and you have to examine my blood. You have to examine..." I offered myself. Not that I never knew about it because I wanted to lay down the fundamental of experimentation because there was long big duality. This can happen, That can happen, Nothing can happen. Let us do it.

People who have gone on marijuana, they need not listen to Yogi Bhanan. They all know. They repeat the same things to different people again and again. And that requires no explanation, it is simple. When you smoke marijuana, it releases the energy in the brain cells and permutation and combinations of the brain cells become activated. And whenever the brain cells become activated they require more serum, the *ojas*, than normally they want. But the nervous system of the whole spine becomes calm. So the supply doesn't go. And you feel it develop the pressure here, on the back of the brain.

Student: Yeah, but that's you know, that's not my point. My point is each one of us has to experience it for ourselves. We have to go through it, we have to experience that pain.

You are very sure. If you want to know that the fire burns you or not, there are two ways. Either you learn the fire will burn you or you put your hand on it. You should not worry about that. When you want to learn by your experience you need not question anybody. Am I clear? Because when you want to experience something for yourself, you must experience. And then don't discuss. But if you experience for others, then discuss.

Student: Is that compassion?

Yes. When you offer yourself, make yourself sick, go through all that tragedy just to prove a point to others, that is a compassion. Otherwise who wants to go sick, who wants to put himself into that nonsense state of mind? None. But sometimes you have to do it. And there's nothing wrong in doing it because that will help the people, that will serve the community.

After God is realized through His creation and when you relate to the creation, that is why when you teach the Oneness experience of God, it is the highest incarnation on this planet. I am trying everybody to become teacher not because that will mean anything to me. I am trying it because the Aquarian Age is coming and Aquarian Age requires Aquarian teachers. And they must have total awareness, total compassion and total being because it is the age of totality.

Father, water is Father. All the scriptures say so. I, the sufferer, Aquarius, that is the sign in the zodiac. Compassion means that. Otherwise let us not discuss the Age of Aquarius. Let us overlook it. And if we are trying to be that, then let us be that. So it is no harm to listen to somebody and somebody's experience, but if you want to have your own experience, go ahead. There's nothing wrong. It is possible that you may put your hand on the burning stove and it may not burn. But normally the fire should burn the hand. And if it doesn't burn, then either your hand is great superior or the fire is inferior. Something has gone right somewhere, wrong somewhere. And that is your personal experience.

But when you share the personal experience, that is nothing wrong. It is a compassion. If you tell me that I know a method through which I put my hand into the furnace, it didn't burn and also teach me, I'll be grateful. That is the way we want to share. Not only we want to share our experience, all those experiences, which all the saints and sages have gone with. We want to share with people so that they can.

This *kriya* I'm going to give you is a *kriya* which one of the great Gurus did to himself. I'm going to share with you. Why? Because I feel if this it did to him, it will do to you the same results. Because it is a tested experimented thing of his. I don't teach from somewhere, I am just teaching you what the people have experienced. And we want to go procedurally through that procedure so that perhaps - I'm using the word 'perhaps' because it depends on your putting the mental in it - when the physical being and mental being goes into a process of unity, *Brahm* is perceived.

And let us do it. Sit in the child pose. Sit on your heels, forehead touching the ground, hands relaxed in the back. My dear ones, this exercise will be quite okay if you do it well and do it fine. Share with me this evening. Child pose is... you know when the child wants to sleep and he has any kind of pain, he lies like this and all pain is gone. But when you are going to be in this pain because you are overeaters, and we Americans all are, it starts giving pain to begin with. In this posture no American can feel convenient first moment. So don't worry. I am aware of this. But after a while, it will take care of you. It is known as child posture.

Inhale and at the nose. Feel *Sat*. Through the spine feel *Siree*, and on the base of the spine create the sound, with all the spine, *Akaal*. Inhale *Sat*, with the spine feel *Siree*, and exhale *Akaal*. *Sat* means truth. *Siree* means great. *Akaal* means undying. Now create the sounds, it will regulate your breath. You need not do any *praanayama* with it. *Sat, Siree, Akaal, Sat, Siree, Akaal*.

[*Sat* was about one second long, with a pause of one second. *Siree* was about one second, with a pause of one second, and *Akaal* about twelve seconds in duration.]

I tell you now this trick. Now this is known as *Guru Mantra*. *Guru Mantra* is when Guru tells the trick. And the trick of this mantra is if you inhale very properly quite a bit and then say '*Sat*' at the nose, '*Siree*' with the spine and '*Akaal*' on exhale, it will work perfect. Otherwise it will take long time for you to bring yourself into the rhythm. Okay? Follow? In one breath, if you inhale all and on the last of the breath say "*Sat*," instead of the beginning. I'm telling you know the trick of it. *Akaal, A-k-a-a-l* means one who is above death. This one *shabd*, one mantra, which makes a man fearless from the fear of death. So you say "*Sat*" as you inhale. As you inhale, of you say it on the end of it, it will work better than if you say it at the beginning because when you start doing it, ultimately you'll come to that state. "*You say 'Sat' on the end of the inhale?*"

At inhale you have to say "*Sat*" at the point of nose. But if you start inhaling and saying "*Sat*", you will not be in a position to say "*Sat*" properly. Therefore, inhale quite a bit and when the last little breath is left, say "*Sat*", then feel with the spine the same breath, "*Siree*" and bring it turn from the tip of the spine and say "*Akaal*" all the way. This is how it works. You say "*Sat*" going in.

[The *kriya* went on for thirty-one minutes. Then Yogiji went on to teach a *kriya* with the mantra *Sat Kartaaar*.]

Sat is “truth” and *Kartaaar* is “the doer.” Turn head so chin will touch left shoulder and say “*Sat*.” Reverse direction and say “*Kartaaar*” with chin on right shoulder. The movement and timing of chanting should be very precise. There is no forward and backward movement of the head, only sideways twisting as if the head is on an axis.

Finally press palms together hard in prayer pose. Then continue *Sat Kartaaar* chanting “*Sat*” with hands pressed hard together in prayer pose and chant “*Kartaaar*” with arms extended straight from the sides of the body at shoulder level and parallel to the floor with palms at right angles to the arms.

[The *kriya* was practiced for about five minutes.]

“Sleeping with a boy is love!” Forget it, man. That is a sexual intercourse act, a physical integration at that moment. You have a pressure in your bone, feel horny...”Get up, honey.” Do it. Perfect. You feel a little bit kiss, kiss, kiss.

You think this is love? Forget it. You call this “love”? Love is a *total* tolerance of the other being. *Total* tolerance. *Total* tolerance. That requires *total* patience.

From where it is going to come? Nerves. You have *nerves* in you. Only then you can do it. Otherwise, forget it. Your child does what? He urinates, his diaper may be torn and everything flows on the floor. He breaks your plates, he does everything. What is that he doesn’t do? All you end up saying “Baby, please...” Because you are totally tolerant towards that child. There is no reason.

You don’t say, “Baby, I love you. Don’t break my plates.” No, he is not going to do it. He is going to break it. That is his consciousness. Sometime you love him to break your plates. Do you know that? You love him to slap at your mouth. You feel he is learning now. He is not learning anything. You just feel the touch of that baby because you are totally tolerant of that, and that is love.

If mother makes out of her blood the milk, she turns her blood into milk as a food for that baby. And as the egg starts developing, his organ starts developing here. That is the creativity is in harmony of her mind and she can give her blood to the child. Love!

Well, your best friend may be in hospital and you have to give one pint of blood. And you say, “Am I supposed to? Am I going to be weak? Am I going to die?” You ask three hundred questions. Intellectual level all the time –reasoning, questioning, reasoning, questioning. All life is wasted.

You are so mechanical, you want to live like machines. Learn to live like a *human being* with compassion. Don’t live like a machine. Machines serve you. Don’t *copy* your servants. A master who copies his servants meets the worst death. You have started working just like machines, living like machines. Your questions and answers are like machines. Your being has become a machine. You are a *human being*. Compassion, sacrifice, tolerance, patience are your beauties. Better shape up quick. Keep up! *Sat Naam*.

See you tomorrow. Now is your food time. I don’t want to disturb you more.

Day Four

[As the transcript begins, Yogiji is leading his students through a yoga class and the students are in shoulder stand.]

Long and deep breathing. Then it [shoulder stand] becomes *Karam Sarvang Aasan* and *Sukhsham Praanayam*. *Sukhsham Praanayam* is when breath is very sweet, very loving, and very soft. When you inhale, you live, and all the blood of the body comes and the juice from the moon, that is from the head, that is the lower part of the brain, now it cannot go anywhere. See that your chin is with your chest. I tell you the correct doing of it. Chin is with your chest, your legs are as straight as ninety degrees, your toes do point towards the sky god, the thunder spirit, and you breathe long and deep. Keep up, keep up, keep up. . .

Long deep breathing. This releases every little *ang-sarvang*. In English we call it "shoulder stand." Its real name is *Sarvang Aasan* – all limb posture. And *Sukhsham Praanayam*, when in this *kriya*, long deep breath is done, then it becomes a *kriya*, answer to your all emotions, regular-irregular emotions, answer to your all ego.

When your head is down, legs are up, ego doesn't exist. You can say now, "I am great, my top is down, my toes are up. See how great I am!" That is the way it has to be.

Now bring your knees to your ears. All the duality of the sound leaves the man when this posture is perfect. It is very difficult to do right. Somebody will talk to you, you will smell the ego right away.

You must practice this practice when you are in young age; otherwise when you grow old you are going to go stiff, bad health: "Yogiji, my back hurts." It hurts because it hurts. So now you are going to hurt your back so that it may not hurt you at all. That is the way life has to be.

Offense is the best defense. Pull your neck left and right and you will find the results. This is the stiffness of the neck is responsible. It is the neck that is bothering you, not you. Bend of the neck is not proper. This is why it doesn't happen. Long deep breathing, Sonny.

Alright relax, rise above. Up into the sky. Hold the God for a while on your feet. On your lotus feet hold the sky, and now the lotus feet will be wide open to the nectar, wide open, wide open on your lotus feet on the sides, please. [Spread your legs apart.] Left and right wide, legs straight, no bend in the knees. Wide open, just as much as they can go. And breathe long and deep. Breathing is very important in this exercise. Otherwise it becomes useless. Otherwise it is gymnastics. [about 3 minutes]

Alright come back, slow down. Return to normal sitting position after going up, and then let your back lie down peacefully. Then you start sitting up slowly. There is one exercise attached with it, and you have to do that. Now that is the exercise.

Hurry up! With breathing, shoulders [go] round and round. When shoulders come up,

whole breath should come in, very powerful thing. Round and round, powerful and powerful, up and up. Circle, circle. Run this machine in divine circle, around though, shoulder has to go around. It is not up and down. It is round, up, down like a wheel. When the shoulder goes up, breath is filled in the lung. When it comes down, breath is taken out very powerfully.

With all the self at your command, this exercise will take away all the toxins from the body. Something which is known as sickness can leave right here in this hall if you do it properly. Put your all strength into it.

Very good. Now don't freak out, keep on doing it. Your shoulders are your shoulders, your hands are hands, and breath is your breath. No stopping with it, dears. There is nothing to stop. We have to do it in our life someday something. Keep up! Keep up! Breathing and doing, breathing and doing, every breath. Doing is doing. Whole spinal area has its own exercise without any botheration from you. When you breathe, inhale rounded whole shoulder like a wheel, then you will know what *Waaho Guru* is.

Inhale, exhale. Put your hands here on your knees. Now you do something. Sit like this, right? [Easy pose] Watch my shoulders running. It is whole spine. I can feel tail of the spine doing like that. That is the exercise. Right from tail here to base of the head, whole spine. It goes like a cane. This is known as *Mayur Dand Kriya*.

Chalo, chalo, chalo! This is the essential! Twelve years of Hatha Yoga, after that, they teach this *kriya*. You are being learned right just away. Come on quick, we have go to do it!

You will sweat in this *kriya*, but don't wipe off that sweat. That is not a sweat. That is the oil the body will give. The glands of the body will secrete, so you have got to do it. You feel cold as though you are having a heart attack, but it is alright.

Right from the tail of the bone to the top of the spinal column, twenty-six vertebrae. They all go into the motion. Long, deep, powerful breath. Very slowly. No hurry. It is a piston working in the wheel, that is what it is. Keep up, keep up, keep up! Bravo! Your all proteins and vitamins and all is going to come out today in action.

That's it! Come on, keep up! "A-ee! My back is hurting, Yogi!:

Keep up! It will not let it happen. Do it! Get up every day.

Come on, come on! Quick! You beautiful guys got to do this beautiful act. Come on, come on! I won't give you the chant, otherwise if you won't do it. It will take you to God after little while, but keep on doing.

Don't worry if you sweat in this. It is the outcome of something, so keep on doing. If you are hot and sweating, then it is alright. All from the tail of the spine to the top of the spine, very sincerely. Bravo! Buck up, buck up, keep up! Don't give in. Every day is not a Sunday. Doing is believing. You must do it. Okay, keep up! Don't feel sleepy. J Every part of the spine has to be energized, my dear friend. That will be a cavity in the system. [5 – 10 minutes] Inhale.

Lie down on your backs straight. Straight, flat. The blanket you have here by you, warm

yourself. Whatever you are doing, you are in sweat and this sweat must not be wiped out from any part of the body. But, warm yourself, cover yourself and cover yourself, feet, everything. Everything will be taken care of later, but no part of the body. . . . Air must not touch your feet and all, because it is a special type of oil which body gives and it is very important to preserve this oil.

And now relax your body from the toes to top, part by part. Absolutely relax your body under your own voluntary command, because if air will come to any part of the body and will touch it, it is not going to let the thing absorb the oil. Because this oil has to be reabsorbed by the body when you relax. Therefore you are supposed to cover yourself in a warm blanket.

You can leave anytime you like. You can come in again. But this is a Brahma press, you have to be squeezed in it. You have to realize this is the life. We have to make it. Now is the time. Now. Every time is now. There is no tomorrow.

When the juice of the youth will be gone, you'll be just left as intellectual rapper. Then you'll be just like a duck, "Quack, quack, quack, quack . . ." all the time. You are not going to shut up, because you have nothing to experience. You are not experienced. Youth has gone to lust and now you want to go "Quack, quack, quack" all the time talking about God because you know you are unable to get it.

Let us make it happen. It doesn't matter if in this *jagna*, it won't happen. There will be another time. Let us do it. Let us put our time together. Time over time, now over now, brick over brick, and we'll build it up! We'll chant holy mantra, the syllable, through the physical-mental vibrations. Try to get out of it. You can't! You are plugged in it. *Kriya* is manufactured in a way where mind and body are captured.

You are not to tune your mind in it. What your poor mind can do? What it is going to do? Where are you going to go? After two or three minutes, guy will come here, calm and quiet. Burn a fire round the monkey. See how it sits like this. Otherwise, monkey is going to sit? Impossible!

I studied, because in scripture, mind is a monkey. For three years I studied the characteristics of monkey. I sat down with him. What he does? How he does?

One day I put him in the ring of fire. Yes! He was willing to get fried. I said, "That is the mind. That is why these *kriyas* which create such a radioactivity, atomic blast of the human magnetic field, that is why they are perfect."

It is not a miracle, it is not something happening. It is just your own magnetic field, breaking. The layer after layer of the atom is conscious and clean.

Now if you have 36 pounds of garbage, it will take that much long. No miracle is possible, but the physical and mental heat which will burn it up. The wall of duality shall fall and, like a new moon, a peaceful beam shall come.

Who will have nerves for sacrifice? Sacrifice, sacrifice, sacrifice. What do you mean by sacrifice? If you don't have the nerves to sacrifice, you require nerves to sacrifice.

Withdraw the energy from every part of the body. And now you are dying. Your *praana* should leave the center of the skull, and when you feel the *praana* leaving the center of the skull, chant the mantra, “*Waahay Guru*” mentally and pump the *praana* out. “*Waahay Guru, Waahay Guru. . .*”

Draw it from the whole body, so that the death may become liberation, non-attached. Vibrate the pineal gland and through this, send the life out. Practice it. If you won't practice it, at the time of death you won't know how to die. You will freak out.

How to die? Relax, and let the *praana* go out the top of your head, and send the pulse out with the vibratory form, with the sound “*Waahay Guru*”, and up to the time you are constantly awake. If you sleep, it is ok. Then no problem. Then it means confirmed death. Then you know the art of dying.

You have got to sleep in this process. Send the life out the top of your head with the sound, “*Waahay Guru.*” Guru will only stand by you with the last breath if you remember him.

All the scriptures say “*And Waahay Guru is God, He is Infinity.*” So you are going to Infinity to liberate from the cycle of birth and death. Therefore you must send away your life current by the sound current of “*Waa Guru*”.

If you learn to die this way, you learn to sleep this way; you learn to live this way (and) you'll be liberated come what may. I'll chant the mantras, but you'll keep on practicing. It is very important. When one dies, this is what all those scriptures are read for. I'm going to read all to you all, because you're all dying.

[Yogi Bhajan recited *Gurbaanee* for an hour. It was recorded. Afterwards, Yogiji gave everyone a break.]

Dear ones, I think even if you close your heart and open your ears, it will work. Try to understand the basic law of transmutation of consciousness. We always say, always go to the basic things, the basic sound of the word. We always say, “*Sublimate your soul.*” We always use this phrase, “*Sublimate your soul.*”

Now the law of science is, you put heat in anything, it will sublime. Put water on heat, it will become vapor. Put sulfur on heat, it will sublime into fumes. Therefore if you will not put yourself into the heat of *sadhana*, the soul shall never sublime. There is no way out.

All knowledge is only meant for one purpose. *Gyaan* is knowledge. The purpose of *Gyaan* is that when you put heat to sublime your soul into your higher consciousness, you may not freak out. That is all. Otherwise there is no purpose.

There is one standard purpose of all *sadhanas*, *jagnas*, all *yatras*, all visitations, walking. Why in India the temples have been made on the height of the mountain top with no path? Those who are seeking will go all the way, chanting the Name of God. It will give them one-pointedness of the God. That is why.

Why we call a *yatra*? Why every Summer Solstice we want everybody to come from All over the America? What is the purpose?

People will walk, four or five days. They will drive, and then they will go through that heat. And those who are seeking to sublimate their soul, will be mentally ready and tune in. This is the most convenient place where we have this sort of thing going on.

If it all goes in my favor and Lord does not bother me, I will take you to snow top and freeze you to death, and see how many of you survive through the breath of fire. That is a worthwhile trip because once in life qat some time, man should learn to surrender to the thought, the higher thought.

The surrender of the self to the higher thought is to sublimate one's consciousness, and it should happen. This morning we wanted to tell you how to die. You are all to die. There is no problem of that, now or a hundred years after. So every night when you sleep, you must breathe with the sound current "*Waahay Guru*", so that you can always get out of the cycle of birth and death. And chanting that *Shabd*, you should always sleep and should feel that you are going out of the body through the tenth gate.

This practice is great practice. It will do three things. It will take you away from the cycle of birth and death because the scriptures say "At last the moment when the breath has to leave, this *praana* has to leave this body, if you meditate on God, relate to God or chant to God, you shall not come into the birth and death cycle." All scriptures guarantee this. Then let us prepare ourselves for that.

So our temporary death is what? Sleep. That is our temporary death. So every night we temporarily die. So when you die every night, die for Infinity. Lie down flat. Very, very flat. . . . It is very difficult for many of you. It can test your nervous system. Anybody who can lie flat with open palm and not crossing his legs and voluntarily lie like that the longest time, has very strong nerves.

And you will realize after a while either, you will like to turn left or to right, or you would like to cross your legs or shake your head, and do many weird things. Because your nervous system is not in the correct form. And whatsoever has got a weakened nervous system, he is itchy. He can be teased easily. He can become negative quickly. He cannot sustain friendship. He will always be unshaky towards his own self, but very shaky towards somebody's self. He will never be selfless. Whole characteristic of a man can be read from it. Because you have no patience, one who has no patience, has no tolerance. One who has no tolerance, has no love. One who has no love, he cannot communicate. One who cannot communicate is no use, a no good friend.

You are sitting with a friend. He is sitting like that. After 15 minutes he says, "Hey, what are you doing?"

You say, "Hey, I have to go."

He says, "Wait a minute."

You say, "Hey, I'm going. Forget it man, you are lousey."

He says, "Wait a minute. I have to sit and think a minute."

You say, "I'm not going to think."

He says, "Shut up! I'm wasting time with you!"

That guy is thinking something, and you can't even sit with him. He is not asking you to give something. You even can't sit with another person. What kind of human being you are?

That is why we don't eat meat. All animals who eat meat are restless. You look at the nature. I'm not laying a number on you whether you should eat meat or not. And I'm not an M. D. : "You need protein, therefore you must eat beef which has a special kind of this and that." I think this beef lobby has purchased every doctor in this country. It has advanced some money to the medical college, so whosoever is there has to teach it.

There is something fishy somewhere. Otherwise, how is it possible? I'm a vegetarian. Let any meat-eater come and wrestle with me, I'll tell him which way the bone goes. I don't understand. I am very fit structurally, really very fit. And if it comes to testing the strength, it is not a weak man talking. You know that little rice and all that I eat.

So man does not or should not have a restless mind. Mind is related to the nervous system. Irritation in body, irritation in blood and heart and circulation in organs of the body, does affect the mind of the person because there is attachment between the mind and the body. So if you have kind of a dirty mind, you must be aware you are eating dirty foods. Somewhere you are doing wrong. You can't get out of it. They're automatic.

Don't try to search. It is there. Upset mind for what? Live on milk and honey. You will not die. Your mind will become calm and quiet.

Once a very good sage came to me. He was a very respected and renowned man. He asked that I want to see me.

The great karma, always I run after these saintly men. He has come to see me, I don't know why. So, I said, "Sure, Sunday I am home. If he visits us, have food with us, we'll feel honored."

So Sunday he came and to my surprise, all his disciples dropped in and ran away. He was all alone, standing at the gate, so I went and received him. Welcomed him and got into my living room, and asked him what I can do for him.

He said, "I have heard about you, and I have got a problem, and I'll like to know about it." His problem was that at night whenever he used to go to bed, he would have a dream. And the dream comes like lightning. And he never knew what to do about it. So somebody told him he had a trouble once and he came to me, and I did something and he was alright. And he also told him that I don't dream. So he thought I am a fit man.

So he said, "Well, I have got a problem and my problem is that anytime at night I sleep, and I feel like lightning coming on me."

And first thing I asked him, "What do you eat?"

He said, "I only drink milk and nothing else."

“Who gets the milk?”

“One of my disciples.”

“Where?”

He said, “There is another man who gives him the milk. He gets it.”

I said, “I know. Where do you live?”

“Such and such a place.”

I said, “From tomorrow onward, the milk will be supplied by my man, for one week. And you will only drink that. Say okay?”

I asked my servant. I said, “You will go in the morning, four o'clock, milk such-and-such cow, take that milk and chant the whole time and reach that man's house. You will warm it and you will serve it. And the rest of the milk, you will leave in his room with instructions from my side that whenever he feels like drinking anything or eating anything that he has to do with only the milk, that it is there so he can drink it.”

So after seven days, another Sunday came, so he came. I said, “Yes, Mahatma ji, how about the dream?”

He said, “No, not at all, I don't have it anymore.”

“You are alright?”

“Yes, I am alright now.”

Then he asked me, “What was it?”

Answer was very simple. The disciple used to go and get that milk. Never used to do it with love, but under compulsion. He used to curse all the way. “Early in the morning, three o'clock, I have to go all the time. Damn this mahatma, I can't do this.” And then when he used to have that fresh milk, on the way he used to drink it, and put little water in it to make the same. Bringing it every day, that was his regular thing, so it was not pure. Because he was a holy man, his body was very sensitive. And he was getting this kind of thing every night. He got afraid that something was wrong, but he couldn't feel what is wrong.

But when he told me that all he drinks is nothing but milk, I couldn't believe it. That a man living on milk – because aryanvedic *shastra* is very explicitly clear on these things and I couldn't believe that a man living on milk alone can have that kind of dream. Impossible. But the only thing at that time I could meditate and think was that from the animal to this man, there is something wrong in between. So let us cut that out and try.

Think of that man. No intention is involved. Holy man lives on milk and his disciples supply (changed “supplies” to this correct form) him impure milk. And you think of your food, all of you. I don't want [to] make you fanatics. That is not my idea. But I tell you

how pure are those hamburgers and those type of things you have done. And even now, my dear, hold this carrot! Very good. One, two, three, twenty men – one carrot. That is the animal way of eating.

Have food put before you and feel God is giving you this opportunity for energy. Purify it. Not from somewhere else, by your own self. Evoke in it purity, piety and the power, three things, and eat as a divine gift. A lot of clarity will come in your soul. Your soul shall shine. Good luck will kiss you. Bounties will come to you. It is very important.

But if you eat like an animal, then you will live like an animal too. So in your own life you have to decide how you want to eat, because they say you are what you eat. I know it is a very popular thing.

People feel. I appreciate what they feel. I am not their enemy, but I cannot side with them. They feel that drugs are drugs. They had drugs, that is why they are here. My personal feeling is it is unfortunate they have to be here because of the drugs. I know why people took drugs. The pressure of society was so heavy on people that the incoming mind with the change of the age, became totally in a position not to bear the pressure. Now it is very difficult to leave parents, the home, the house, the street, the city.

So what they did? They took the help from the outside. You took help of drugs to get out of the establishment. You never took drugs for the sake of drugs.

Now the kids at the school are taking drugs for the sake of fun. You took it for certain basic reasons. But now one boy goes, he puts his hand in his pocket and takes out those capsules. "Come on, John . . ."

And in the afternoon, teacher finds twenty lying down on the grass. Ah! That is what is happening in the schools. Now it has become in a joke. Eleven year old kids injecting heroin. Now even the government is shaking. They do not know what to do. They are in paranoia because, after all, how powerful established they were, they know the future of these kids.

One man came to me. I asked him, "You have started introducing yoga into the army?"

He said, "Yes, but we are only introducing Maharishi's method."

I said, "Why?"

"That is convenient though. We can't do the hard stuff. That is perfect. We have that it works."

I said, "I am not interested in which method you are using, but what made you to do that?"

He said, "The mind has become so much varied that people cannot concentrate. We are not introducing yoga to become yogis. We are introducing yoga so people can think and concentrate better. And that is why we have tried that method and hope it will work out."

You all love to eat meat. I am not talking to you who are here. I'm talking to the people who believe that. Ask them one question: "Why don't you eat meat of the animal who eats meat?"

Because the animal who eats the meat from the animal is very restless. To eat the meat of that animal will make you highly restless. That is why they avoid it.

Jews have that Kosher meat. They cut the throat of the animal slowly and drain out the blood. They feel that will safeguard them. The animal nature of the animal will not go. You can't get out of it. The Muslims, they read the Koran, "La ilahaa Muhammadaa . . ." all that stuff. They feel it becomes pious, that goat has become pious. Everywhere man eats meat. What for? If he wants to have the kick, it will take you a full day to come down.

Today that is why I told J-P, "Make a kick dish today so that they will know what food is." Kick dish. We want you to have the hot food in these *jagnas* and *sadhanas*. Why? Purpose is we want you to stimulate within yourself, that your energy may be stimulated. *rajaasic* food. We are doing *sattvic sadhana* eight and nine hours a day. And we eat *sattvic* food? No. We eat *rajaasic* food so there may be lot of energy, so that we may accomplish what we want to accomplish. It is creating a balance.

If I tell you, "Just drink a glass of milk, or seven days be on fast, and do these exercises," half of you would die with a heart attack. You would have no energy. Who can do it?

That is why we are not calling these things "retreats." We are not retreating for anything. We are going to advance. From whom we are retreating? We are advancing to God. We are not retreating. Why you call it that? Why you got those vibrations? I am retreating from where?

Words do mean something. They are vibrations. They build in the mental self. I am not going to retreat from everything. I'm going to fulfillment of everything. I'm going to go on the path of sacrifice. I'm going to offer my lower self as a gift to my higher self.

That is renunciation. Renounce your lower self and give it to your higher self. That is renunciation. Renunciation is not, my friend, to leave home, leave children, get away.

There is one word, *brahmachaarya*. Everybody has translated it wrong, and they lay a trip on this world.

Brahmachaarya. *Achaarya* means practitioner. And *Brahm* means God. Anybody who practices godhood is a *brahmachaarya*. Simple word, simply meaning.

And these renunciates, they say it is celibacy. From where the celibacy is there? *Brahm*: God; *achaarya*: practice; God practice.

In old and Hindu times, the life was divided into four realms. One was *brahmachaarya* ashram. You have not to join with this world because you must learn about God. You must to learn about this world and God and the relationship and the whole thing. And they say for twenty-five years, you must be *brahmachaarya*. *Brahmachaar*. Your *achaar*, "method of living" should be *Brahm*, "God divine."

From there what should you do? You should enter this *grihastha* ashram. *Gri-hasth*. Enter in a home, home life, get married, have children. And it clearly said [Gurmukhee]: "If you have one woman to relate to, you are *brahmachaarya*." Because it is the moon

magnetic field and the sun magnetic field which have a fixed frequency. Only you drain your energy and you become weak when you change your self from woman to woman.

It is not physical, my friend, it has a psycho-magnetic field. As earth spins and creates the magnetic field, that is why the life is on the earth. Similarly, every part of your body spins. And your breath spins in and out and you have the electric charge and the magnetic field of your body too. This magnetic field must relate to another magnetic field and create a spark that is known as harmony in the creativity of life.

I am not laying a number on you from myself. You may be a prostitute, and you go and sleep with every woman every minute. I am not a policeman. It doesn't upset me. My job is to tell you the truth. Whether you follow it or not is your problem.

If you once join physically with one negative, Man, it takes you three years to come out of that shock! We call it psychic slaughter. If you have one physical intercourse with one negative woman, your head shall not come to its balance for three years. You may study under any teacher, it doesn't matter.

Any woman who has a feeling to suck you as a human being, to enjoy you as a human being, to feel you as a human being, will take away the entire energy out of you and you will be a nut. That is why the relationship of marriage was established so that one woman can protect you from all other women and you may not get into the trap of losing your psychic energy.

It is not my job to tell you something, do this, do that. Go ahead, do it and then freak out. *Binaa santokh nahee ko raajaa*: "Without contentment, nobody is king." All you require is contentment. You have one wife. Other man's wife bed, it may be full of flowers. Don't enter in dream even. With your own wife, play all the games.

When the ninth Master left, Guru Gobind Singh was nine years old at that time. He said, "Papa, I need a wife."

He said this: "So with your own wife play all the games you want, doesn't matter." When it will become homogenous [note: foregoing word?] you will be tired, she will be tired, then you start established life. Understandable.

If you listen to a wise man, you will start on a schedule. If you're not, you will come to a schedule. But don't enter into somebody's territory, into someone's psycho-electro-magnetic field and goof yourself up.

Now let us imagine who belongs to somebody else is sleeping on your bed. Where her mind is? Come on, let us think. Door, window... telephone is off... heh, five thousand fears. What she is giving you? That body, that dead animal?

You fools! You are giving your *ojas*, your *beejas*, your *satya* to that dead thing whose mind is not on you. And where are you? My wife, telephone, there, where . . . You are not there! What kind of mind you're going to have? What kind of mind she has? What kind of intercourse it is? Something that was meant to regenerate and reproduce, and requires the totality of the productivity into the human form, has become the art of destruction.

"Yogi says this... Yogi says this... Hang the Yogi!" Either that, or hang this mental activity. Either of the two can't exist. I love you. Out of compassion, I tell you. I know it is a very big drag, not a small thing.

Woman can enjoy better than ten physical intercourses by serving and pleasing the man. And he can enjoy out of her everything by making her smile and laugh. I'm not talking to you to become platonic or plato love, but that is the basis of life. And you must love, but when you love physically, it should be free from all kinds of fear and it must have mental freedom, not physical freedom.

Don't be an idiot. Never do it. It is suicide. It is mental suicide from which nobody can escape. You should be mentally free. And she must offer herself as a *Shaktee* and you must be capable to accept that offer as a *Shakteeman*. And that union is totally divine.

I'm going to answer your question. I know my language is hard. Let me shell out a few more words.

When she offers herself to receive the God in her, in physical, in mind, and she wants somebody to relate to her soul, and vice versa, that is a union which enlightens you and will make you divine. Otherwise, better don't buy it. Don't get on the lipstick, the powder, the hairdo, all that stuff. And she must not get on the money and on the position, and all the promises and all the green gardens. They have got absolutely no value in human values.

Woman is a *Shaktee*. She is a power and she can regenerate you. She can transform you. You may be a dead, lying rat. She can rebuild you. That is the power of a woman. Her touch, a woman who is mentally and physically fit, her touch on the pituitary gland can regenerate the man. What are you talking about? And the man who is compassionate and pure and divine, his sight can regenerate the woman.

You don't know your powers. You don't know who you are! You think you are garbage and you are all the time seeking for God. In reality you are God. You are becoming God. It is vice versa.

You are created by a divine principle, your life is by the divine principle. Your mental confusion and your lust have made you dark, and you cannot see the light, and that is what is bothering you. There is no such thing that you want to know God. God knows you. You know him. What had you come here for? Just to listen, because you forget that.

You know when somebody wants sexual intercourse with a woman, when the magnetic field of a woman is negative and yours is positive. If you encourage the woman and do not go physically with her, that woman she can become divine. You fools, when you do that for a minute's, tich, tich, tich, and that is it, you are gone, she has no advantage of it. The whole energy is wasted.

But when she is in that mother image and she wants to suck the seed out of you, and at that time you can give her *gi-aan*, if at that time you can look at her and tell her, "You are *Shaktee*," you are great. Sit before her for a while. See what it does to you.

Don't get her into the bed and take two blankets over it and that is it. There are some other things to do. When a woman comes out to you with that love, with that power, she

is ready to work to your seed, to your kundalini, sit with her at the focal point of the eyes and look at her eyes and preserve yourself, and feel that she is Goddess of the Universe. And she is embalming you, enchanting you, she is raising your consciousness.

In fifteen minutes, you will freak out. You won't be a man of this planet. Then you will realize that what Yogi says was true.

And once you have that experience, this physical live rabbits, bunnies, all the time, you will get out of it. Then everybody may lay it on you, and you say, "Oh, God bless you, *Sat Naam*."

I know otherwise it is difficult. I'm telling you. I know it. It is all falsification. We live in falsehood. "Oh, I should be celibate, have a loin cloth tied and out, about two pounds all the time..." What they call it? Ice cubes!

How to be celibate? What are they talking about? Celibacy. Have wet dreams every night and call yourself celibate. Nonsense. And they feel that people do not know about it.

It is surprising how hypocritical divine man is. And you got to learn it, you got to feel it. And you have to accomplish something in your life, and that accomplishment is charge your aura, charge your magnetic field, charge your psyche so that you become great.

Why not? You will attract everybody. You are all attracted to me. If I start sleeping with everybody what will happen? I will freak out. You adhere to everybody. We have got ninety-eight centers. Everywhere there are 60, 100, 200, 500, 1000 people. I attract everybody. My psyche attracts everybody. I know. Similarly you have to know the same truth, where you attract somebody, raise his consciousness and don't freak out, because the age of Aquarius needs the teachers who will show people where the level of the human being is.

Human being is the supreme being on this planet. Here is the God principle in life. That is what human being is. And you can move that principle up farther moments. This is what human being is. And you can move that principle up farther moments. How any minutes you hold? Three, five? Sometime you freak out in the underwear itself. That is your divinity. Everybody talks to you. Get it.

I have seen spiritual people. They are afraid to talk of this thing. You have got to learn it. The *bindu*, the seed, is the life principle in you. It must not be spoiled. It can't be put in any can that comes in your way. Are you crazy? I am not talking when you must produce children. I am telling you today about the *Shaktee* and *Shakteeman* principle.

If woman gets into negative people, in one or two years she'll be just crazy, totally unfortunate, unhappy. If a man will start doing it, his end will be the same. You are young. Blood is hot, lot of red corpuscles, lots of marrow, lots of muscles, lots of smell, lots of girls too, and lots of boys too. But you have to call on your consciousness and feel what you are going to do, not to what extent you are going to do.

Every beginning has to have an end in itself. You can't flip out all the time. Our principle is: yesterday is past, future is now. Let us build the life now. On what? On righteousness.

I want to know one thing. When you love one girl, what do you give her? Come on, come on! Lecture is closed. Now you are going to participate.

When you love some girl, what are you going to give her? Huh? Answer me.

Students: Self?

Right. What else? Come on, everybody should speak. What dummies!

Students: Discipline! Energy! Security!

That is true. What else?

Student: Now-ness.

That is true. That is very correct. What else?

Student: The seed.

What else?

Student: The truth.

That is true. Our future. Seed means the future. That is true.

Now sum up this whole thing, all of what you have said. If this is all you do, what is left of you? Self is gone at that time. "Honey, I love you. I feel so good." All that action at that time. Her spit does not spit. Her breath is not bad. Her teeth are not bad. She bites you. You bite her. And go whole stuff. You're naked before her. She's naked before you. Nothing between you and her at that time. Nothing. It is total merger.

But does it at that time serve your lustful nature or the lust to serve your soul? And if you develop that temporary relationship and then freak out, how can you be constant to God who can make you divine?

I don't understand. You go and study somewhere else. There is nowhere, my dear friend. I don't want to kid you. I want to be honest and truthful with you. If you train your mind every day to play this game of oneness with one woman and then freak out, no teacher on Earth can teach you how to contact your soul with infinity. It is a blunt truth. And that is a very powerful teaching you must give to your mind.

First you hook her. You want to know what kind of flower she likes, what food she likes, where she goes, where she comes, and then you encircle her from all sides – and that's it. And then you promise her, you talk sweetly to her. God knows how many games you play with her, to do what? To have her in one night for a few moments. And you may go on for one, two months, then you freak out. And then you again play the same game with another woman. Where are you going to end up?

Then you become expert in playing the game with woman. And sometime, you get married. You do not forget playing this game and then she freaks you out; she runs away. It is a great, vicious circle humanity is suffering from.

Same way with the woman. One man, two men, twenty, fifty, hundred men, two hundred, five thousand: "I am your husband."

"Damn it, what husband? I have seen many like you." That's it.

A girl told me in confidence, she said, "He tells me to be very pure. How can I be pure with him?"

"What is wrong with you?"

She said, "From fourteen to twenty-four years, when I got married with him, I used to sleep with three or four men every day. Three or four men every day, and now I am married to him and he wants me to be only for him. Yogiji, I have come to you to tell me some *kriya*, some formula, so I can control my mind."

I said, "You are right. Something has to be done about you. Man, in ten years you have trained your mind in one way, and now in two months you want to forget all the training of ten years and you want to be totally pure and only look to one man." And I asked her, "Honey, why you married him?"

"He is rich, a lot of money."

I said, "Did you marry him or his money?"

She said, "Money. What I have to do with him? I can sleep with any man, even now. I don't need him. All I need is his money, car and all that stuff."

Now you want the return of the Jesus Christ . Where is he to come? In that womb? And he is going to have birth from that seed? And then you expect your children not to give you a bad time. Why not?

You want to be healthy, happy, holy, how? If you do not learn, males, to value your seed, it means you do not learn to value yourself. Your seed is the total sum of your value. And one who does not value his seed, does not realize himself and one who does not realize himself does not realize God. Go and tell all the teachers. This is a total sum of all teachings. I'm not asking you to become celibate. I'm not asking you to become too much. I'm asking you to realize the truth. And woman who does not realize her womb, does not realize her self and cannot realize God. And there is not going to be any hanky-panky about it. It is it.

Why not? I think Mary was more Christ than Jesus himself. Mary was more Christ than Jesus himself. Apple tree gives birth to the apple. On dead tree the apples do not grow. I have never seen a man in any consciousness who is not supported by the principle consciousness of the woman. Prove it to me a single person. It may be mother, it may be wife, it may be girlfriend, it may be a friend, it may be anything. I don't care what it is. It may be in private life, it may be open. It does not make any difference.

Sri Aurobindo, if he would not have met this mother who is now in Pondicherry, he would not have been so holy as he was. Forget it. This French lady turned him inside out. She inspired him. I would like to know one person on this planet who has reached the height, and behind whom there was no woman. Name one. Come on. You are well read on every book. You have read. I am just nothing. You know I don't read books.

Hey? Vivekananda? Vivekananda was just born out of the blessing, his mother. And she knew he has got no age, that is why she forced him to go to the guru. What was his name? Vivekananda's guru? Ramakrishna. He went under the divine auspicious instruction of his mother. Behind Vivekananda was his mother. And when guru saw him, he told him, "Sit and meditate. What you see?"

He said, "I saw a red light here where people are going and coming in." What was that? Triangle here. That is the *yonis*, that is the uterus of the woman. And he saw in and out, people going.

And he said, "Did you count how many?"

He said, "So many."

He said, "You have no long life. Bhagvatee has not given you life."

He said, "What to do?"

He said, "Get on. Do what you have to do."

Student: Who's been the woman in your life?

In my life, my mother.

Student: What about your wife?

You cannot question me that. You have asked one question. "Who is the woman in my life?" I have said my mother. I am divine today because of her. That is a fact. If she would have not pulled my ear for not reciting my scriptures early in the morning and do this and do that, I would never have been organized myself."

Student: "You said that man must value his seed and the woman her womb. What do you mean by value?"

You do not know what is a value?

Student: "I want to know what you mean by it."

Assessment, acquaintance, cognizance. What is the value of a diamond in your life?

Student: "I don't have any diamonds."

I am talking one word, what is the assessment of that in your life?

Student: "I don't value diamonds."

You're telling a lie.

Student: "I don't value diamonds."

You will say it is a precious stone. You can't deny it. You don't care about it because you do not have knowledge about it. You are ignorant. Diamond can nuclearize whole sun energy and pass it through a little ring in your life span. That is why it is a precious stone. Don't value it because rich people wear it.

Precious stones do not have value because rich have it and poor can't have it. These precious stones have the power to crystallize the sun energy and inject it into your body. That is what their value is. Their value is not how many dollars there are there to buy them and spend them. So you have to clear your head about that.

Now *hakee* has no value. Because you get a real *hakee*, it is a valueless stone. You can't buy it with dollars or gold or anything. These precious stones are not valuable because they are stones, but because of the quality they have.

Woman's womb is not just the woman's womb, but it has the quality it can produce q Christ, it can produce Jesus, it can produce Buddha, it can produce anything you think of. Am I clear? That is what it is. That is what I say 'value your womb; Value your potential capacity, what you can perceive, conceive and produce.

Student: "How does one value one's womb or seed?"

How? If you value your seed, you know out of your seed the Christ can be born. So you will not use it with a water pipe and throw it everywhere. Then you will find a proper soil for your seed. And then you will fix it there and then you will nurse it. And then you will guard it, trim it, prune it, let it grow. These are all value. You have to grow a rose plant one day in your house. Then you will learn the values. Will you do it?

Student: Yes.

Just grow one plant of rose in one of the earthen vases. But condition is, you will make the earthen mould, you will make the earthen pot, you will put the manure, you will put the earth, you will put the seedling, you will do the whole thing and you will water it yourself.

And when the rose comes out, you will let me know. Okay? Then you will learn by perception, how much time, difficulty and speculation has to go into it just to grow one rose plant. And these children are the roses of the buds of our life. They have to be taken care of, valued, prepared, understood under the same manner. And that is required the same way of the human race as that is required of the plants. I am a married man. I have lived the life. I understand the whole scene. You had a question. Yes?

Yogi Bhajan's secretary: Well, I think the question is

Yogi Bhajan: Well, can't she ask the question? Or are you here as an attorney for her? What do you say? Come on.

Student: [question has something to do with a woman and Christ.]

Well, she can. When do I say she can't? What do you mean by Christ? Do you know that?

Student: [Unclear]

Who told you she can't be?

Student: That was the impression I got.

When you get a wrong impression, what should I do? Well, correct it. Stand corrected. Stand corrected right away. That doesn't mean at all that thing. Why can't woman be like Buddha?

Student: [unclear]

Who told you that? Nobody can meditate on baby?

Student: [unclear]

Why you want him to take care of it? If you cannot take care of your baby, why you want to have him at all?

Student: [unclear]

No. Scripture says very simple [Gurmukhee]: "The woman, *janaanee*, who can give birth should either give birth to a saint, to a hero, or a great person, or why should she lose her charm? Why should she give birth at all?"

Student: [unclear]

Why can't you decide? Every consequence's sequence has to be decided. You have to decide beforehand what you want to do in life before you do it. That is the basic principle of your life. Don't marry that man, don't be with that man, who is not going to participate in life with you. Why to discover something twenty years later?

Sure, I agree with you. I have always said don't give yourself to a man who does not value you as goddess. And I have said it many times. Even it is in Beads of Truth. Any man who does not put the bait of the soul, never get hooked on him. I said it very clearly, and I mean it. On the hook of the ego of the man, if he puts the bait of the soul, get along. It doesn't matter. Otherwise get out of it. Don't get hooked at all.

You must realize your piety, purity and your Shaktee, your power. If man wants you, he wants you. Let him pay the price. And price should be nothing less than his soul. Don't sell yourself for things, because soul never changes. Things change. There should be no duality. That relationship will last. That house will stay longer, which foundation is on the rocks. On sand, houses are never built. It is a simple principle.

Get along with man if he says, "I love you, honey." I know all that pre-marriage date and all those promises. Open up your eyes, open up your heart, perceive, understand.

Student: How can you tell if a man is really sincere?

Oh, oh, oh, this one of the greatest questions you have asked. How can you tell? Consciousness. Consciousness will always guide you. You can always softly meditate and concentrate: "My attachment with this man is for what?" It is a simple question.

We always say meditate – “Why am I relating to this man? Does he have the capacity to hold me through the times?” And every woman knows it and every man knows it.

I tell you the greatest thing. One woman . . . There was no dream. She got up the next morning and told the man, “I have seen you in a dream coming last night with another woman and you have stabbed me.”

He said, “How can I do it? Impossible! Let us go here. Let us go there. Let us go there. Let us telephone this. Let us go to this psychic lady, that psychic lady . . .”

When she rang me on, she said, “I told him a lie and he is freaking out. What should I do?”

I said, “He is pretty sincere. He is freaking out from dreams, so he will never do it practically. So somehow cool him. Tell him another dream, otherwise you have done something he cannot get out of it.”

So she told another dream that you loved him and angel came and blessed us and put flowers and all that stuff. Oh, that was a bad period. So one day they came to our class. They said, “Yogiji, we want to talk to you.”

I said, “Alright, after the class. Come on, what is the matter?”

So they told me the whole story. Now I knew it from her telephone, you know the whole thing they have gone through. “Oh, sometime you know a dream comes because of wrong wires. It must have been somebody dreamed she loved you.”

He said, “No, Yogiji, I can't even think such a dream can come to her. I love her.” Blah, blah, blah and his eyes were filled with tears.

And she asked me later on, “How you feel that this man loves me?”

I said, “When he talked about you his aura is so white radiant I have never seen that man in that color. So I know he loves you from the very soul of his. He is not cheating. Under pressure, he may do any weird thing, I don't know. So for God's sake, don't fail his heart, don't tell him those dreams.”

She said, “Well, I was kidding.”

I said, “Well you are kidding. Three days, he never went to work, he started driving to this lady, the psychic lady, started telephoning this holy man, that holy man, to know what that dream means.”

When people value the soul, they do value. And also, I want to tell you one thing. It will freak you out again, but just have patience. Your *total* activity, *total* activity, your earning, learning, making money and all that stuff for what? For woman. And don't go by my words. I'm just trying to tell you. Just assess it. Your total activity, *total*, is meant for woman and her offshoots. That's all.

You know what your daily value is? About two dollars, that food you eat, that's all. And fifty cents for your dry cleaning or your clothes and that stuff. All the rest of the money is meant for woman.

Have you seen a bachelor having a ten bedroom house, three cars, boat? Let us talk very material things. What a bachelor does? Normally a good bachelor goes there?

You know, in India there is a very popular saying and it is a very popular lyric of a song which normally those bards sing and I will translate it in English: "The people who are married, they get those fried chapatis, when the chapatis are fried and lot of ghee put in it, and it is very soft and good. Bachelors cannot even light fire."

You know there is no gas in India, so if you have to cook a chapatee, you have to do what? You have to put fire. You do not know anything about that. It is a divine principle. Union of a male and a female is a divine principle.

But if it is done under the aspect of divinity, self-consciousness, clarity of mind, righteousness starts from there. Why? "A" helps "B", "B" helps "A." She helps him, he helps her. That is one relationship where sincere effort is done because the goal is the same.

What is the goal between male and female? A relaxed happy life. Between husband and wife in marriage there is only one goal: a relaxed, happy life.

And what is a relaxed, happy life? It is God consciousness, if you put in one word.

And from where one learns it? With a union of yin and yang. Yin and yang make a circle.

When man says, "I'm going to kill somebody," she says, "Cool down."

He says, "I'm going to do that." She says, "I love you, for my sake don't."

Adjustment happens because they know each other. I tell you. It is very simple. One who has not tasted the fruit of *grihastha* ashram shall not enter the realization of Universal Consciousness.

People ask a question. They say, "Alright, Jesus was not married. This was not married. That was not married." There are some saints and sages who were not married, but they come in their destiny for a specific purpose.

But what is the creation? Who is powerful? God, or His creation? I'd like to ask you one point. Who is powerful, Ji? His creation. Because God is realized through His creation. God is realized through the creation, therefore basically creation is powerful.

What we are trying? We are trying to create a creativity under the creative circumstances to create our consciousness in a universal creative sense. That is what we are doing.

Principal of activity means existence. Remember this law. Activity means existence. Whenever there is a balanced activity, it means harmony.

I saw a couple, they never got married, fifteen years. They came to me with four kids, "We want to get married."

I said, "What for? You are living alright. You are living very fine. You have got now the kids. You are happy. You are married."

He said, "No, there is some problem."

I said, "What is the problem?"

"Oh, some inheritance thing happened." And the court was not willing to recognize because they were not married and children do not have the right and whole stuff. So after fifteen years, the couple realized to satisfy the need of the law, they have to get married.

And some people, they get married Friday, Saturday is honeymoon, Sunday is a doomsday of quarrels and fight, Monday they stand for divorce. So there is no end.

You can't say this is right and this is wrong. You can't say this is the only way. But you should be cautious. Don't lead on the line of the sequence which must lead to the bad consequence. Check everything at the stage of sequence, at the stage of cause, so that you must not have bad effect.

Life is a cause and effect. Today you cause a cause. It will come back to you twenty years after.

There is a great story of Halifax, the great German agent. When he was doing his work for Germany in London, he met a woman. He recognized her. He met her when he was a young boy studying in London. And he knew that her state of mind was when lot of rose is on the body of the man, she gets into hysteria and follows. Now, he knew it from the school days. Now she was married to a great knight in London, and he was in a very great powerful thing.

So one day, he smeared his body with all the lavender and he sometime sneaked in, and she looked at him and before she could do anything, the rose lavender did its job. So she got stoned, so she followed him. He kept her as hostage. Her husband was in mad love with her. And he got all the information out of him.

One day out of this spell she told her husband, "The only way for me is to commit suicide."

He said, "Why?"

She said, "We can't be traitors to our country."

And he said, "Why can you not control yourself?"

She said, "Karma. Once in college, I was his friend and he knows my weakness and I didn't tell you."

So he immediately took her to a specialist, and God knows what they did to her. They inserted something in her.

Look, karma in college days came back in the married life. You do not know which action of yours will catch you when.

There is one way to get out of all the action. There is one way to get out of all the actions, and they are not going to catch you, when you, being a finite, belong to infinity.

All the time mentally if you train your mind that you belong to infinity, then you will get out of the cycle of cause and effect, karma. Yes sir.

Student: Can the effect of a cause come right after the cause like that?

It can be like this and it can sometimes take quite a long time.

Student: What would cause it like this and what would take a long time?

It depends upon the psyche. Some people, if they do just one wrong. . . . You know, I know of a friend. He found one dollar. What is a one dollar? He found one dollar and he put it in his purse on the way, and when he came to the class he was going to pay that dollar plus the dollar fifty, his class money, you know. And he found there was no purse at all. It was gone with 150 dollars.

Student: [unclear]

Precious stones can do what? I tell you today one thing. A friend of mine bought a precious stone for what? Eighteen thousand dollars, but did not get it checked. It was a good piece of diamond and he bought it. You know what happened? The day that piece came in the house, within seventy-two hours, 100,000 worth of jewelry got stolen, within seventy-two hours.

If a diamond has a black spot in it, it is very inauspicious. One should never wear it. All the black forces will take you like this.

That is why it is called a precious stone because their power is to concentrate the sun energy. That is why you wear those rings on the sun finger. It is the sun finger where you put the marriage ring and sometime it has a stone just to give you energy. Some people are very antidotes to sexual relationship, or some people are very energetic in their life, extra energetic. Check where your mate is. The coral can be answer to your problem.

There is nothing wrong with these signs. This is knowledge was practiced from man to man, and in the beginning, told from mouth to mouth, and finally now it is even available in your books. There is a saying that if you find a million dollars' worth of this blue stone. . . . Turquoise is a fortunate stone, turquoise, topaz and opal. . . . carnelian, turquoise, opal, topaz, these are the good luck stones.

Student: Jade?

Heat.

Student: What is this heat?

Oh, well it takes away the weakness of the being. Sickness of the being. These are certain good stones. But if they say you get blue sapphire of a million dollars' worth, never straight away wear it. Don't put it on. Why? I'm going to tell you. Have you seen the flame? Candle flame? And the hottest spot of that candle flame is what? Blue! Blue is the hottest spot and the hottest spot of the sun color is blue. Sun ray's hottest part is blue. And this sapphire takes that ray into your body. Therefore the procedure to

wear the sapphire is keep it at night under your pillow or tie it on your right arm here at night and see what kind of dream you get for three nights. And if all the nights pass peacefully and everything goes alright, then with a great worship and prayer, you should wear it because it can blow your top if this happens to be negative because it can add energy into your life so much.

I tell you a story. A woman came to me. She said, "My husband has gone mad."

"Why mad? He was alright. What has gone wrong with him?"

She said, "When he comes from work, first of all he abuses me. He beats the children. The pet dogs are scared to death of him." She said, "The parrot who was so many years in the house, when he comes, he cries and his feathers are leaving. I don't know what is wrong with that man."

I said, "Go and ask him, I want to see him."

So he came. And I looked at his hand and I found out. "Could you give me your ring back?"

He said, "*What for?*"

I said, "You know to whom you are talking? You understand who I am?"

He said, "Oh, I'm sorry."

I said, "Give me my ring back."

I got it back and took it in his presence, and there was a fire burning in the house. I just put it in there. "Alright, you go quick! *Chalo!*"

I sent a message to her, I said, "How is he behaving?"

"Alright. Absolutely calm. Quiet. No trouble."

Anything which is precious means what? Now let me explain to you something you do not know. Suppose a carat of diamond comes for a thousand dollars. Let us take it for example. Write it down. Sometime it will help you. A thousand dollars. And what is the average value of a man's labor? Two dollars and hour? What is average here? Three dollars an hour? And in how many hours do you earn a thousand dollars? How many come to you? Three hundred, thirty-three and a third. So if somebody is putting a on a ring of one thousand dollars, he is putting three hundred and thirty-three man-hours in the ring. That is known as manpower.

Ruby is very costly. Why? Because ruby has the power to concentrate the very heart of the sun's ray and give it to the being. That is why it is costly. Polished and cut, those facets are made so that the sun's rays are concentrated when they go to it. That is the power of the stone when it is cut.

What is a diamond? Carbon dioxide. What is the value of carbon dioxide? Three dollars a pound. What is the price of charcoal? Carbon dioxide. Charcoal is a carbon dioxide.

What is the value? For three dollars, how many pounds you can get? Twenty. And what is the value of a diamond? Three hundred thousand dollars a pound. You can't get it. It is carbon dioxide, pure. Diamond is nothing but a ten hard carbon dioxide in a crystal form. Nothing more than that. But through the years and years of the world and of the pressure, the carbon dioxide formed the crystal, and got into that gem form. We call it a "gem."

And gem has no value as a stone. It has no value. It is the cutter. He cuts it. That is why I say a human incarnation has no value if you don't get into the cutter workshop and get your cut, get your facets made so that the consciousness will shine through you. You are useless. That is why some people are three dollar a pound available and some cannot be with others at a million dollars a pound.

Why? Both are human beings, carbon dioxide. Some have formed themselves to the concentration of the mind. *Concentration*. And their consciousness has reached the power of a gem. Some are pretty useless. It is the value of the being that he is conscious, he is aware of himself.

Value of the man is in his awareness, how much you are aware of yourself. That is your value and that is your consciousness. If you do not value yourself, nobody will value you and this is the basic principle.

Tomorrow I will take the further talk from this, the story of the compassion and the divine value. I'm going to stop it now, because once I enter into that era, it will be nine o'clock and we are not going to have food. I'm not going to start it, because if I start it, I'll want to end it, too.

Student: I want to know, can you tell me how the light comes through the diamond? For example, if it's set above, is that better than being set in something like gold? And can these new artificial diamonds, that are supposed to be very close, do the same thing?

It is not correct that the artificial diamond can focus the sun energy that very way. I'm not sure of that. I do not know. I'm willing to admit I have not studied that science. The other thing I have studied, a right diamond.

I have got with me, what they call it, this blue thing? Sapphire. It is about 40 carats. It values about 400 thousand dollars or over. Yeah, I think it is throw away price. Price of that sapphire should be one half a million dollars. Throw away. I'm not valuing it anyway. It has no value. But I know I have been using it in India in healing process. That is why I have it. It is our family thing. No problem. I have not purchased it. And there are certain diamonds which I have sold to help some people and do something and to establish the beginning.

I love stones. I know their values and know that. I know what the diamond does. Diamond can concentrate miles and miles of the sun ray, and can make it into a one beam to insert into a body. That is why they call it a diamond cut.

Student: Can you tell me, does it go in the nerve channels or just go into the skin?

Yeah, your skin breathes the sun rays – don't you know that?

Student: I know that it produces a vitamin D, but I don't know what other effects it has.

Vitamin D, even you do not take whole life your vitamin, your hair, if intact, can give you the vitamin D. Oh, do you have that book? We can get some copies. Oh, are you going to call Susan? Ask her if from my living room she could get two those books.

Student: What about your rings?

I wear so many rings, it is my own game. Or sometimes I wear for people, sometime I wear for myself. I do all that game.

Student: How about jade?

Jade has a quality of a stone. In all Tibet, in Tibet, when they receive a friend, even in our own home we have jade utensils, plates, spoons, pots, glasses of Jade. Jade has a quality. It is very powerful for heart. It is very good for heart. Heart is the center of sun in the human body. Heart center represents sun. So jade is a very healing stone. Turquoise, jade and this fire opal, fire opal, opal, opal, opal, fire opal. Emerald is very beautiful stone for brain. Coral is balance. Coral balances the positive and negative power. Coral is a balancing thing. It is a living organ.

Student: I was talking to an old Chinaman about a jade ring I have. He said it soaks up impurities out of the body.

Yes, that is the same thing. It magnifies the heart and gives you the power.

Student: And he said after wearing it awhile, you should take it and boil it in water. Boil it for ten minutes to take the impurities out.

No, that is something we do to all these rings sometime because of sweat, and because of this thing, we do not keep the contact. Now this ring has got six fire opals and it has the heaviest possible coral and it is built in the gold which has silver as alloy and copper. It is the 14 carat gold made with silver and copper and alloy with it. Now it has its own qualities and it has its own quantity. It is a heavy thing. So, I use it as anti-smog ring, so it is not a problem.

Student: What is the value of gold and silver?

It is a question of contact. They are good contacts. Copper.

Student: Do they use gold for healing?

Gold is very healing. In India mostly you will be surprised people eat silver leaf in almost everything. Silver leaf on everything. When there is any metal in the body in excess, especially mercury, the silver cuts it down. So through food, these are helps.

But one of the greatest helps a man can have in his lifetime is the help of vibration. When atom vibrates... the life of the atom is based on vibration, that is sound. And the life is the extension of the atom. J And the whole life on this universe is nothing but atom, so we are going to vibrate a mantra now, in a particular posture to create those

positive vibrations. They will be healing. They will be divine, blah, blah, blah, everything because, when you read scriptures one word you should not feel that it means anything other than that.

It says: "Of all impurities and pain, the answer is the *Naam*." *Naam* means vibration, positive sound syllable. Sound syllables are so powerful these black magicians, they use them and they harness certain souls from this atmosphere and use them for their purposes. So if they can do that, why can't we do it positively?

So let us vibrate a sound. Now this sound current has a purpose. You know your hands... It is a painful exercise, man. You have to do it nicely though.

Put your hands like this. [Cup hands behind ears with the formed cup coming across the ears towards the front, but not touching the ears proper.] My thumb is in the back of my ear. My this first finger is touching it and my this finger is touching like this.

This posture is only correct if you hear yourself three to four times louder. It is a procedural thing if I am talking like this [without cupped hands]. And when I talk like this [with hands correctly cupped], it must make my sound four times more, minimum. You can hear yourself and you will see how powerful you are.

Not like this. It has got to be like this. My posture is absolutely correct. I know it, because now my ears are just drums beating when I am talking. Don't you hear like this, "What you say? What you say? What you say?" When somebody you can't hear, you say, "What you say? I am tired."

Now tell me, aren't you going to fix your hands like that? Like this. Put your hands in the manner. This. You see this way? You see this hand? Have you made it like this? See this is correct position. Now fix it in the back of the ear like this. It is a conch. Okay see yourself, come on now: "*Ik ong kara, sati naama, Siree Waahay Guru*." Thinner melody. It has become melodious and more powerful.

For those who are not hearing, they should correct their this thing. You know I want everybody to experience for that purpose. Just don't just go on and on. The sound will become a resound.

Have you gone on the mountain top somewhere on the top of a mountain where there is a valley? Say "Ah" and then it comes back "Ah, ah, ah . . ." all the way. It will create that effect.

Okay. Now make it. Come on. Laya yoga chant. . . . What is your word? In this you can hear your own sound. And you know how beautiful it is to hear your own sound? Well I don't want to freak you out today because once you go into it, food will not be required, nothing and I don't want to put you . . . Ha, ha, ha. I know because listen, listen, I know little tidbits that can do whole thing.

Have you crocheted sometime? That little needle, it does all the job. These are little *kriyas*. They are little *kriyas*, but they do the job. They spin in and out, whole thing. So tonight you have done enough for today. Okay. I am grateful to you in person that

you have digested my lecture. It was pretty stiff. That is why I look for you in the afternoon about three o'clock when your energy is a little low. Sun is setting, so look, I always talk in the afternoon. In the morning, if I talk to you, the truth will hit so hard, you will react back: "Why? Why, Yogi? Why?"

You are born out of me. I know you. I love you. That is why I just speak in the afternoon because I know, more you put in, more is going to put out. So it is going to be that. So thank you so much for that. You know, somehow I have to talk to you the truth.

[recording tape turned over]

... I said to him, "My ego is when people shall stone me to death and spit at my face, at that time, if I can hold total concentration at the feet of my Guru and feel the God is within me, I will feel I am serving my ego. Less than that, I feel I am a failure." It is a written letter.

One day after my death, one of my secretaries has in her will the power to reproduce my letters in the form of a book. I am holding that right alive, so later on the children can understand from my own writings, who I am. You do not know anything about me, so there is a difference in many things. So I know today it is going to be a little rough day, but you have been very kind and sweet to me, and for that I am grateful to you.

And my effort is that time is coming like clouds on us and lot of kids are in anxiety. They do not know what to do. They do not know where to go. They do not know what is next. They want righteousness; they do not know what righteousness is. Or they want righteousness and they know what righteousness is, but they do not know how to achieve it. That is the purpose for which we come down, get together, and do this *jagna*, so that we may experience together for experience. So we talk, we practice, we experience, so that we may achieve. And that is the one purpose, to remind your own self of your own Godhood.

It is the destiny, it is written on our foreheads by the divine pen of your Creator. Some of you are here. Some are not here. Some came and went away. Nothing can be said. Nothing can be divided. Nothing can be fixed. So we are going to practice tomorrow certain exercises about sound current and this and that. Slowly and gradually, we will develop ourselves. Some will complete in this *jagna*. Some we will complete in our Summer Solstice. Those ten days, we will try to make them as beautiful as possible and hard too.

So we are trying to go through all these things with a purpose, to serve the one need of this country. One need, to build in it a family. I am serving only one need, that is a family of healthy, happy and holy people where nobody is exploited, everybody is respected, and everybody is taken care of. The idea to open an ashram is not: "How great Yogi Bhajan is! He has got so many ashrams."

No, no, the idea is... at a car's distance there should be an ashram where you can sneak in. That is the idea. From here to Phoenix, to Tucson, Tucson to Santa Fe, Santa Fe to Denver, Denver to Houston, Houston to New Orleans, New Orleans to Atlanta Georgia, Atlanta Georgia to Orlando, Tampa Beach, Tampa Beach to Miami Beach, Miami Beach to Gainesville. It is all whole thing. You can come back again to Los Angeles safe and steady in the car drive. That is the way it is.

The purpose is very simple. Wherever you go, you find people who know you, whom you know and you feel are a part of your family, and they feel you are a part of your family. We are building a Nation within a nation, a Nation of selfless people, a Nation of people who are guided by their God-consciousness. And compassion and love are their two offerings, that kind of people.

We are not here to pick on whether you are white, you are black, you are on top, you are less, you are this, you're that, you are square, you are triangle. We are not doing that. We are getting together a homogenous unity of the mankind. And not only we are doing it, we are co-operating with others too.

That is why some last three years I am welcoming all the teachers. They freak out. I never. "Come on! Welcome! Come teach! Be with us! Very kind of you! You are beautiful! Come on! Come on. . !" All the time.

Why am I doing this "Come, come" business? Because we all believe there is one God. We all know there is one God. We all know there is one humanity. We all know every path will lead there. What is wrong there? Some will reach in one day. Some will reach in three. Alright, because on the highway...

Highway is a great teacher, you know that? Which is the greatest teacher here in United States of America? First is the dollar. You know what the dollar says? "In God we trust." That is the first teacher. It says: "In God we trust." Nothing else. Nowhere else it is said. It is on dollar bill. Every dollar bill has that letter.

And then there is freeway. On freeway, the Volkswagen and Continental, they run all in their lane without hitting each other. And nobody can go below forty-five and nobody can go above seventy-five, otherwise the highway policeman pulls out. That teaches us the art of living. And it has got no light on it, no stopping. They don't want you to stop.

In life, when you go on a boulevard, you are gone off the highway. Nobody cares for you. You are gone. But in those lanes, you drive with self-consciousness. You blink and you give the signal upon changing the lane, and you look back into the mirror of your previous karma which is following you. If you do not look in that mirror and look at your fate, and look in the past, it can be a *bang!* And you can be right there back. Accident.

So you learn it. It is good to learn it. There is nothing wrong. Learn from everything. You have come here to learn how to relax, how to be one-pointed. The food JP is preparing is very good. Even I can smell it here. Good.

If you have done your *sadhana*, you are here to be with the divine, with truth and with your self-improvement. Here, you have no other purpose. You have come all the way just to involve yourself, to practice through *sadhana* consciously. That is why we dedicate this week to something divine, the creative principle of energy, so that from here, when we go back, we may be a people who can sustain ourselves.

I agree there are a lot of pressures in life. That is alright. They are there. But when you go from here with a positive attitude, you will be in a position to sustain yourself.

"May the longtime sun shine upon you, all love surround you, and the pure light within you guide your way on, guide your way on, guide your way on... *Sat Naam.*"

Day Five

There is a story in the scriptures. If you understand the central idea behind this story, it will open up your brain, you will know what I am talking about and life will mean what it should mean to you. There was a great king and there was a very wise philosopher who wrote about the king, about his reforms, about his personality, about how he is, how he does his work and all that stuff. He wrote a lot and the king became very happy and gave him a reward.

So one day this great intellectual philosopher, who was a great writer, became very proud and his ego took him over and he started thinking "Gee, I am the one who represents the king. King likes me. He has given me all this reward and these titles."

So one day a man came and knocked at his door. "Oh, Mr. So-and-So, I would like you to write an article about the king."

He said, "Why I have to write only what you are saying?"

He Said, "My feeling is I have gone through you whole thing, and I feel personally you have not represented the king perfectly." This man got very much annoyed. He told him to get out.

He said. "It is nothing to get out; I am just talking to you. This is what my feeling is and I have come to talk to you. Why should I have to get out?"

He got so angry he took a stick and he beat him. So this man walked away. After two or three days, a courtier came and asked this man the king wants to see him. So this man was very happy. And when he went and saw the king, king was absolutely in a rage.

He asked him. "Why? Am I not your very selected one, great philosopher who spread your word?"

He said "No. You beat my best friend."

He said, "I thought I was your best friend."

He said, "No, you are my writer. You put the philosophy of my life into the people. You are not my friend and my friend went to see you and you beat him. And if I am a great king and I cannot protect my friend what kind of king I am? So tomorrow you will be punished in the court. Now today, put him in the jail."

So he was sent to jail. He was very upset. He couldn't understand.

So in the morning in the jail came a priest who wanted all the people in the jail to chant the name of God. He asked him the question. He said. "I did so much for the king and king got annoyed and that man did not do anything, his is unknown, and I just beat him. Ordinarily I should have been punished at the local court, but look what is going on. King called me here and wants to punish me himself."

The holy man replied to him. He said, "Friend, friendship is different thing. You know all about the king but you do not know his heart. That man knows nothing about the king but he controls the heart of the king. He's his friend."

Somewhere in the life of spirituality, you get messed up. You always feel how many degrees a man has got, how many universities he has studied, how many books he has written on spirituality and philosophy, well, he's a good teacher. I'm just trying to reach you to tell you to forget it. Faster you forget it, better it is. Lot of huge propaganda that he is a great Sat guru and lot of things, that immediately in one night you can be enlightened...

Another group is working these days, they enlighten you over night. You go about six o'clock with them. They make you chant certain thing whole night. At about three, four o'clock when you are just dying to death because of no sleep, they press your two nerves here and you feel a light pressure here (forehead) and they say you have been enlightened. That's all.

People are getting crazy after such kind of enlightenment, such kind of teachings, such kinds of teachers. The whole spirituality has become a total, total, complete commercialization, total complete commercialization. I am not supposed to open my this mouth because it's too big. But one thing I want to tell you, and that you should understand. A spiritual man is no different from a commercial man. I agree it is all right. But the intention should be there to make the difference.

Man of God or man who is enlightened who has given himself to the supreme consciousness should not hassle. Things will happen the same way as otherwise will happen. But when I see these people who are more nearer to God than us, hassling, behind that I see the *Kali Yug*.

Sometimes I forget this is the *Kali Age*. I work with people. I see them coming with their beauty and shine. I am very much enlightened myself out of their light. I feel very blessed. But sometimes out of the blue ether, I see the other stuff happening.

Enlightenment may not come to you for whole life. I do not know what you mean by "enlightenment." Enlightenment is a very simple word. When your *being* is enlightened, it means every part of the being, every concept of the being, every projection of the being, every background, and the future of the being, is known to you. That means enlightenment, not that you find a particular light here and you have been enlightened: "I am enlightened."

If you say that, it means you know *everything* about yourself. You know all your negativity. You know your all positivity. You know your capability. You know your weaknesses, and you are a very relaxed man because you know your account. You are enlightened. It is beyond doubt. Yes, you are.

But this *gimmick* enlightenment, which is going on is very confusing. It's very confusing. It's very, very confusing. And this kind of enlightenment has to go on and on in these twenty-eight years [until 2000].

You'll be enlightened. On every railway station, on every airport, there will be a machine in which you will put twenty-five cents, and you will get in and come out enlightened.

It's going to happen. You won't believe it. You have laughed today but remember my words. I am telling you there will be universities for enlightenment. There will be food, fad food, available in grocery stores, enlightenment food.

When the businessman gets behind the spiritual man, all he has to do is to buy the soul of the spiritual man. Every man has a price. Then use him the way he likes. Put him on billboards. Put him on the television. Do lot of publicity.

In one of publicity campaigns about the spirituality, I received four brochures. I asked my director of public relations, I said, "Will you just take it back to this town and get a quotation. If we have to get this kind of publicity out how much will it cost?" She went to nine, ten places and came out the minimum was \$2. 50 minimum, provided we get that over five thousand pieces.

And I said these people are crazy. If the minimum is \$2. 50, \$10 worth of this photo, and this junk mail they have sent me for what? And it was surprising. It was: "Yogi Bhajan, care of 3HO." It was at my home address. It was at my ashram address. Every possible address they know about, they sent forth.

Understand, awareness should be that if something is going to happen, you must circulate among people. It is understandable. But the stuff you put in that, you should be very careful. Make a most beautiful brochure, a very costly one understandable. But don't put in that, that he is the only one who has come from the heavens direct to enlighten you right away. This kind of stuff which is going on, provokes a sense of danger. Not for few human beings, but for humanity. And this is a very serious proposition.

Some of the people, our student teachers, they always tell me, "Yogi-ji, we must work with everybody." I believe in working with everybody. But while working with everybody, *we also work on them.*

I personally believe that when there is one God, one humanity, one universe, it doesn't matter if someone studies with me or he studies with A or he studies with B. It should not matter. We should do our level best to be available. And the spiritual community should be totally free to study, to develop, and to grow. That is why I am desiring my teachers to look like me, to be like me and be better than me ten times, so that they may be recognized, and they may be responsible. And they must represent the truth, and when time calls on them and tests them they should not freak out.

So we are trying to standardize people among this community who shall be the pioneer teachers of the Age of Aquarius. That is the purpose. That is there are certain fundamentals which we don't believe in. We believe in *Gur Prasaad*. You have a guru. Give the *prasaad*. You learn and also teach. If you take class in the morning, in the evening give the class. That is what *Gur Prasaad* means.

You have come for this intensive, you have acquired things. Share it with your brothers. It is a *prasaad*. What is the fun of coming here exclusively? Idea is whatever we want to eat, we should have. Whatever we want to do, we should have. We should have. For eight days exclusively to study and enlighten our consciousness, stage by stage, so when we go back into society we have something to share.

Each one of you should teach, and that is the fundamental recognition of wisdom: *Gyaan*. *Gyaan* is: "All right my friend, I had 10 days. I studied this much. Let us share." And this is the biggest charity. And this is the biggest involvement.

From individual consciousness, you have all come here with individual consciousness to study in a group consciousness. You got a group. You study, go back, and teach as a group. Then what you have learned shall stay with you as an experience.

When you want to know a thing, read that. When you want to learn things, write that. And when you want to master a thing, teach that. That is why our effort is to be available, to create a right kind of vibration among the living community. Everybody has a weakness. When you will be perfect, you will go across.

Well, these are the karmas I have to get out of it. Faster I'll be in a position to reach people, faster I'll make them the teachers, faster they will be aware, I'll be happy. I'm a postman. I have to deliver their letters. Moment my bag will become empty and light, I'll be a happy man.

I am not worried. What I'm telling you, whether you practice or not is none of my job. It should not bother me at all. My job is to deliver to you in time, the words. It is up to your consciousness whether you pick it up, practice it and be it, or not.

How big a plant may be, fruits are always less than the volume of the plant. How big a spiritual community may be, teachers will be few. And our purpose is to create teachers, not the disciples. That is what 3HO Foundation stands for. When we founded this foundation, we wrote one line: "The propose of 3HO Foundation shall be to teach Kundalini Yoga in the US of A to make people through this yoga of this awareness healthy, happy and holy and also provide the education to the teachers for the future time."

If you have no students to teach, teach your own self. Make your lower self as your student and higher self is always your teacher. One who does not know this secret, he always falls apart and he never gets to enlightenment. Your higher self is the teacher and your lower self is the student. And your lower self is a monkey.

It has got to be trained with the power of the higher self. It has got to create a drama, an act. You know you have seen monkey acting: they dance, they play, they obey, they do all these things which the master wants them to do. So this lower monkey of the being has to be transformed into a trained pet. It is quite a weird guy. It doesn't normally obey normal things. And this is the awareness of the being.

There are many definitions of Kundalini Yoga. First of all, three quarters of the occultists, they will talk about it as a warning, that it is a very bad thing, it should not be practiced. Three quarters! Almost every yogi, if is he is not directly opposed to it, he is indirectly opposed to it. But in three years now, everybody has started talking about it because they feel it is a very workable proposition.

First they opposed it, so much so they opposed it on television. At a Hartford television station I got a request that I am supposed to appear on the television program for one hour and thirty minutes. I said, "Well, how kind they ask. How come this is going to happen?"

So I ask my secretary. I said, "Hey, what is this special favor to Yogi Bhanjan? Have they fallen in love with me? One hour and thirty minutes straight time to myself alone, no interview business."

So we found out that a man of great repute has gone on their program on their request and during his talk, he talked against Kundalini Yoga and the station fears that they have done injustice. And station had received so much protest letters that they have to cover it. So their desire was that the only way to cover is to offer me the time so that I can explain what Kundalini Yoga is.

This can happen in this country. We had a very successful drug program for this passing year. New year we wanted to give a gift to this country. Again we got butchered when somebody sneaked in telling Kundalini Yoga is very dangerous, they should not be trusted.

All right, don't trust it. Let you try your things. This is happening. It is the same weird thing which happened in every religion: my religion is best, yours is wrong. I am fully conscious of it.

Therefore today, I want to tell you what kundalini is. Kundalini is a total awareness of the being and the total creativity of the Creator. Anyone who recognizes on physical-mental levels the total creativity of the Creator, that person can claim to be a man whose kundalini has risen.

Let us not make two definitions of one thing. Total creativity of the Creator, when is felt and recognized by an individual, he is the enlightened one, he is the Buddha. He knows *Satya* and he can experience the bliss of kundalini. Everybody else is a mathematics teacher who only draws the chakra and draws the line.

One who has a compassion, unlimited compassion from the heart, he is the one whose heart chakra is open. One who speaks the truth which goes like arrow and hits the total sensitivity of the person, that is a person whose throat chakra has been opened. The person who recognizes the other being and with all the compassion and truth does not hesitate under any fear of loss to reach that person, that is a person whose *aajna*, third eye, is aware. And the person who has a burning compassion for everything on this earth, he is the one who got the *shashara* open.

These are the certain signs and symptoms of the people where their level of consciousness is, and you should be aware of it. A person who believes that all this elimination which is coming out of this body is all what he produces; he is totally humble because that is what you produce. When you sit on your throne in the bathroom and you get into that practical productivity, you know what you produce?

And there is a chance when a person becomes humble, he realizes what first chakra is. A person who values his seed, his *bindu*, he is the one who enjoys the second chakra. And person who knows that he is a part of infinity, he knows the beauty of the navel, he knows his third chakra.

Fourth, fifth, sixth, I have told you. Seventh, I have told you. There is another chakra I am going to add today, which I do not talk about. That is the eighth chakra. It is the aura of the being. If that does not radiate positively all the time, man has not realized God yet. That makes a man a universal man, not a title.

I went to see somebody. I read his paper. It was written Siree-so-and-so, this and that, about ten titles in the beginning, name in the center, twenty-three in the afterward, degree in this, degree in that. You won't believe it, it was full brochure of degrees. I sat down very calmly, I read through it, and I said to the secretary, "Thank you very much, I am going."

She said, "Are you not going to see him?"

I said, "No. This intellectual rap bundled in a human being, what am I gonna get with him? At the very gate of his entrance, this rap has been given to me in a full page. It has taken me about five minutes to go through it. What am I going to get inside? "

She said, "He is a very learned man."

I said, "God is very simple thing. I was a very little child when I was told 'divine is very simple' and I know it. It is a truth. So why have I to run in circles? Thank you very much. I don't want to confuse my little straight brain."

Better get out of it, the sooner the better. I'm not laying trips with you. I am *sharing* what I feel. You may not feel the same way. My method is to share with you the truth. If it goes to your heart, okay. If it doesn't go, don't discuss it. Thank you very much. Do whatever you want to do. Perhaps you have some phobia, you like a man with degrees. Go ahead. That is not my proposition. I want to be 100% clear with you in those experiences. It is such a heavy drag.

I tell you one thing: I have lived in the United States of America three years and I try to meet every holy man. And you know, I am very pushy in that game. You don't have doubt about it, or you have it? I am quite up to date in just going into the very cave of the lion. I enjoy it. And I have found it out, they are more insecure than the ordinary American is.

It is impossible to see all these things and believe all these things, but what to do? There's no way out. So what the final proposition is: If you cannot have the best, make the best of what you have.

So dear ones, things are very straight forward. They are very simple. Awareness is very simple. This *kundalini* is within us. Simply we have to shape up.

I normally do not ask questions. There a great sage in India. They call him the Avatar-Bhagawaan-So-and-So. I 'm not going to intentionally tell you the name. He is a *Bhagawaan*. He can produce anything he likes. He laid a very heavy number on me. I unfortunately just went to see him. There was no idea he'd get into that discussion. I asked him something. I said, "With all your power, with all your awareness, with all your knowledge, with all your *siddhis*, I want to know one thing. Who produced you?"

He said, "God."

I said, "All this power to produce these things has been given to you by God, or by somebody else?"

He said, "By God; but I have them!"

I said, "Then why do you shave your beard every morning? Why not with your *siddhis* do 'gilli gillo go, gilli gilli go' ... throw it away? Why you have to have hot water in India? It's very difficult. And then soap and those things, and shave. The whole stuff."

He said, "What body has to do? Mind has to do everything! All the *siddhis* are by the mind."

I say, "All right." There was a guy near me with a sword. I took it out. I said, "Chop off your head, then work through the mind. Why you have body at all then?" I said, "Friend, you are equally bound down by the karma in this body as everybody else is. You have not realized the creativity of the Creation of the Creator. And this beard which grows on your chin is a creation of the Creator. You have not yet realized. Remember my word, you will not like it. You will come many more reincarnations to be liberated."

He couldn't speak. Bitter truth is like a bow and arrow. When the truth goes out of the tongue: *ahhhhhhh!* What it does, believe it or not. You may agree or not, that it is something, but it shakes you up. And I saw that Bhagawan becoming numb and dumb. He couldn't say a word. All is he got up, jumped up and ran. I said, "Okay. God is an infinity. This finite cannot realize Him."

I tell everybody in America, and you must listen what I'm saying now is spite of bitter things. It is harsh words which I'm going to give you, and that is: a man in this country has to realize one fundamental factor, that he is born of a women. How can you realize God if you do not learn to live in gratitude to the women you were born of? Let me know that psychology.

I don't care how your mother is beautiful and she is weird. I'm not discussing that. I'm not discussing that stuff. I am saying a simple thing. When you are born of a women on physical level, you do not respect a woman you are born of and do not respect that as a symbol.

Now look at me. This is *Aadi Shaktee*, I am wearing it here. Why? It is a symbol. It is a symbol of infinity. I value it. I am hanging it. I am relating to it all the time. So long a man does not learn this fundamental truth, that born of women does not realize this truth to pay homage and gratitude to the woman, contentment cannot come. Go on doing yoga. Stand on your head all your life. Burn yourself into the fire. Get on the Himalayan Mountains. Get initiated by twenty thousand Gurus! You'll be a nut to begin; you will end up to be a nut, because this is the first requirement.

Once I was wearing a beautiful uniform. I was going to go to office. My mom came. She said, "Bhajan, you know about this case?"

I said, "Yes, Mom."

"You are going to decide today?"

I said, "I hope so."

She picked her hand and slapped me. My turban went there! And you know, the orderly was there. Assistants were there. All was ready to pick me up, and whole thing. You know, when a man of authority leaves for the office from the home, naturally the personal staff is always there and it was just a perfect scene. So somebody brought my turban and fixed it on my head and I said, "Well, Mom, thank you very much. God bless

you.” And I just sat down in the car. Without talking anything, I went away. I told the driver, “Don’t go to the office. Go towards the back.”

I went there, retied my turban, sat down, took a glass of water and I asked myself, I said... I was known as Yogi Baba in India, the normally people call me that. I said, “Baba, you are very blessed today.”

My assistant said to me after I came into the office, “Your mother should not have done that.”

I said, “why not? Today I am enlightened man. At that moment when she beat me, I never had any resentment. That proves to me that I am absolutely in harmony with the Universal Mother, the planet. So I am all right. Thank you very much for sympathizing.”

I wrote on the file, I said, “These people have approached my mother; therefore I am not in a position to give unbiased judgment. The case may be transferred.”

When I came home, mother is a mother after all, she felt very bad. She came all the way. She said, “Well, I beat you, I should not have done that.”

I said, “You have done very right. Why not?”

She said , “No, no. Now you are a big officer, among your staff and your whole family. What I did I do not understand. “

I said, “Mom, you are not born to understand anything. All you have to understand is beat me when you like. That is your privilege. So please keep this privilege with you and don’t feel worried. I am very happy and very great today because this has tested my total ego. And I am in debt to you for doing this.”

Matter went by. After about seven or eight months, there was a special assignment where they wanted a very sober, calm man. You know whom they picked out? Myself. I got promoted. And you know from where they picked it up? This word went around, and when the senior staff were to sit down and decide for a case, they said, “first of all, he is very spiritual, nobody can buy him. Second of all, he is very quiet and calm too. So he’s the man. Alright, select him.” When I came back one day home, I came and bowed to my mother.

And she said, “What is this special ceremony you are doing with me today?”

I said, “I got the reward of your back slap today. It is just about 200 rupees more per month. So I came to thank you. Why don’t you slap me more often?”

She laughed it out. She said, “Oh God, how you interpret things!”

I said, “These are the things. These are the realities. It is not interpretation. It’s a factual fact. You slapped me. I now got whole life 200 rupees more per month. Can you believe this miracle?”

We think the women is a game. First of all, we resent the mother, then we resent the wife, then we resent our own daughter. This resentment continues. Oh, somewhere you have to stop the cycle of the karma. Somewhere you have to give in. Somewhere you

have to give in so the cycle of disharmony may stop. Somewhere. That is why on all my Christmas Eve cards I put a woman somehow or the other somewhere to make you realize only one thing. That she is the *Aadi Shaktee*. You all the time worship *Aadi Shaktee* in symbolic form. In physical form you can relate to it. It is the women.

It is very difficult for the male ego. It's impossible for the male ego to relate to this. And I think this is very sickening also. Who is perfect? None. Then why you are messing up your life? For what? And these are certain basic factors which we have to understand in the Yoga of Awareness, the Kundalini Yoga.

[end of tape side]

It is a union in the central channel, and that union is when the energy from below comes up and enlightens the workable capacity, enlightens the workable capacity of your brain, you enjoy the superiority and supremacy of knowledge and awareness in this universe. You call yourself, you are "enlightened." But how can you relate to Mother Earth, when you cannot relate to your human earth mother?

Mother Earth is very weird too. She has mountains. You cannot ride them. She has frozen areas. She has hot areas. God knows what she has got. Same way as your mother, you can't relate to her. No man can relate to mother. This is a factual fact. Because moment you relate to your mother, she always thinks that you are a two year old kid. You may be eighty-two years old. Eighty years she will eat up. A mother will always reach you that you are two. Thank God, she does not change your diapers when you are talking sometimes!

I remember a story, there was a great lecturer, Dr. So-and-So. He went to deliver a lecture. His mother went to listen to him. In my presence she talked to his wife, "His underwears are alright?"

She said, "What is wrong?"

She said, "He was kind of uneasy, I thought he might have uncomfortable underwears." [much laughter] She said, "In the lecture he was kind of uneasy and moving his waist all the time. I thought you had given him underwear which has got a string bad. It is all right?"

His wife said. "I'll check up."

I said, "Honey, go and check up. Otherwise, she's going to blow up your whole thing."

And later on she asked me, she said, "Yogiji, why, why, why this?"

I said, "Moms always take care of the diapers, don't you understand? She doesn't know this sixty-five year old doctor who travels all over the world having a sixty year old wife. Still she, that diaper, that underwear is not right! And she doesn't trust you. So better bring someone and show her that it is all right. She'll be satisfied and she's not going to tell you anything more than that."

Because mother is mother, she doesn't care what you are talking about. You are a wife and you are great and all that stuff. She doesn't bother. All daughter-in-laws have got a

hard time in the hands of mother-in-law. Why? Because they don't feel their son is safe with them. Not at all! Through the entire evolution of the mankind, have you got a solution for this? Nothing? With all the Kundalini Yoga, with all the Hatha Yoga, with all the Raja Yoga, with all the Bhaktee Yoga, with all the mission and religion, have you found any solution to it?

Solution is simple. Solution is in your awareness. You keep the mother as the mother, daughter as daughter, friend as friend, human being as human being. Be aware of the existence of everything *in its own* existence, and you will always be in harmony. There will never be a problem which will bother you.

Everybody says one who gives is great. They eat away one word, everybody who gives *in* is great. Everybody who gives *in* is great, but for righteousness he gives in *life* and does not budge. Giving in is great, but for righteousness one may not be afraid to give in his whole life. That is great.

That solves the mystery why Jesus went on the cross. For righteousness, he gave in. In the Old Testament who was asked? Abraham was asked to give his son as a sacrifice? He gave in. Giving in for righteousness the life is the *minimum* demand to make you feel right.

When we ask you, "Get up early in the morning, in the ambrosial hours of the morning when the vibrations are good, meditate and chant..." you say Yogi's laying his trip on us.

Sometimes I know some people feel this Yogi has hooked my husband. This is no good.

I receive sometimes letters, "Yogiji, you told my boyfriend to get up in the morning and I can't. What should I do? I don't want to lose my boyfriend. Please get off his back."

I get letters! But what to do? You have come to study Kundalini Yoga. I appreciate. But I also want to appreciate if you understand what you are going to study. It is rightly translated now as the Yoga of Awareness.

Somebody asked me, "Yogiji, if this is Yoga of Awareness and Swami Vivekananda has written that all yogas end up into Kundalini Yoga, as all rivers end up into the ocean why people do not like it?"

And the answer is very simple and I did it very practically. I told her to light a candle. I said, "Honey, look at this candle." So she took the matchstick and put the candle on. I said, "Now see, right under it is a darkness. When you will teach the truth of the supreme originality, opposition shall be there and the, without." I'm asking it what to do? You've got to live with it.

When people say kundalini is very dangerous, it is because when you become aware of yourself you cannot be exploited by anybody. Now people who like you selfishly, how can they like you at all? And they blame the Yogi. That is what is going on.

On day a guy told me, he said, "I love you Yogiji and I love Kundalini Yoga, but I can't come to study it anymore."

I said, "What is wrong with you?"

He said, "Every girl who comes to study Kundalini Yoga smells like garlic and I can't stand that."

I said, "Son are you coming here to see the girls or are you going to come here to study? What for you are coming?"

Then he realized what he has said. The truth came out straight.

There are people who fish in the river of spirituality for their lust, greed, ego and all that stuff. All running waters are not safe, so spirituality is not safe too. You have to be aware all the time what you are getting into, and anything which leaves a conscious burden on you, you should get out of it. You should not study under any circumstances any such thing that puts a conscious burden on you. And that awareness is kundalini, when your consciousness rewards you for certain things.

And I want to make it perfectly clear to you nobody's favoring me by getting up at 3 o'clock, none of you. I can give it to you in writing. You are favoring your own self by righteous living, by clear mind, by clear consciousness, by looking to your own being. It is you who is you. It doesn't mean anything to me if in this incarnation you will never get to realize who you are. You forget it.

I ask one question: "You all cut off your hair and beard. Why not your nose also? Well what this thing is doing? Tell me. You can breathe without it. What are these ear lobes meant for? They are just extras with nothing."

A person who has not realized in his lifetime that he is a creation of God or his Creator... Alright, let us forget God, also Creator... and he does not surrender as a creator in originality to the realization of the fact that whatever is being created is perfect, what kind of God that is going to be?

There is a big joke in India. These *rishis*, *rishis*... You will always see a *rishi*. The sign of a rishi is he will have a *rishi* knot of the hair and his hair will be all flowing. That is the first sign of a *rishi*. *Rishi*, a person who has found the *rasa*, the juice of life in originality. But people use this title now, "Rishi" and "Maha-rishi" and "Maha-Maha-rishi" and God knows what is going to happen. And the hair, when you tie them here, this is a *rishi* knot. And those who know the solar energy system, they understand what it does to people.

And you will realize when somebody asks Dr. Rabindranath Tagore, "What happened to you? I couldn't recognize you when we met on the sea voyage?"

He replied to them, "I got enlightened and I threw away my shaving set in the ocean."

And today people who grow little bit of hair, we call them "hippies" and we hate them. I have got always a question for this. Does this man grow the hair? Baba Bert wants all the hair to grow on top of the head. They're not going to grow. And you know why God wanted him to be bald-headed? Because he will tie turban quickly.

He was the first one to tie it. Even I have not to ask it. First I told him, "You go to the Bay area and be like me." When I met him next time he was all in turban. That's good. Thank you for giving him bald head.

Does man grow hair and has man been created by himself? And do you not doubt the

Creator to begin with when you do these changes? Do you honestly believe that you are a creation of the Creator? It's a simple question. And if you honestly truthfully, very honestly, very truthfully and absolutely believe that you are a creation of the Creator, then why you interfere with his creation ji? Why you mess it up? You know how much body has to produce to compensate that? We'll give you that book with the research has been made so that you may be enlightened on that aspect.

Student: A few years ago, I called my mother who lives back East and said I was to visit her. She said, "Don't come if you have a beard. " So I decided to go anyway and I knocked on her door and when she saw me she fainted.

You should have given her a foot massage.

Student: The next time I go see her...

Go with a longer beard. I tell you, if you understand the mother... because I practice Kundalini Yoga, it is the Mother Yoga, in very simple words. Don't misunderstand that.

And I tell you the quality of the mother. A mother who will spank first is always in deep love with you. Remember, a teacher who will punch at your nose will always make you perfect. These two laws you must not misunderstand. A teacher who always appreciates you, get out of that person as fast as possible, because nothing is going to happen to you. You can test it.

Go with a long beard and your hair up, and say, "Mom, here I am."

She may say, "You get out! You are not my son, and blah, blah, blah."

You just smile. She says, "All right, come in, I would like to talk to you. I am going to pull your beard." She may do any other method to get you in the room. I know these mothers. What they say, they hardly ever do. All right, you may have the blood of that woman, so how can she hate her own blood? Impossible. And how long she can pretend? A few minutes, maybe five, six, ten.

Female student: I went to visit my grandmother when I came from the west coast to the east coast. I walked in, and she yelled and screamed at me, and just yelled and yelled and screamed and screamed. I said, as I was jumping up and down, "I'm going back to California."

She said, "Wait! Have a cup of coffee."

You are right. I have studied this mother phenomenon very well. There was a man and he came to me and said, "I want to see my mother badly, but there's no way. She is always ready with a gun."

So I told him a certain story. I said, "You do it this way, and you will be alright." So he wore white clothes and perfectly prepared himself, in every way. Then, the mother challenged him at the door.

He said, "Wait a minute. There's no problem. I wanted to commit suicide. The best thing is to get it done by your hand, because you gave me birth. So, whenever you want

to come out, I am ready. Okay, shoot!"

Who was going to shoot? Forget it. She said, "Come in. Why do you want to commit suicide?"

He said, "I don't want to live at all! Absolutely not, I want to die! I want to be shot down by you, right away. I want it."

She said, "What is the problem?"

He said, "There is a yogi, and he said, 'First you learn to give and then you get. I am not going to teach you, if you are not going to pay my fee. ' I don't have money."

She said. "What kind of yogi is that? I'm going to kill him too!"

He said, "It is better that you kill me." He ended up getting \$400 from her. \$400, man! Going by air, paying the fee, going all the way, and all of the money.

He came and showed me. He said, "Yogiji, look at this check my mom gave me."

I said, "Well, you got too much!"

He said, "Well, I told her this much was required to cover minimum expenses."

She said, "It doesn't matter. Don't, don't, don't die, there is no reason. You are my son."

So, he said, "What could I do?"

There's another case. A guy was terribly being beaten all the time when he would go to his mother. She would beat him frantically. He was a good boy, so I told him, "This time put your hand at the waistline and rub your mouth on her breast where you used to drink the milk, and then let me know whether she beats you or not."

His report was, that the moment he hugged her there, she hugged him so beautifully, that he said, "I have never felt that love anywhere else." Then, the whole drama was all through.

Those mothers that put a different personality outside. Underneath there is still a great mother in every human being who is a woman. The purpose of woman is the motherhood. You cannot get out of it, and if you have little patience and little wisdom you can always reach her, safe and clear. And, you may end up with a few dollars, also.

There was one man, he was living with a prostitute. The prostitute knew that he will never marry as long as his mother is living. One night, in a passion, at that moment, she asked him. She said, "Get out of my bet! You can't stay here!"

He said, "Why?"

She said, "You have to pay the price for it."

He said, "How much?"

She said, "You have to pay the price for it."

He said, "How much?"

She said, "Not in money. I want to eat the heart of your mother."

He said, "Okay. What that old woman is doing there?"

So he went, took the knife, chopped it out, took the heart and came running. When he was running back, he stumbled and fell, and the heart spoke, "Son, are you not badly hurt?" and he heard the heart of his own mother talking. You may call it a psychological case, but it is a fact. [laughter]

If this Mother Earth will not sustain... You know, if Mother Earth just shakes a little bit... Sometimes she wants to dance, and if this mother earth just say, "Geehh, geehh!" you know where you'd go? You are aware of that? Just out of her magnetic field, out of her total rotation, if Mother earth just takes a little turn sometimes...

Sometimes, she does it. It happened in Los Angeles last year. She just shook a little bit, a little part of her. Just ears or hands, sometimes she does it. You know what would happen to you? Your all freeways, your all atom bombs, your all airplanes, everything freaks out. Mother can shake up your ego in a minute.

Guru Nanak has said very clearly, *Pavan guru*: "Air is Guru." If the mantra is chanted with the breath and it gets ingrained with the breath, man is liberated. *Pavan guru, paanee pitaa*; "Father is the water, because life is sustained by it. This Earth is your mother, great mother, *Mahaat*, great mother. It has got to be lived.

"Day and night are your babysitters through which you play, day and night. Your good acts and your bad acts are being registered. God is near to those who have good karma. Your karma will decide your consciousness because your consciousness is the outcome of your karma. Those who have meditated on the *Naam* and they have labelled their way true, Nanak confirms it, they are bright and radiant. Their life and birth is over."

And if you have *Peace Lagoon*, take out your meditation chapter, *Japjee*. It is the last *slok* of it, which I have just recited.

Alright, therefore we must meditate. I hope that is enough for you. Therefore, if you want to go to the bathroom and do your number, go and do it right away.

My purpose of telling you about this is that it is workable. Don't think that it is impossible. You will go through three stages. One will be you will start you are in it. Second will be you will feel you are out of it. That will be a very resentful thing. Your personality will fight it like hell. You will not like to do it. It will be making you crazy.

But I tell you what that craziness is. The brain cells will make a permutation and combination, and get into a kind of order to readjust to the sound which you are creating, and body will pressurize that point. Your whole negativity will come out as a demon right there! All of you will like to run away from this room. But if you stay...

This is a normal phenomenon. We don't care... then we will serve you dinner by the time of union, okay? If you run away, you are gone, what should we do?

Sit down in any cross-legged posture or any posture in which you feel you can conveniently sit for an hour without shaking your body. Aaaaah! Well, it's got to be done. It's got to be done. There is no left, right about it.

Kundalini Yoga is not talking. It is doing. If kundalini could be raised by talking, then everybody would have raised himself. It is the heat in which this mercury rises. Any convenient form, you are authorized to use any method. I don't care, but sixty-two minutes with all your affection, love, and beauty, you must go through it.

Now please apply *gyaan mudraa*. Simple. The Jupiter should just touch the ego, the thumb. Tip at the tip. That is when we do the relaxed version of the *mudraa*. When we want the creativity, then we put the finger right down at the root.

Okay? You are set? Now set your eyes and look below the tip of the nose, the lower nose, the upper lip. Bring your eyes to the level that you will look at the upper lip. Fix your eyes on the upper lip. Whole nose will be clearly visible to you if you fix that.

Inhale at the sound of "Waa" mentally, and exhale at the sound of "Guru." And you must be in a rhythm and the whole *sangat*, congregation, must inhale in one rhythm. Okay, continue now. Your breath should be as long as the term of "Waa" as it is ecstasy. You are filling yourself with ecstasy. You are giving yourself to wisdom. You will go through lot of changes. Don't worry. They are all part of this *sadhana*, so don't feel upset, uptight. [Meditation lasted sixty-two minutes.]

Stretch your spine to the sides. Put your chin with the chest, please.

[Chanting] "Aum... Gobinda... Ong... Ikongkaar, Sat Naam, Kartaaa Purkh, Nirbhao Nirvair, Akaal Moorat, Ajoonee, Saibhang, Gur Prasaad, Jap, Aad Such, Jugaad Sach, Hai Bhee sach, Nanak Hosee Bhee Sach..."

Day Six

There is a popular saying: "Life is a rainbow." We always accept the colorfulness of life. We are only to accept, or are willing to accept, the colorfulness of the life. But when the colors are not there, life becomes a tragedy to us.

There are three aspects of life: one is the darkness of the life, other is the colorfulness of the life, and the third is the light of the life. Whosoever shall not go through the darkness of the life with his soul and spirit, shall never get to see the spirit of the life, the shine of the life or the light of the life. And whosoever shall hang onto the colors of the life, will end up a miserable and unfortunate person. You can't help it. And these are very simple, simple laws of nature. These are not man-made laws, State of California, State of Iowa, State of Michigan, and that kind of stuff. These are basically laws of nature.

Now this world, this planet, this Earth where you are is not yours. This Earth belongs to the Creator, and you are here as a visitor. That is your status. You cannot be on the Earth, because you are not the owners. You are here as a visitor. You have to quit after so many days at 12 o'clock. Therefore it is not obligatory on you, it is *binding* on you to obey the law of the nature. And when you do not obey the law of the nature, nature reacts back. And that is why our lives are full of misery, misfortune and unsteadiness.

I know of a particular case where people call emotional attachment as love. We normally do it when we are young. When a girl finds a boy, she gets attached to him or a man finds a girl, he gets attached to her. They call themselves to be in love with each other. In reality that is an emotional attachment.

In one particular case, a couple came to me and said, "We love each other very much."

I said, "How much?"

They said, "Very much."

I said, "How much you love me?"

They said, "Very much."

I took my one hand. I slapped her and slapped him.

"What?"

I said, "This is the proof of love. This is very much. What do you mean very much love? Why are you shook up?" Because I didn't have to time to tell the girl to slap him, just wanted to give them a shock treatment. I gave a shock treatment and the whole thing changed. I said, "Dear ones, never claim that you love very much. Just say you are trying to understand what love is."

They recovered very soon. They said, "No, no, no. It was alright."

I said, "No, it was not alright. I just wanted to see how much you love me, because love is a tolerance, total and complete. And the best way handy with me was to just give you one slap each and see what your reaction is."

He said, "Well, what that has to do with this married life?"

I said, "They are the same thing. You are going to get together in love, and time is going to slap you like this all the time, exactly like this. And you are going to react. Time is going to get you. And this compassionate feeling at this time which you do not have and the passions that are known to you as love will freak out."

That is why in our married life we call it seven year itch. In seven years in life the man and woman, the male and female, they react to each other so much that after seven years they do not understand why they were married. Why that thing is happening to us in our life? That is happening to us in our life because we do not lay the foundation on compassion. We do not educate and train our minds, and we do not accept the change.

In one of the cases, the girl told me, "*I hate him! I hate him! I hate him! I hate him!*"

"So what is wrong with you? Just once is enough."

"No! Yogiji, you do not listen to me and today I have got a time and I am going to tell you: *I hate him! I hate him! I hate him! I hate him! I hate him!*"...and all that.

I said, "Cool down. Don't be silly. Tell me what is wrong."

She said, "*Nothing. Nothing. I hate him. I hate him.*"

It took me fifteen minutes to make her speak. I said, "What for?"

"I hate him! I hate him!" Nothing else she was going to say. Finally it came out to be when she used to date him, he used to open the gate of the car, and he used to take her to restaurants almost twice every week and used to insist, and buy her presents, and all that is gone now. And she thinks she has been cheated.

So I asked her, I said, "Did you marry those restaurants, those tips, those openings of the cars and all that stuff, or did you marry this guy?"

And she said a very wise thing. She said, "This guy was to me as he projected himself then, and he cannot change. If he is going to change, I feel he has cheated me. And he has cheated me, I don't want to live with him."

And it was a truth. I couldn't do anything. You know one thing, and you will agree with me. Those who build their homes on the graveyards of others, their houses are always haunted by ill luck. You know that. And those who break people's houses and snatch away the partner, how can they expect happiness to ever come to them in their life? We just blame the fate and the luck.

Reality is God has never made the man to suffer. Man has no chance to suffer, but there is a one basic tragedy. We do not build the foundation right, and you want the house to

be up to the eighth story, ninth story, twenty-sixth, fifth-sixth, seventy-sixth story. It doesn't need an earthquake. It is going to fall. And that is what the tragedy is.

I am very afraid of those people who do not talk. Not in the sense that they have any fear complex with me. I feel they are unable to open themselves. And anyone who cannot open himself, God knows what is going on inside. Who knows? People who are very emotional, they are to me like the weather: spring, then summer, then fall, winter. They are weather. They are like weather. But life is a constant thing, neither it is a weather. It is meant to have all the four weathers. Anybody who wants to love spring, how can he deny the fall? Anybody who wants to have the summer how can he hate winter?

Life is not an ice cream float, and ice cream float does not come without a dollar. And dollar does not come without sweating for a few hours. You have to work a few hours to get dollar. People come to me to study and they don't like any kind of discipline.

What is a study? What is a yoga? Yoga is to discipline yourself. Yoke: it is yoking yourself. It is just to take the bull and yoke him, and there stands the teacher with a big stick. "Hey - da dad at dad at." That is how we plow the soil and put the seed of the truth and then it sprouts. Then it becomes a great tree and that is what it is. One who does not know that, what does he know life is?

In ancient India, when *brahmins* were not the teachers, teachers were the teachers. *Brahman* is a teacher who knows all the words and the scripture, but practically he is zero. The sign of the *Brahman* is: he'll eat too much, talk about truth too much, practice nil.

Actually *Brahman* is a person who knows the *Brahm*. *Brahmacharya* does not mean a celibate. *Brahmacharya* means whose actions are divine. *Brahma* means divine, *achar* means actions. *Brahmacharya* does not mean you can justify it. This is how they justify celibacy.

These renunciates and celibates, they have got their different code. They have made the scripture look like them. It is a tragedy which is done to the truth. If renunciation and celibacy can bring truth and God-consciousness, let the whole humanity become celibate, and in truth, it takes one hundred years, and the human race will be wiped out. If you all become renunciates, and nobody produces food, nobody builds this house, you'll be living like other animals in the jungles. Talking is groovy, but reality is something different from that.

People ask me, "You have so many students, so many teachers, so many things going on, why you are sitting Los Angeles in that smog? Why not to have a country home somewhere? Some groovy place? Yogi ji, you are dying. Your blood is getting too much of smog. We need you!"

All that stuff they lay on me. I know. Seven million people live in Los Angeles. I can reach them. From Monterey I cannot reach those seven million people. And what moral, ethical right as a teacher I have got to deny the audience to those seven million people? Death is inevitable. It is going to come anyway. Earlier the better, I say, "Bye!" Get out of it! But I don't want to die in a consciousness that I escaped, I ran away. There is a basic honesty. Not because I am a Yogi Bhajan, and I am known in America, and I can very well reach people, and people can be where I am. That doesn't make any sense. It

means I want to limit myself. That is not true. It should not be. That is why it is good to be in smog. Where the people are, there you should be.

These Yogis did this trick. They all ran away to this mountain, Sumar Parbat. They went and they built an aura around it that no man can enter. Guru Nanak went there. First, they were surprised at this little child. How can he come?

They said, "How you have come?"

He said, "Just I have come to love you."

They realized the man who can break their aura and enter and can be here must be quite a thing. So they said, "Let us make him a disciple." It is in your *Peace Lagoon*, "Siddh Gosht." *Siddhs* are those who have occult powers, and that is why we translated that. They told him "This is a utensil. Go and fill it with the water and bring it."

So he went. Guru Nanak went and he found there were rubies, diamonds in that lake. It was full with rubies, diamonds, *maayaa*. They created that *maayaa*. So he came back with an empty pot.

They said, "What is the matter?"

He said, "There is no water."

They realized this man cannot be sucked in by *maayaa*. They asked him a question. They said, "How the people are living in the city?"

He said, "They are cursing you."

"What?!"

"Yeah. You ran away. You sit here for your meditation. There is nobody to guide people. People are living in darkness. You people are too selfish. God gave you the light. You now don't even want to share that light. You have come up to these mountains to live."

In our life, realities are realities. These spaced-out realities which you believe in, they never happen. And any foundation which will be laid down in the air...If you lay down the foundation in the air, where will be roof of your house? It will be towards the ground or from the ground?

Marriage is a fantasy to you. "Oh, I'll get married. Things will happen. Brightness will happen. Cars will be there, gas bill, then repair bill, then the maintenance bill. Big house means the taxes, the garden, the maintenance, the whole thing. So why don't you live in a restaurant, in a hotel, Beverly Hills Hotel, all the time, then pay through your nose? There is a duality in our mind for our life. We want this. We want that. And we use very beautiful words: everything is *Sat Naam*."

I said, "Yeah, under the skull there is a brain. This two and a half pound thing also *Sat Naam* gave you. It works." In your head, He gave you brain to work. In heart, he gave you compassion. In brain, He gave you wisdom and He "wised" you. He wised you, not

“advised” you; wised you, that you will be in the image of God if you use wisdom and compassion in balance.

Anyone who does not balance the compassion and wisdom, neither knows what wisdom is nor knows what compassion is. Then he is a slave of lust. *Buddh Gyaan*, it must guide you. And natural laws are simple: Don't you do unto others as you don't want to be done to yourself. Why not we judge everything in our life on this principle?

There are some people in society, especially in our community, they say, “We don't like to be told this! We don't like to be that! We don't want to do this! We don't want to do that!” And if you tell them something, they freak out.

It is better to freak out a student than to kill him with the wrong advice. It is obligatory. Man who practices the truth, it is obligatory on his part to freak out another person. That is why they say the first rate teacher is who is the opposite polarity of the ego of the person. If teacher is not the opposite polarity of the student, he is not a teacher. Second rate teacher is who is a parallel to the polarity of the student. He is a second rate. Third rate is who caters to the polarity of the student. He messes up totally. And it is essential to learn.

There must be one man in this life where you can honestly talk and listen to the truth, honest truth. And it should not be a gimmick. If you have not found such a person in your life your life is not complete. Doesn't matter who he is. A person must exist in your life where you can go and talk and he can talk back to you exactly, word for word, in the analytical reality. And that must exist on this Earth for your guide.

One man came to me and said. “I meditated. I listened to my voice. It said this and this.”

I said, “ Did you know was it your ego talking to you or your wisdom?”

He said, “I don't know.”

I said, “If you do not know to have distinction between the call of the consciousness and the call of the ego, then first learn completely how to meditate and then decide things.”

Have you seen people in the circus? They go towards each other on parallel bars and they play. Have you seen that? You all have seen that. Americans do see that.

Now you say, “Oh, I don't like the circus because we have come out of the establishment.” But God is in the circus too. God is more in the circus. See those lions, how trained they are. The ego in us, the lion in us, is so trained. You see that? That is a lesson. And that is the union, yoga, happening in the sky. They play with each other, but the moment they just imbalance themselves, you know what will happen to the one? Down on the Earth?

And there is a net to hold those people. That is a net of ultimate wisdom. However expert they are, however great they are, how much balance they are, they will keep a Guru, that net of the Guru, that if at all they fall, they should not fall on the Earth, they fall in the lap of the Guru, so that they may be pushed back. They go catch the rope, go up, play again.

Fall is inevitable in life! Where there is a darkness, there is a light. Where there is a night, there is a bright day, there is a light. It must fluctuate. That is how life proceeds: currents, waves, ups and downs, up and down, bad and good, bad and good, bad and good. But Earth does not stop rotating: at night she rotates, at day she rotates. Ocean does not evaporate totally and completely in a day. It doesn't become a rock at night. Ocean remains ocean. Life is a life to lived as it comes to you.

One who knows the *Mahaa Mantra* to "keep up", he knows the secret of life. There is nothing to be secure and insecure about. One who wants security, will always find insecurity. One who wants happiness, will always end up with unhappiness. Whatever you will want, nature will give the opposite to you right there, because everything has to be balanced. Moment you relax, everything will become clear and light.

We have imagination. For us, married life is a happy life. Actually, we marry to become unhappy. Marriage is to test the being of the being in a close social and physical relationship. It is close mental and physical relationship with another person in a binding.

Marriage is never meant to be happy. Who told you that? That is why these renunciates, they don't marry. That is why they don't marry, because they have no guts to face that. You know if you have to go somewhere, you have to go, then your wife has to go. And if you're all by yourself, you all alone have to go. That is it. That is why they say we are all with God.

I asked one renunciate, I asked him if, "You know God and you know Him thoroughly well?"

And he said, "Yes."

I said, "Do me a favor, through meditating you can talk to him?"

He said, "Yes."

I said, "Talk to Him and ask why he gave you a male organ. Was it essential to give you this one pound and a half flesh extra?"

He said, "I don't understand you."

I said, "I am saying, when you got enlightened, why couldn't through a miracle, your male organ get eliminated?"

He said, "That is not essential."

I said, "If that is not essential, why don't you use it?"

After twenty-five minutes, I cracked him down to one thing which he admitted, and that was he cannot handle it. When the scriptures say, "*Grihastha* ashram, *Mahaan* ashram: That the life of the householder is the greatest life of all lives" not because it is groovy. It is great because it is tested moment to moment. It is a yoke, it is a yoga in which two bulls pull together. If one becomes weak, puts the neck down, the other one: "Ahaaaa," the life doesn't run at all.

Those who actually seek union, have to seek union right on this planet, and they must

pull the cart of the karma. And they must test their endurance, patience and delicacy of sophisticated nature. Man is who overcomes everything at any time. It isn't the life that matters, it is the courage that you bring to it.

Somebody's mother died. The mother, she died. Everybody came: "I am your mother. Don't feel lonely. I am your mother. Don't feel lonely."

After three years, his wife died. Everybody came and said, "Oh, we are very sorry. She was a good lady."

Nobody said, "I am your wife. Don't worry."

He got confused. He ran to a holy man. He said, "Sir, I have got one question. When my mother dies, every woman came and told me: 'Don't worry. I am your mother.' But then my wife died, none came and told me, 'Don't worry, I am your wife.' What is all this about?"

The wise man said, "Mother is a constant giving and not return. Wife is a barter system. It is easy to give, but it is difficult to exchange. That is why no woman dared to say, 'I am your wife,' because it is an exchange. What, right, when, why... all that comes in. If everybody says, 'I am your mother,' it doesn't mean anything. Giving of the mother is one-sided."

Some people think married life is just to live with a mother. The woman should give everything, and they should not give anything. Psychological cases are there, mental cases.

In my three years of the study of this country, I have studied one thing: the defects in the growth of people, male and female, are the cause of the divorce and tragedies of the married life in this country. Because there is a lot of impatience, lot of lack of tolerance, lot of lack of understanding and stage comes when they say, "Alright, get out of it."

Get out of what? Oh, onion is onion whether you put it with squash or you put it with meat, it remains onion anyway. Intolerance is intolerance, you put it in anything. Have you seen when you cook meat with onion, it becomes garlic? And when you put it in squash, it remains onion? Is that what happens anytime?

One man came to me, he said, "My previous married life was tragedy, but now I am very happy."

After one year his wife rang me up, the new wife with whom the life was great. She asked me a question, she said, "Sir, I have got one question, you know So-and-so?"

I said, "Thoroughly well."

She said, "I am the one who married him a second time."

I said, "I know that."

She said, "I've got one question. When he gets in those hysteria fits that he even uses violence on me, what should I do?"

I said, "Honey, this was the same complaint his previous wife had."

So she came to see me. You will not believe me, her body was filled with blues. And she wanted to go through the entire tragedy but not to break the marriage, and she wanted perhaps I can help her. And it reminded me, it was the same scene he created with his first wife. I told her, I said, "This man is a sadist. He resents his other. He loves to beat the woman to take that subconscious revenge. You take him to a psychiatrist and give him this note, it will help."

Three months of sincere work on him, the guy becomes alright and now their marriage is happy. So one day per chance we met, and I just talked in private and I said, "How do you do?" You know what he said?

He said, "If I would have known that that was my defect, I would have surely and definitely made up with my first wife."

And I laughed it out and I said, "Now keep up. Don't worry. It is alright."

In this conscious body of yours, there is a subconscious body too, which is your double, which is very important, subconscious mind which bothers you in the conscious body. That is why through these exercises we want you to come into your second self.

And my dear children, one thing I want to tell you: always be fundamentally right on to one thing. You must understand in your life that life is not a smooth sailing. It is sailing on the waves. When you call for happiness, you in indirectly calling for unhappiness, right there and then. Because when the sun comes very hot, the clouds must appear. It is the hot sun which creates the clouds. Otherwise, they can never come. It is the summer which brings the winter. It is spring which brings the fall. Why to freak out?

I know some people cannot study with me. One lady told me, "Yogiji, I love you very much. I love to come to your classes, but I can't listen to you."

I said, "What happens?"

She said, "You freak me out."

I said, "I want to tell you what it is, it is very simple. Your life is not based on righteousness. You come to the class. You listen to the righteousness, you realize that and compare it with your life, and you know that you are not that. Freak you out, sure."

I said, "The best way is not to come to my classes, because when the wisdom will come in you, it will disturb your whole life. Your life is not based on the sacrificed righteousness. You know that."

She said, "Yes, that is true. But that is the way we want to live in America, and anybody from India cannot come and tell us how to live!"

I said, "What is all this? I'm not telling you India or America and all that stuff. You know everything. I am not supposed to tell you a bit. I call it 'phony-ism.'"

I know one son of mine. I asked him, "Hey, you should marry one girl."

He said, "Well, I have to fall in love with somebody."

I said, "What do you mean 'fall in love with somebody?'"

All he said to me was that he would love to love some girl. I said, "Any girl who will love you, the reaction will be hatred. Love follow hate. Hate follows love."

He said, "What type of girl I should marry?"

I said, "You should marry a girl who has the potential to be a wife." Never marry a girl because of love. Never marry a girl because of hatred. People marry girls because of hatred.

In one party, a guy went. The girl did not look at him. He went round and round, round and round. He didn't care. I took him two years to nip her. The only way he could have her, was to marry her. He married her, had honeymoon with her and after that he came back and said, "Well, I'm through with you."

Three years that guy worked on that girl. Just he wanted to possess her, to have her and then he wanted to get out of it. That was a marriage of hatred. She was too righteous to get caught. So he played a righteous game to catch her. Actually it was a revengeful revenge. There was nothing in it. Same way is the hook of love.

I always now give you a definition of what wife means. Wife is a person in the form of woman who supports and does not leave the man, even when the gods become negative. If you people are going to find some wife, find somebody with that kind of quality. And husband is that kind of a person in the human body of a male who tolerates and guides with love. To err is human. Anytime, woman can be on an error and man can be an error.

Why I said male should guide? It is not my teaching. It is the law of the universe. Woman is moon. Male is sun. And sun must reflect on the moon, so that it must shine. Woman looks for those rays of guidance. It must come to her. If they do not come to her, then she becomes dark, when she has got nothing to look to that man for, so much so, that sometimes she comes in between the Earth and the Sun and eclipses the Sun.

That is very actually the quality of the woman, and it is also a natural phenomenon. She wants that man so much that she wants to totally eclipse him. But if man does not come out of that eclipse soon, then he doesn't remain as sun anymore. That is why sun gets out of the eclipse within twenty-four hours. Sometimes Moon does not reflect itself. In between the Moon and the Sun, the Earth comes in and the Moon loses the shine. But within twenty-four hours of the cycle, the Moon comes out of it and starts shining again.

And as they live on this human galaxy to show us the lesson, those two teachers, Sun and Moon, same natural law must be practiced on this Earth. I know you will not like all this what I am saying. It doesn't it into the American brain. I am aware of it. The idea in my head to become resident here is just to talk to you as Americans, because every time you see a turban on my head, you brand me I am an Indian and I am laying a number on you. I am not. Because Sun and Moon are equally on India as they are on America. And I am absolutely not laying a number on you. Not at all.

Calamities must come in the married life, *must!* And you must come out of them. That is known as the law of survival in unity. Law of survival in unity is an essential law to be understood on any path: on path of spirituality on path of materialism, on path of married relationship, on path of anything. Surrender must follow by sacrifice.

There was a one disciple of a great guru, and guru will always take care of the disciple. Somebody said, "Why?"

He answered. He said, " This disciple must surrender and sacrifice. Both things he should do. First he should surrender and then he should sacrifice. What nonsense it is! When a disciple surrenders, it is obligatory on the guru to sacrifice his ego and to take care of the surrendered one.

It is a both way traffic. It is not one way. When somebody says, "You are my guru, "It is obligatory on the part of the guru sometime to pick up the telephone and give him a hard time. It is obligatory! He must face the polarity if something wrong is happening. Otherwise, what kind of guru he is and what is the use of such a guru?

If I have to take care of my everything, why I have to worship that nut also? We do not understand these realities in our life. A guru is a guide. You are going on a horse: up, up, up the hill. Guide is having those reins in his hands. He is guiding. He knows what is going on. And sometimes he says, "Fasten you seat belts."

Have you gone on an airplane? The captain says, "Fasten your seat belts." Nothing will happen to you. But he knows the plane is going into trouble, so he says, "Fasten your seat belts." You can ignore these things, but if sometime your top will go right with the top of the plane, you can't blame him.

Life is not smooth. Life is in waves. Life is in tides. Living means sailing on tides and waves and storms, and guru is a guide. He is on top of the mast. He says, "Hey, I see the high waves."

The captain says, "Pull down this, do that, ho, ho, ho." Whole ship changes, arranges and does everything.

Why? They want to get out of the storm. Guru is not a person tells you everything is groovy. But sometimes you seek only that kind of teacher who just makes you feel good.

If you want to make feel good, go to a movie. Go to a restaurant, feel good. Go to some dance, feel good. Don't come to a guru to feel good. When you come to a guru, come to feel, bad, so that later on it may be all good. That is the difference. When you are going to come to see a guru, everything is going to be bad so that all bad remains there and good may follow. Never find you are catering to emotion through a wise man. It is a good job to you.

I tell you the great story. There was a teacher. He saw a guy and that guy will come and punch him like this. So this holy man told him. "Don't do it!" But that little boy will not agree to it. So after three, four days, the guru thought a thing. When he came and punched him, he gave him a penny. He punched him three times, he gave him three pennies. He punched him eight times, he gave him eight pennies. So four or five days went and the guy will come and punch him, this man will give him pennies. So the boy was very happy.

So he met another man one day. He punched him. He gave him one slap, turned his teeth out. He shook his head. Third day, he met the first man and he came and he never punched. He pulled at this hand. He said, "Sir, I want to know one thing."

He said. "You have to know nothing after losing the teeth. I know what happened to you."

He said, "Well, why you gave me those pennies?"

He said, "I gave you those pennies so that somebody will pull out your teeth. If I would not have given you those pennies, you would not have got the courage to go and punch him. And I know your habit is not right and bad habit will end with bad results. Now how are you? Which teeth you lost?"

He said, "All this side. That guy was really very hard."

He said, "Do you learn now not to punch on people?"

So there are three ways to learn. First is to learn from the experience and wisdom of those who have practiced the wisdom. Second is to learn by your own wisdom. Third is never to learn.

If I say, "You can't put your hand there. It is going to get burned," you may not put it. It is okay. But if you just want to know whether it really burns or not, just put it. Even while putting the hand, if you are aware that it burns, you may immediately come out seeing that it really does.

But there are people, they say, "Hey, my hand is burning. See, I am burning my hand." Well, it is alright, but then who can help you?

So there are three types of people, as there are three types of gurus. There are gurus who break your ego. There are gurus who go along with your ego. There are gurus who cater to your ego. And when somebody caters to you, and if you do not smell something in it, then you are blind. Reality doesn't cater to each other. Reality is existence. Catering is a color.

I know some people, "I love you, I love you." Well I know you love me. You are here because you love me. What is this all about? We know that. They will only be sustained here who are sustained by the power of love. Others won't.

But there are people who are very much in emotion in love. They love the emotions. But when it comes to doing, forget it!

Life is a reality, and the reality is when you cater to your higher self through your lower self, that is the greatest catering. And are you catering your higher self through your lower self? You cannot judge it because you are in action.

When you play football, you do not know what you are doing. You are playing. You are in the field. Somebody is there to guide you. If you play foul, there is a referee who says, "*Ooooooh! Stop it! It is a foul.*"

That is what a guru is. He does not let you play foul. He guides you to right consciousness. He absolutely guides you to self-surrender of your lower self to your higher self. That person who undertakes to perform that umpire-ship, that referee-ship, that is a guru worthwhile to be taken care of. And I will close up with the quoting of the

scriptures. And it says: "The water can be kept in an earthen pot but you cannot make an earthen pot without water." Therefore your mind can be caught, can be held by wisdom, but without guru you cannot have wisdom.

And some people feel to have a guru is to be a slave of somebody. That is not right. Guru is a *shabd*. Guru is a word of wisdom. Guru will analyze your every action of life and tell you where the wisdom lies. That is guru. Not that a human being is guru. If I do not talk wisdom, are you willing to accept me as guru? Then you are fool.

It is the word, "*shabd*." *Shabd* means wisdom. "*Gur*" means technical knowledge, formula, "*gur*." Guru is a person who gives you the "*gur*." And Sat Guru is who stands by you to go through that "*gur*."

Everybody wants Sat Guru. Nobody likes Sat Guru. You know that? Sat Guru is a stick master. A man with a hammer, who sits on the lion of your ego fearlessly. Sat Guru is not a groovy guy with a long white beard and closed eyes: "You are all right. God bless you." That is a damn hypocrite. He is not a Sat Guru.

In America, there is a very phony-ism going on about Sat Gurus. These titles are very easy to add to your name: "Sat Guru" and "Maharaaj" and blah, blah, blah...Whatever it comes, they add to themselves. They do lot of *pavan siddhi*. Such people suck their dollar out.

It is going on. It will go on. Nobody can help it. Sat Guru is that circus master who has got that electric handle in his hand and stands on the ego, the lion of yours. And moment you do not do the drama right, he flips you. *Crip! Yauuy!* Then it will be alright. Your tongue comes out. That is Sat Guru.

Some person met a person. He was a village, ordinary person. He said, "Where you have been yesterday?"

He said, " I went to have the *darshan* of a Sat Guru."

He started looking at his face.

He said, "What are you looking at?"

He said, "Man, I come from my Sat Guru, I am just three-fourths above and four feet down. You have come, look so good. What kind of Sat Guru is that?"

He said, "I go and meet my Sat Guru. He talks so many things. He wants to know what I eat, wants to know how I live, he wants to know whether I'm in debt or not. Man, he puts me into pieces, and I have to explain whole night who am I and if there is any wrong. Then he says, 'Alright this is wrong. Legs up, head down and chant Waahay Guru'. What kind is your Sat Guru?"

He said, "He doesn't ever open the eyes, only when we give him *dakshina*, he says, 'God bless you' and then he closes the eyes whether you sit there one minute or three hours."

He said, "A stone is better than that."

Stone is better than that! At least I have an obligation more than a stone. It doesn't speak. If Sat Guru doesn't talk, analyze and speak, what kind of Sat Guru he is?

In California you put a lot of big newspapers: "Sat Guru has come." Oh, every hippy will go. Where are you going to meet a Sat Guru? He may be from one year old to one hundred years old.

It is surprising life. Even in spirituality, it is very surprising. It is very difficult. And not to understand life is only one option, then to misunderstand life. So you have choices. Either you understand life or your misunderstand life. Then the word is Siri Guru, embodied truth. Open any page and it will talk to you. It will not talk anything. It will not ask any questions; Siri Guru is one who doesn't question, he just speaks the truth. Embodied truth. And then comes the stage, Waahay Guru. Then it is ecstasy. Then it is ecstasy. And those who realize that ecstasy of Waahay Guru....

[end of tape]

When you passionately cling yourself to something, remember you are calling for a rupture. Passion must bring rupture. Attraction must bring repulsion. These are the natural laws. You can't get out of it, whoever you may be. And if you feel that you can act against the law of nature, and still you can exist as nature, it is impossible. Therefore, if you do not want the repulsion, don't cause the attraction. Let it be done in Thy Will. Never push it. Always assess yourself. Am I pushing for it? No? Great! Relax.

Relaxation is the law of life. Those who have not learned how to relax in their life have not learned to live. Whatever you are whoever you are, wherever you are, one law shall exist always. Your spirituality is your relaxed mind. If the mind is not relaxed, nothing is achieved.

There are the five paths: *Saram pad*, when you accept a man for teachings; *Karam pad*, when you do what he tells you about teachings; then *Shaktee pad*, then you get your ego, "I can do it. I can teach also;" then *Sahaj pad*, then you flow as God wills. It is mercy of the Guru, "I am just sharing with you." And then you reach the *Sat pad*, then you become the truth, then truth shines from you.

Mostly people freak out at *Shaktee pad*. Mostly. It is very difficult to hold yourself at *Shaktee pad*, impossible in many cases I have seen because *Shaktee pad* has one difficulty: "I teach." The moment you say, "I teach," then He doesn't teach through you. Period. And when He does not teach, you forget it.

Life is a surfing on the waves. Learn to keep the balance. Otherwise the whole nose will be peeled off. That is what life it.

Now get up and let us do one *sadhana*. We don't serve *siddhis*. That is the first law of this teaching.

You will all walk out from here. Go out in the sun. You will face the sun. Your hands will be in this position. [upper arms parallel to ground, bent at elbows, palms facing forward with finger tips touching sides of forehead]

I know it is pretty painful. This is saluting the sun. You will salute the sun like this

constantly. And it is going to be a few hours. Not only are you going to feel the heat of the sun in your hands, but in your forehead too. Your eyes will be closed. (Sun was mid to low in the sky.)

All your unhappiness on the face must go. And that is the way to do. Come on, are you set now?

After doing this *kriya*, you will calmly take your blankets or the thing on which you sit, go out where the sun is still shining, find a place, sit down calmly, put your hands in this (above described) position. Face the sun. Fix your forehead so the sun is in the center of the eyes, like this. And this is a meditation which you go through, but first you do this which you are going to do.

Don't do halfway, go and sit in the sun like that. It won't help. So come on. I actually wanted at 1:30 to start, but it is getting late. Some people do not come. They love bathroom so much, they don't come out of it. Come folks, come on. Pretty good, come on.

We will take *Chaar Angalee Saas*: "four finger breath." You will find this breathing in your scripture book. They call in English foolish translation as a "count." Count means one, two, three, four. No. Four finger breath, four *anglee* breath is not count. *Anglee* means this much, one nose length. This is known as *Chaar Anglee* Breath when you inhale breath four times up to the root of your nose.

All right now, sit calmly, steady back, perfect human beings, good boys, no freaking out, good girls, very pretty, no hanky-panky, all set. Start. Four times, inhale. Hold the breath, and then with one sound, exhale, Four times inhale, hold the breath, and then exhale. Now this is what you are going to do: "*Waaho, Waaho, Waaho, Waaho, Guru.*" Put your mind on these words and inhale that way (mentally).

Understandable?

[Talk resumes after the *kriyas*. A question was asked.]

Is it that some people are ready for Kundalini Yoga or not temperamentally? Answer I must give you. Kundalini Yoga is the Yoga of Awareness. There is no man who has no temperament for awareness. None. Some have got higher blocks, some have got lower blocks. With some, it takes long time to break those blocks. With some, it is quick. Except that, there is no difference.

I have never seen a man who is not fit to sit in the aircraft and come to Los Angeles from New York. But I also see some people can come on a donkey, too. It is a question of time. In one method it takes long time, in other it takes short.

This is how it is: twelve years of Hatha Yoga, six years of Raja Yoga, three years of Mantra

Yoga and one year of Laya Yoga is equal to one year of complete Kundalini Yoga. It is written in the scriptures, I have not written it, so don't blame me for it. It is a matter of choice. But difficulty is Kundalini Yoga cannot be learned without a teacher. It cannot be learned from books. It is the psyche of the teacher which teaches it. That is why they call it "Path of the gold."

Kundalini Yoga is also known as “path of the gold” or they call it Golden Cord or Golden Link because it comes from one to the other, other to other. Moment you tune in your consciousness, *Ong Namō Guru Dayv Namō*, you tune in. Then your psyche will protect the surrounding. That is the difference.

There is no difference. Everything is groovy. All are great teachers. Even who teaches negativity is a great teacher. Perhaps someday you will get fed up of that negativity and go to someone to seek positivity so that is not the problem in life.

My personal belief is, if you ask of my experiences, there are certain souls which have to study from certain souls. The contact of the psycho-magnetic field is already arranged. And once in a life, one soul must come into the orbit of that soul from where he is to learn. In other words, each star in his lifetime must come into the orbit of the sun. It is a law of consciousness. So if the star after coming into the orbit of the sun, takes the light, and creates the rhythm, he gets enlightened. Otherwise, he goofs up. And that is because of the *karma* and *samskaaras*.

By the virtue of the previous incarnation, you always meet your guru. Either you surrender your ego to him or you get out of him, and when the guru will meet you, he will punch your nose. That is for sure because the self must be realized, the life in you must be realized, so guru shakes you.

Scriptures are very clear in it. He said, “When I met my guru he pulled the arrow and bow and pierced my heart. I fell on the ground and I became humble. In that humility I realized the universe.” Some people feel if you go to a guru, he tells you are very good, you are very bright, you are very beautiful. They feel they are enlightened.

You might have gone to some salesman, not to guru. Baby, when you come out from the guru’s cage you are just sweating. And if you do not sweat, you have not met the guru. Some people go to see somebody, and they come out talking. They feel they have met a guru. But when you will meet a guru, your handkerchief will tell the story. There is no need of our telling anybody.

Set yourself now perfectly and calmly and four inhales at the sounds of “*Waahay*,” exhale at the sound of “*Guroo*.” Keep the rhythm. I will count chant for you for a while, so you can regulate your breath and then you can be on your own. “*Waahay, Waahay, Waahay, Waahay, Guroo*.” (Each “*Waahay*” gets a beat of one and “*Guroo*,” a beat of two). It can easily be chanted if you take the root lock with it. It will be helpful. “*Waahay, Waahay, Waahay, Waahay, Guroo*.”

[The meditation went for thirty-one minutes.]

You may go through certain experiences You many like to talk to me. I have no time for such things. All these experiences do not mean anything at all. They happen, so they are all right. So as long they happen, they are perfect, let them happen. Okay? And better not talk about it. Yonder than that is awareness. Yonder than that is life. Yonder than that is your God-consciousness.

Don’t freak out... This happened, this happened, this happened... If I start telling you what happens to me every day, God knows what will happen to you by only listening.

Some people feel... All these are feelings. They have got nothing to do with you!

Enlightened person is that one who does not freak out under any circumstances. Do you understand the definition of enlightened being? An enlightened being is a being who does not freak out under any circumstances.

There is a very popular saying: "One who does not face what comes through has no face to go to God." Face everything and feel nothing. Because life is granted. The breath is granted. So long as there is a granted breath, you shall live. So why to worry, friends? There is no reason.

Does it make sense to you? Sometimes in your life there are many things, there are many calamities, there are many experiences which are sitting in your subconscious mind. You are carrying so many things from your previous incarnations or you are carrying nothing. I don't care. You have been designed in a special womb. And all the handicaps and good points come to you in that life. Therefore, do not feel bugged. Feel good. If God has not given you eyes and you are blind, there must be something good in it. It can't be without purpose.

I will tell you about myself. I realize it now. From the very first day of my childhood when I just understood my life, I was within myself. I talk in my ways. I eat in my ways. I deal in my ways. And it was very difficult for anybody to understand me as a child. It was very difficult. I know that. Now I realize if that would not have been ingrained in me, it would be impossible for me to live in this country. If there is a rope in the heavens, I just want to catch it right from there and go all the way up.

But that temperament in me does not now let me feel anywhere weak. I couldn't realize at that time why I am me. Now I understand.

Being a son of the landlord I used to go and sit among the peasants and I would listen to their talk, and love them and be in their blanket, rather than in my own superior blanket. Why I was doing it? Now I know. At that time, I never knew. At that time, even sometimes my parents were very much upset and uptight about it. They said, "This little boy is crazy. Why he does it?" Today, I feel that was the one feeling which held me among people.

The compassion for people was then inborn. Now I can practice it. It is impossible that there is compassion in you because you are spiritual or you believe in some faith or bah, bah, bah... That doesn't mean a bit. It is hypocrisy! You are compassionate for something that is not compassion. That is acting. But compassion is compassion under all circumstances. Compassion, if you want to see, is of a person when his enemy, who has slandered him, who has abused him, when he comes to meet him, he opens the gate and says, "Welcome brother, come in!" That is compassion. He makes him comfortable. He says, "What I can do for you?"

The life has its beauty. Life has its tragedies. Tragedy and beauty make the life. Those who only look to the beauty of life and do not care for the tragedy, they even do not enjoy the tragedy, neither do they enjoy the beauty. Both are to be enjoyed.

Tragedy of the life should be enjoyed equally to that of the beauty because they are both part of the life. What happens normally when there is a tragedy in the life, we freak out. When there is a beauty we do not even touch our heel on the ground. Then we'll fly,

“Ha, I am great!” What is there to be great? And what is there to freak out? Watch at me. I end up with you. There are many people; they freak out. They come again. They go away. They don’t do right. They do right, Whole whirlwind is going on.

I sit on that little spinning top, on that little needle, watch the whole scene. Doesn’t bother me. I have realized my own diaper I used to mess up. I used to play with the earth. I used to put mud on my head. I was a little guy. I used to crawl. I never was an athlete to win all the races. That crawling, muddy body became a great athlete. In the spiritual path, also some people are clodding, some are putting their mud on their faces, some are doing dirty jobs. It is all right. One day, the day shall come when they will be the realized men.

So it requires compassion. And you can’t have compassion if you put yourself here and look down on everybody like that. You have to deal with people. And the best way to be with people, put yourself in the place of those people. You can’t put yourself in the sky and look down: “Hi folks, what are you doing?” That won’t work.

It has never worked. Any spiritual teacher who pulls himself above his people, he loses the contact. And then he is away from the truth.

God bless us. In Kundalini Yoga, One thing is very positive. Any leader in Kundalini Yoga who will pull himself away from the truth shall not be in a position to teach. This is a *Maataa Shaktee*, Mother Power. It has one beauty and that is a very powerful beauty. Nobody can teach Kundalini Yoga and pull himself away from people. Impossible. Anybody who wants to challenge this, he can try. He will go through the drain somehow or the other, in a very short time. This is the power, this is the universal power. But when you are with people, you’ll be maintained. This is the law.

When some stereotype of people they explain Kundalini Yoga: “This chakra goes into this, and this is this, and this is that, and that is there, and then whole thing happens and one becomes enlightened.” I also have listened to them. I am one among you. These raps have been laid on me many times. I am not free from them. I have compassion for these people, poor people do not know what kundalini is.

The highest power on this planet ever experienced by man is compassion. God came on this earth because of compassion. He has created this Earth because of compassion. He created humanity because of compassion. So compassion is the paramount existence in the being, and one who has realized the universality, only he can have compassion. And then he will have the power to speak truth without fear. Otherwise, the state of fearlessness does not come.

It is very difficult to have fearlessness in you. A big swami is afraid of a small swami. Small swam is afraid of a big swami. Big is afraid of bigger swami. Little yogi is afraid of big yogi. All this is nonsense is going on. Don’t tell me. I know all that. I know these hierarchies and “archies,” and all that stuff in the public and the private, but one who realized God or who has surrendered himself to God, when he sees something not God-like, he will never be shut up. It may freak out people. It doesn’t matter.

Reality in existence is known to man. You all love to listen to truth. I love it too, But it is very difficult to digest the truth, very difficult. I tell you why. Truth has one thing to eat, that is ego. Truth eats ego. Truth lives on ego. First thing it does is, when you

Speak the truth, you chop off the head of another person. Ego doesn't exist with truth. You can eat the whole man but if you don't eat his ego he is all right with you. Moment you touch the ego of the other individual, you are asking for a trouble. And it can take any shape. And truth is always antidote to ego. So there are two alternatives.

In the scriptures, it is a written down thing. I am not telling you from my side; "If there is a saintly man who has not ego, say something. Talk something. Communicate. And if it is an unsaintly, become silent and slip away." That is why they always say, "However a truthful advice it may be, don't give it until somebody requests for it," because the moment you are going to give advice based on truth, you are putting your finger right into the very eye of the ego of being, and nobody is willing to get that kind of stuff. So it will be a quite a drag.

I remember once I was invited to an assembly of the saints. "Assembly of the Saints", that was the name of the meeting, the heading. "The Assembly of Saints," and I was invited. They told me what I have to speak. I should give them a written paper first.

I said, "Well what kind of assembly it is? If you think I am a saint and I am going to speak there, why should I give you in writing first what I am going to speak? Whatever God will make me speak, I'll speak. Why I have to give you a paper first?"

They said, "All right, then you can't come in." Then I am not a saint. In my, this little life, I have gone through so many experiments and experiences and realizations with saintly people, you can't believe it. It is very difficult to live as an ordinary person. It is very difficult.

Partay Shastra says: "A person who does not live as a relaxed ordinary person is miles away from God." It didn't say yards. It didn't say feet. It said miles away from God. Relaxed person, ordinary person, smiling person, person who has compassion, person who has feeling with you. He feels with your feelings. He lives with your feelings. He shares your feelings. And even then inspires you. He then inspires you. Mark my words; it is not the job of the ordinary man to inspire people to Godhood. No man can achieve Godhood without inspiration. It is essential. And man has to be inspired in day-to-day life. In day-to-day life.

Godhood does not come by sitting in a lotus pose in *gyaan mudra*, like this. "Who-so-ever can sit seventy-two hours is divine. Everybody else is a rascal." That is not the Godhead. Forget it. That is the job of the stones. Men don't do those things. One who flies in the air, is not a yogi. One who walks on the river, is not a yogi. One who can produce dollars here in hand, is not a yogi. It can't be.

Through some *sadhana* if one can fly, through some *sadhana* everybody else can fly. I can go in the airport, buy a ticket and there I go. That is a *sadhana*, is it not? One can just walk on the river. One can walk in a boat off a pier. That is no achievement.

There is a hard-core test. There is a very hard-core well-stated test of a man of God, very well tested. In all the negativity, if he remains positive, he has achieved the Godhood. In all the negativity...Remember the words are very clear. Later on you may not quote me somewhere wrong. "In all the negativity..." And I read in my prayer always that sentence and I'd like to translate it to you. It is in the *Adi Granth*. If one is caught in an extreme difficulty, that is time and space cannot recount for it, and hardship

engulfs a man, and nobody gives shelter. The enemies have come in surrounding. They are just touching the walls. The blood relations have left. All resorts have broken all hopes have gone, all where you could hold were washed away. There is nothing. You are left by yourself. Still if he has the hope of God in his heart at that time, if his heart remembers at that time God, nothing will touch him. That is Godhood.

God is not lived in blue clothes and orange clothes, and all that kind of stuff. This an identity just for the convenience of the people. You remember in very beginning I used to wear a pants and a shirt? Later on, the students said, "Well Yogiji, why don't you wear your yogi clothes? You look very good in that. We can identify you wherever you are."

I just used to walk in. I remember when I used to visit them while they were eating. "Hey, what are you doing folks?"

"Uheeeh, he has come!" So they thought if he will be tied down in yogi clothes, at least from a distance it will be known Yogi is around, so we can amend ourselves.

Godhood, my dear ones, is Godhood; that one who is not realized on only one principle. Three principles: the whole generation, is His will; all organization is His; all destruction is His. Oh dears, I am yours. If I am here: fine. There: fine, Nowhere: fine.

This is very important in human life. If you'll become too much eager and "pouncey" on Godhood, you are not going to get any Godhood. You'll be disturbed.

Conveniently, God is a friend. O, my dearest friend. Bhakta is a friend with whom you always talk tales and sit down. "Hey, how are you?" "What are you doing?" "What I am doing?" "Hey, what are you doing?" "Where were you?" You know, you can kid with each other. Kidding, kidding. God is a kidding friend: Bhakta.

Who is helping who? Look at this ecstasy: "Oh, my beloved friend, oh my buddy." Buddy. Buddy whom you can pull from the ear and say, "Hey, how are you doing?" You know. You are totally free. There is no barrier. Who is who? When that merger happens, then you receive the Godhood. When you do not hate people, but you have compassion for those who are ignorant, who are weak, who are unfortunate, who do not know what is what, you don't lay the number of superiority. There is no harm in checking.

Your job is to be available to speak the truth, to inform the being of the truth. It is none of our job whether he does it or not. No. That is why we have two sides: one is Yogi Bhajanism; the other is the 3HO family. If we want to grind somebody, we grind him under 3HO law of existence. Alright, we are family, we are all one, what are you doing? That is where we live for each other, that is Godhood.

There are three principles: either you live *at* each other or you live *with* each other or you will live *for* each other. We are creating a group consciousness which in principle we start living *for* each other. Ego will not have a place. And who-so-ever shall have an ego, shall not exist in that. Can't ! Impossible!

Two things cannot happen. In group consciousness, you share ego anyway. You cannot be in a group, if you do not want to share ego. From individual consciousness, you may be anything, who cares for you? Even if in this lifetime you receive highest

consciousness as an individual, you shall come again to live in group consciousness. None can leave this planet without achieving Universal Consciousness. Remember, he cannot go from this universe, period.

I'm not going to make any hanky-panky about it. I am very clear on that. A person who ties a loin cloth, chants "*Raam, Raam...*" all his life, when he dies, you know what he becomes? He is born in a rich man's family. That's all. You can reserve a seat next lifetime. No problem. Then he has not to earn the money. That's all. Anyone who loafs around naked and says "God, God, God, God..." and does any weird thing with his body, the *maximum* achievement he will have is that he will be born in a family with a lot of money. Period. Take out *Gita*. It is written there. I am not saying something from my side. So he has not to hassle for existence. All facts, all comforts are provided.

And also remember, when a person is provided all comforts and he has not to earn, if he does not earn at that time Godhood, he goes back to number one. From the same, all the way up. So one who is rich, he becomes a giver and attains the Godhood. Then he has a third life to come again to become teacher. So long as a person does not raise the consciousness of his fellow beings, this magnetic field does not let him go.

I tell you why. You ask me. It is a secret thing. It requires initiation to tell you this great secret. Now I am going to initiate you in this truth, and that is when you send something from here what you require, don't you require a radiance guide? They call it beam of landing and beam of takeoff.

Have you seen an airplane going? Do you understand that theory? Or are you dumb? Have you understood that or not? Those who have not, raise your hand. Later on, "Caw, caw, caw, I did not understand." The airplane when it lands at the airport, do you know when there is a fog and smog, then it is lead through the beam. They call it "beam landing." Through the electronic method, they direct the airplane under a certain altitude to come in a certain way. Is it clear to you?

When the soul leaves this physical body and astral body, then you require a beam of prayer to take it across. And if there are not *chaylas*, forget it. Ordinarily when a guru goes, *chaylas* sit seventeen days; "*Om, Om, Om, Om...*" to push him through. That is why to be a teacher in the human life is a must. It is not a favor to someone. It is a favor to your own self.

Student; How will other people help carry him across?

Vibration.

Student: If he hasn't created his own beam, how can anyone else help?

Sure. When he has taught people, inspired people, loved people, when he leaves physical world, what they do? They love him. People pray, "*Jesus, Jesus, Jesus*" today. That is why he is shining all over. "*Buddha, Buddha, Buddha, Buddha, Buddha, Buddha, Buddha....*" He inspired people to truth. That is a teacher. That is a last incarnation.

There are teachers, when they died *chaylas* feel very satisfied: "Thank you, God, for taking him away." There are teachers that way too. Don't misunderstand. I will not

mention the names. That will shock you, because they both call themselves great "Sat Gurus." They call themselves the "great living masters." When their master dies, they fought with guns over the property. Amritsar court records, if they are taken out, it will freak out every American to understand what a riot happened. Those great two living masters, totally enlightened, took their men with guns to take control of the shrine.

So sometimes this thing happens. Very recently it was a saint died. He built a beautiful place. It is a place where you feel the divine prevails. He died. He never nominated anybody. Police has to be there for all the days because they were unable to decide who is in charge. Who-so-ever declares, "I was next to him," next day, they'll find his head chopped off. So one, two, three, four gone. So finally the police said, "We won't let anybody declare his disciple, because whoever tries to do it, this will happen. We won't do it."

Those kinds of karmas are there to guide us, to tell us the story. Teach people with compassion at their level. When you will leave body, their prayers will let you go through all kinds of clouds.

"A great blessing on me the God has done that has enabled me to speak to you." Guru Gobind Singh said, "Because of you, I am a Guru. Otherwise poor men like me, there are millions."

In that ecstasy of Truth, he spoke to his disciples, and to the disciples, he said, "I want a head."

Five people said, "Come on, have it."

He said, "Perhaps they are telling a lie." He took them into tent, came out with a sword filled with blood, He said, "I need a second one!"

"Yes, sir."

"Third one!"

"Yes, sir." Then brought them back, beautifully dressed.

Everybody said, "Why didn't we go? It was an examination. We have been cheated."

But when he said, "Come on, I need somebody's head!" somebody said, "He is crazy." Somebody said, "He might have taken LSD." Somebody said, "He's on a trip." You know, everybody freaked out, but five came up. And he gave the *Amrit*, he gave them the Nectar, baptized them, and then sat before them and kneeled before them and said, "Now baptize me, because you are the *tested* one. Your Guru has tested you. You are the *proven* ones. Now I want to be approved by you."

Life is beautiful. *Agreed!* But the beauty of the life is not the test of the life. It is in the cloudiness in the life, which is the test of the life. And those who survive the cloudiness, they earn the right to see the sunshine. Friend in need, is a friend indeed. Don't you say this commonly? Exactly. When the time comes on you and needs to know your soul and spirit, if you stand by, you are indeed great people. Otherwise, forget it! These are the fundamental laws of God Consciousness. Hypocrisy cannot work. You try. Anybody can try. It is my clear, open challenge. Divinity in you shall be tested. You can't get out of it and that test will make you real great.

When we went to India, our faith in Guru was tested in the daylight. We, eighty-four unattached Americans, having no voice against anybody, nothing, went on our own way, wanted to come back our own selves, no hanky panky. Nobody did anything, except for one thing: We said, "America is not a country of sex and sensuality. America will create those great, potent people who will not only be teaching God realization, but they will achieve God realizations."

This freaked out the hypocrite Indians. They had a great grudge. They said, "Well, this Yogi has freaked out. He now sings about America. Get him!"

So we were in trouble. It was a political trouble. There was nothing wrong with it. And I said to all, "Look folks, we have come to visit the House of Guru. We shall go back. Chant '*Guru, Guru, Waahay Guru, Guru Ram Das Guru.*' We'll be protected somehow."

"How, Yogiji?"

I said, "I don't know. All I know is we are innocent. Something will happen that nothing will happen to us. We'll get out of the whole cloud. I know the time is hard. I know we are in a problem. I know we are encircled by police for our life protection. I know we cannot go on the town. I understand all that, but dear ones, keep on chanting. Everything will vanish."

We came so smooth you won't believe it. When I came in John F. Kennedy airport and I just looked out of the aircraft, I saw two big cars with those sniffing dogs. I said, "No, that is not divine. We are not carrying any marijuana and we can't go through this process. We are not going to remove our pants and get sniffed, no, no. O God, you saved us from bullets. O Guru, you saved us from that tragedy. Now that we are back, what are you going to do with us here? No, no."

Something happened to me. I went into such ecstasy. All I was talking, "No, no, no." I remember that when I was separated, because I had Indian passport and my parole paper, I had to go through a special channel. So I gave my paper to him. He said something and I said, "No, no, no."

He looked at me. He said, "Take this paper and go."

I couldn't answer anything. All I was telling all the time was "No, no, no."

"Take it away!" Then he wanted to see Krishna's baggage.

I said, "No, no, no."

He said, "Alright. This is not an offense."

In a few minutes, we were out. Nobody bothered anybody. Not at all.

At Los Angeles, Baba Singh brought that water, that coconut water and I drank it. I said, "It is San Francisco? No, how can it be? Where are you?"

"Sir, it is Los Angeles."

I said, "No how can it be Los Angeles?"

He said, "The aircraft was so scheduled. It came in Los Angeles, and then you are going to San Francisco in one hour and forty five minutes. We got a telephone call. We came here."

From that moment to that moment, I could feel that there is a huge protection covering all of us. Nothing is going to be wrong. And I prayed this. I said, "Lord, I do not know. I came to Thy house. I brought these people to Thy house. They don't know who you are. They have never seen you. They have come on sheer faith. And it is a divine faith. And if you will not maintain the divine faith, tomorrow nobody will come to the House of Guru Ram Das. Period. You should hear it very clearly too." I said, "I don't care that you have a house of gold and marble. I don't care. I know you have. I have love for you, but these people are new. They are here. They have enjoyed. It was a height of bliss and pleasantness then we were with you. Now the clouds have come. In your house, we have been honored. In five hundred years Indian history, they have not respected any foreigners with the respect they have given us. God bless you! Thank you for taking care of the children."

Without clouds on the sky, we saw the sun's twilight. Premka has a picture. I told her. I said, "These children have come to the House of their Guru. This is an unusual sign. Someday, the kids will write a history. Why don't you put your camera and snap it? She just snapped it, and it is still there. An unusual natural phenomenon.

But all I could pray was, I said, "God, no! You can't betray these people. They came on a *yatra*. They came to visit the holy places. They can be shot. They can be fired at. And they can be sniffed with dogs. No problem. At this time, we are not exposed. *You* are being exposed. Protect thyself."

And it took seconds when we knew that the enemies encircled us, clamped us almost in the clutch of their negativity. It was impossible to go. I called the group. I said, "Look. If we are honest and if our God and Guru are with us, on the twentieth of March, I'll be speaking in San Francisco in that conference where I have been invited by the AMA and all that stuff. But if we are not, and if I have earned any bad karmas, I'll be left. Then it is up to you sons to like me or dislike me. But if you can leave, as many as you can, try to leave!"

I never made any claims. There was a very clear consciousness, absolutely no guilt. I was absolutely radiant. I had no problem in my consciousness. I knew righteousness shall prevail. And lo, their every trick failed, and they utterly failed. And we came boo, boo, boo, and here we are.

That is what it is. Godhood is not tying a turban and giving a six hour lecture. It does require a foundation, too. And that infinite realization in a man of that: that who is with me *is* with me, *shall* be with me. These are the meanings of this mantra you are chanting: *Aad Sach, Jugaad Sach, Haibhee Sach, Nanak Hosee Bhee Sach.*

This mantra means this thing. It is not words. It is a life. It is not a word. It is a spirit. When in your ecstasy, you live in that experience, then the Creator of this creation stands by you. Who can tell me that person whose protection God has undertaken? Who can touch that man whose god the God has become?

Meera remembered God. She said, "O Lord, I have lived Thy Will."

Draupadee said, "You will not be remembered as Krishna, if once they make me naked. You will lose everything. If these people through all this mechanism become successful to make me naked in this assembly, Krishna, nobody will remember you as God. They will all remember you just as a nut. Now this is the time! Nobody will call you Krishna if Draupadee is made naked in this assembly."

Why did Pandavas want her to be naked? Because she used to boast: "My Lord is Krishna. If you guys are going to play any fouls with me, I'm going to tell Him."

So, they said, "Okay, we'll see to it." So they played that chess game, in which they all made hanky panky happen and Krishna couldn't help. The Guru was helpless because the words were lost. And then Draupadee prayed. Then that woman became *Aadi Shaktee* and the whole universe became cloth. That is kundalini. That is Mother Power.

You have seen kundalini. I have seen kundalini in the hen. I saw once the falcon come with all the speed. She took all the kids under her feathers, the little ones, you know they are very soft little things, those little chickens. You know, they are perhaps two days old. That guy came. My God, I can remember what a speed it created in the air. Not only she protected them. She put her neck aside and all the way under the clutches, those jaws-type things, nails long, and poor hen. Her beak, that mouth, went into his body like an exact knife. Her head was backside. I was eyewitness to it. And he pulled her up all the way and her beak went into his stomach like a big knife. After that I saw her being released. She came by, "Coo, coo, coo, coo." Gathered them all.

And off at a distance that falcon "Pick, pick, pick, pick," all the long wings. He was just lying down like that. I didn't care about him. I wanted her to see. I was surprised to see, you know this area, the whole area got chopped up. Her head went all the way in here. That was the motherhood. That was the power. That was the *Shaktee*. A little hen, capable of nothing. And you know these falcons, how powerful they are! I can still concentrate when that guy was high in the air, there was such a heavy sound when he took that leap that that sound current was so powerful that even I couldn't go in his flow. I realized later on, I asked myself when I saw that guy why he couldn't stand before her.

Then I realized that he created a magnetic field to steal the whole thing. In that leap everybody becomes still, and I became watchful of him and I forgot the protection of her. And perhaps God wanted me to see which way the God prevails with this successful attack, if the *Shaktee* principle has died. And *Shaktee* can be in those who realize that they are *Sohung*: "I am You." When this finite takes away the duality and becomes one with the One, then the Godhood is established.

We are a few minutes before the dinner is ready. And today be careful. Dinner is very tasty. Don't overeat. Let us sit and meditate for a few minutes. "*Aad Sach, Jugaad Sach, Haibhee Sach, Nanak Hosee Bhee Sach...*"

[After dinner]

Man's protection, "tra" means protection. Man: M-a-n, man. T-r-a: tra. It is mantra. Mantra. Mantra means "protection of the man." These mystic syllables are the sound

currents. When anybody vibrates them, they cause a cause into effect. You cause a cause, and that creates the effect. Whenever you chant a mantra you cause a cause.

Your job is to cause a cause. You cannot control the effect. What shall be the degree of the effect? That you cannot say. So we always cause a cause. So that is why we chant a mantra. Chanting of the mantra only means to cause a cause, and we know it is always followed by the effect. And that is the way it protects us. It cleanses our minds. It keeps the vibration going. It makes us healthy, happy and holy. In Kundalini Yoga, all the mantras we chant relate to infinity.

Our Guru, Guru Ram Das, servant of the infinite: "Ram" means infinite, omnipotent, omniscient, omnipresent. That is what Ram means. And "Das" means servant. The greatest experimented mantra which we used for our protection: *Guru, Guru, Waahay Guru, Guru Raam Daas Guru*, which brought our vessel back to our shore. All the time, you know, we were chanting.

Anytime when the buses would stop and the policemen would come down and the protection was needed, or even sometimes food was not available.... John is laughing, he knows it. When food or some arrangement failed or something, and we do not know, and we are just in the jungle, and you know we have only few policemen and they come out with rifles lowered and start watching and we have to only drink water, that's all...To drink water and to urinate, that's all we were stopping for. We wanted to reach back.

We were warned that at any time you can be attacked. No problem. So these guys would chant, day and night in the ashram. We were in the mango farm encircled by the police, but how many policemen can we have? They were enough. But what was expected was about two hundred people with guns will just raid us just to kill us. That was expected. So even the policemen, I have see them chanting at night.

One day, I came late and saw. I said, "Well kids, they are very good. They are chanting." And later on, I realized they are the policemen.

When I was coming, they said, "We will forget everything but not this mantra."

That is what mantra is: *Man-tra*. Protective vibrations.

Aad Sach, Jugaad Sach, Habhee Sach, Nanak Hosee Bhee Sach...

Day Seven

Life is a beautiful thing if we live up to it. John, life is a beautiful thing if we live up to it. Surfing is nothing but balance. Balance doesn't come without fear, and when you become fearless you are always in balance. This is how they life plays the game with you.

Take for example surfing. You have a disc under you, and you want to balance yourself and you cannot balance if you are not in totally fearful consciousness. You can't, and the moment you balance, first thing that happens is you are fearless. What makes you to do something, you get out of it. This is known as liberation. Life is full of fear: fear for unsuccessfulness, fear for having things, fear of this, fear of that. But the moment you start living, you become fearless. Your living means fearlessness. Your life means fear.

Expansion of mind comes out of reservation of mind. If you feel the reservation of mind, expansion is possible. Because you must feel the foundation and must expand. In our life, there is no other way but to feel that life is beautiful.

I would like you to come along with me to certain corners of the life and to realize what it is. Look at your nervous system in the physical body. Up to this day, the medical science is unable to totally understand, totally perceive how great it is. Look at your circulatory system. There is nothing equal to it. Look at your brain. They say if they have to make a computer which may be equal to the brain, they require 100,000 square miles of land to house that computer which has been housed in your skull, and this guy is only half working. Half doesn't even work!

And you will be surprised that all the discoveries in the science which is on this planet, is already in you. Nothing is now which man is finding. Everything is in the man. Telepathy: wireless communication. Projection of perceiving of the being: television. Telephone: projected communication. Just work on those things. All that man has done is to perceive those personality aspects in him and change them into instruments.

Our progress is hampered by habit. First we create a habit, then habit creates us. In this life man is always to be remembered one way. Your protective self to you sometimes feels the pattern of life you are in, but that is not reality. Your total self is always infinity. You are a part of infinity and you are connected with infinity. You are never weak. You are never limited. You can argue this thing and you will find this is true. If this is not true, why they always say "perseverance brings success"? I say "Keep up!"

Guru Nanak has said one thing which is very unique: "*Nanak naam chardee kalaa taray bhaanay sarbat kaa bhalaa.*" Guru Nanak for the sake of that Name's enlightenment, for the sake of the *shabad*... Guru Nanak Naam: *Naam* here means the sound vibration, that *chardee kalaa*: keep up. *Chardee kalaa* means "keep up." Guru Nanak wants for the sake of Name, he should keep up. *Taray bhanay*: "through Thy will O Lord," *sarbat kaa bhalaa*: "everybody should be happy."

He never said: "My people should be happy. Those who follow me they should be happy. My faith should be happy." Not at all. He says "*sarbat.*" Everybody. Without caste, creed, religion.

This keep up is all it is in your life. There can be a failure, but before a personality of keep up, there is no failure. There can be weakness, but those who keep-up, they don't know weakness. Keep-up is the law of true individuality, and keep-up is the law of infinity. Because we are part of infinity, therefore we have to obey the law of infinity, and that is to keep up. *Chardee Kalaa*. Then when you are in the state of *Chardee Kalaa: C-h-a-r-d-e-e K-a-l-a-a*, when you are in the state of ecstasy, then there is no reservation and there is no fear. It is a state of fearlessness.

If you wanted to know in physical action the *Chardee Kalaa*, there is a poem in English, Charge of the Light Brigade: "Theirs is not to reason why. Theirs is but to do and die: Rode the six hundred into the valley of death."

Million died in the first war. Who knows how many died? Whether they died for good or bad, who cares? Nobody wrote poetry for anybody, but for these six hundred a full poem exists in the English literature. Why? Because it was a demonstration of *Chardee Kalaa*. All right, orders are orders. Forget it! They knew there are cannons. They knew they'll be roasted up.

What is ecstasy? What is LSD? What do you call "stoned"? You get stoned on some hallucination, that is all, but you call it "stoned." You do not know who you are, what you are. You are what you are at that moment.

You call it "stoned." "I was stoned on this." "I was stoned on grass." "I was stoned on LSD." "I was stoned on this-that."

Guru Nanak knew people loved to be stoned. He knew it. So he said, *Naam Kumaray Nanaka chardee rahay dinraat*: "Oh God, I may be stoned in Thy name!"

He did what all you do today, but he had a choice to make and he made the right choice. He surrendered his lower self to his higher self, because he knew without surrender, nothing happens. One has to surrender his lower self to the higher self so that the higher self can prevail. It is very simple.

This is a jug of water. Fill it, and if you take a tap here, make a hole here, you can't fill it. If at the lower level, it is leaking, it will never be filled up. You can't fill it. But if there is no leak at the lower level, it is going to overflow. Everybody is going to see the water coming out of it. The water will shine out of it.

If your lower level will prevail, lower level will prevail. Then higher level will never have the chance to prevail. If the higher level will prevail, the lower level will never prevail. Therefore they said marriage is a relationship which is a union of infinity and not of values. It is a relationship of infinity and not of values, because values shall always change!

It means marriage has to change with change of values! And in your lifetime, if you change three hundred thirty-three values, you got to get married three hundred thirty-three times? Marriage is a relationship of infinity. In the west we say marriages are decided in the heavens, executed on the Earth. But when it comes to execution, we freak out. Values always will change. Today you are young. You have different values. As old people, you will have different values.

A man came to me, he said, "I am sixty-eight. I want to study Kundalini Yoga."

I said, "Sure you can study."

He said, "How?"

I said, "Through the power of mantra yoga. You can achieve the same thing. Because your body is now so stiff, it will take long time for you."

He was very serious. I gave him a *kriya* to chant the mantra in a special way. His body these days is so flexible, it is unbelievable.

Life has a value at the given time for given environments. And life as it progresses, the values must change.

What is happening with this? [talking about a flickering light] What is this thing? Why don't you switch it on? Those who cannot remain on, must go off. Halfway is not the way!

Any vow you take, never take it for values. Take it for infinity. And if you are not ready to take it, don't take it.

You do not understand one thing, my dear ones. That's what I'm saying to you. It is a tragedy man does not know this. If you take vows and you break them, you can break them only under the law of the state and the country. Under the law of infinity, you can't. And scientifically know what you utter, it is in the atmosphere. It never goes. It remains there up to infinity. And you are bound down by your own vows to the infinity.

There is not one secret mantra which relieves a man of his vows in infinity. Sages and saints through the ages have found after very hardship what to do. Folly is with man. Error is human, but the best is, not to seek that. Best is not to take a vow. Because the moment you tune in mentally and take a vow, you bind yourself till infinity. You have the choice, ego to freak out, but infinity won't freak out. This sound barrier won't let you go.

You talk of liberation. I tell you the truth. This sound barrier which your airplanes can cut now, you cannot go out of it. Because you'll be bound down under the power and attraction, gravity, of your own vows, your own sounds.

There was an eagle. The king of the air was flying one day. An arrow came and struck in his stomach. He came all the way down. He fell in the hut of a saint. He looked at the saint. He said, "Oh saint, I am the king of the air. How come this arrow can come and hit me?"

That saintly man laughed. He said, "Eagle, look at this arrow! In the back of this arrow, your own feather is fixed. It was the power of that arrow, the straightness of that arrow, the lightness of that arrow, which he drew from your very feather that got right into your very stomach. If the hunter would not have got your feather in the arrow, no arrow is so accurate which can just hit you right in the air."

God made you in his own image, for liberation, for happiness. You get bound by your own vibrations. First you say to somebody, "I love you." She is a honey for you. After a little while, she becomes salt. And all the time, these games are played. Salt-honey games I call them. They are being played every day. That honey becomes salt, which is

first three months honey, then three months salt. It doesn't mean anything to you. And darling becomes demon. First he is a darling, then he is a demon. It is nothing but a game of polarity and change of values.

You may not admit, you may deny to yourself. You may not attach yourself to the truth of those values and you may not discuss those values. But honey has the value of sweetness, salt has the value of bitterness. If you do not relate to anyone because of values, there cannot be honey and salt. Man is going to be constant. Constant is infinity.

Same way we fluctuate with our consciousness. We know what is truth. When it comes to practice, we practice the truth for values. And when we practice the truth for values, either it gives the values or it doesn't. If it doesn't come up to our values, that is no truth. That is a lie. That is how we determine in our values, God-consciousness. We are real commercial people. We trade with values.

Religion has nothing to do with us. We'll never try to find the origin. It is a social value. Religion is 99.9 per cent practiced for social values, social contracts. All yoga and blah blah is being practiced for happiness. Happy is to be happy. Be happy anywhere, everywhere, all circumstances, whatever it is.

Happy means happy! What do you mean by happy? Come on. Tell me! Define a happy man. Come on, come on, one by one. All right.

Student: He is selfless.

Selfless man is a happy man. You all knew it.

It is very difficult to get a dollar out of me because I love dollar as a scripture: "In God We Trust." Dollar is never money to me. All I see and read is "In God We Trust." I say, "Thank you. This is scripture."

Happiness does not come without selflessness. Marriage cannot be sustained without selflessness. Life cannot be achieved without selflessness and Godhood cannot come without selflessness. Life cannot be achieved without selflessness and Godhood cannot come without selflessness. As dark as you are, as selfishness is in you. Your limit is your selfishness, otherwise you are unlimited.

You are never meant to be limited. You are not limited. You come from infinity, and in between is a cycle. How many cycles you go in between is your problem. That is why Guru Nanak said, "When any action happens, say, '*Sat Kartaar*: Truth has done it. ' Get out of it.."

He gave a formula. He said, "The only way to get out of karma is say, '*Sat Kartaar*: Truth is the doer. ' Get out of it.

Somebody questioned, he said "Baba, what if wrong happens?"

He said, "*Sat Kartaar*."

"If right happens?"

He said, "*Sat Kartaar*, then you will become *Sat Kartaar*." If right happens, then it is *Sat Kartaar*. If wrong happens, it is *Sat Kartaar*. Then everything is *Sat Kartaar*. Then karma won't catch you.

"I did it! You should do it!" *Sat Naam* did it. *Sat Naam* will do it. *Satya*, the existence, my existence is *Sat*. It is truth. If it would not have been truth, I would not have existed. "I" is because of *Sat*. *Sat* is not because of "I." Those who put the horse before the cart, they pull. Those who put the cart before the horse, they don't.

I cannot supersede *Sat* because "I" is *because* of *Sat*. I am Yogi Bhajan. If I cannot move my arm, what I am. I am Yogi Bhajan. [arm at side] How does it look like? Watch me, see what I am doing? I am Yogi Bhajan. [arm in air, fist] I am Yogi Bhajan. [arms at side]

See the difference? Practical demonstration of ego because I know what ego is. If you do not know what ego is, you do not know what *Sat* is. If you do not know what night is, you do not know what day is. If you do not know what high is, you do not know what low is. And see what the difference is. The same thing, same expression, same words, because this is ego, identity [arm up] and this is infinity. [arm down]

Infinity. I am Yogi Bhajan. All is Yogi Bhajan. Everything is Yogi Bhajan. Light is Yogi Bhajan. Thoughts are Yogi Bhajan. Hands are Yogi Bhajan. Seat is Yogi Bhajan. Eggs are Yogi Bhajan. You say this man's gone crazy. Naturally, that is the way it has to be. If you have identity, you have ego, then let it be a universal ego. Otherwise, don't have it.

You know what God is? All right, give God a simile with something that exists on the Earth. Come on, God is a french fry when you are hungry, though you are a vegetarian. In existence, what God is and they both have the same letter "G"? Both have the same letter "G" to begin with.

Students: Goat. Good. Glue.

Come on. Come on. Come on.

Students: Grace. Grass.

Okay. God is a government which exists, but does not exist. What is a government? You just cross the red light, government will appear. You cross the red light, government will appear. It may appear. It may not appear. It is the government's will. When you are going on the road, you cross against the red light, it is the will of the government to appear or not, but in your consciousness you know that it can appear. It may not appear, but if it appears, then \$10. Then you cannot get out of it.

You may tell them, "Government, you are very beautiful."

He says, "Yeah, that's right, come on what is your name? Father's name? Address?"

You know that God is such a government. On the street, you see: "Parking between this hour and this hour not allowed." You park. Government appears. And it doesn't bother him. He puts the slip on your car. Exactly that is what God consciousness is. It rules through the law of nature.

When you wreck the law of nature, God can appear to you through disease, through sickness, through loss, through damage, through anything. Sometimes he does not. If you have a creative aura, then he does not. Otherwise he does.

You think every thief is caught? Forget it! Ten percent of thieves are.

We roped a thief once. He left stealing. He was a big thief, very highly professional, so the governor of the state granted him a general pardon. We were sitting in the government house and he came and he sat down and everybody respected him because we chose him for a subject: "How to steal."

In officer's training school, I wanted him to come and lecture how to steal so that we may know how they do it, what is their mental whole thing, and he was expert, so we wanted to study him. The only way to study him was to pardon him, so he got pardoned. So we started discussing with him and studying him.

And one thing I discovered of my choice, he will get up two o'clock and he will do *praanayam* everyday without fail. And his power to do *praanayam* was so much that for a very long time he can hold his breath. I asked him, "Why?"

He said, "Sometime I enter and, you know, I can't breathe. I have to have that practice. I can hold my breath." And through *praanayam* he learned another thing. He can make his body so motionless, so un-vibratory, that through the matter detector, you cannot detect a human being. Vibratory detector machine we applied, and he rolled himself like this and sat down. And we did like this, and it didn't record anything. The guy was radiating for him. It was a great yogic experience.

I said, "Man, if you would have appeared on this earth as a yogi, you know how great you would have been? I say you are the greatest yogi I have ever met. I bow to you. With this practice you wasted your life in stealing. That is why you were never caught."

Power is a power. Energy is energy. Your choice is to use it the way you like it. *Praanayam* is *praanayam*. You use *praanayam* in raising your consciousness or in stealing both with *praanayam*. *Praanayam* is *praanayam*.

Do you know a thief meditates more than a saint? He'll watch the house. He'll watch the entrances. He'll watch the people. He studies the whole subject more accurately than even you study the book of scriptures.

It reminds me of a story. A holy man was reading the book, "God is that. God is this. God is all. God is up. God is down. God is there. God is here..."

A guy came and said, "You are a son of a gun."

He said, "Hey!" and got up and ran after him. In half a mile, he caught him. He said, "You came to the temple. I was chanting name of God. You gave me a name. You called me "son of a gun." Come on! I'll take you before the council. You have polluted the temple. You have interfered with my *sadhana*, blah, blah, blah..."

The other man said, "Could you tell me what you were talking at that time?"

He said, "What? I was calling the name of God. What name? I forgot it."

The other man replied, "You forgot what name of God you were calling? What name I called you, you remember here today. At this moment, after running with me two miles, you know what name I gave you, but you do not know what God it was."

"I don't remember it," he said.

"See, you do not remember what you were doing, but you remember what I was doing. If we can remember what we are doing, or we can remember who we are and we can remember what we are, there is no need of anything else. If you were doing *sadhana*, if you were absorbed in only God-consciousness, if I would have beaten a *dhroo*, what does it matter to you? But you were pretending."

In spirituality also there is hypocrisy. Real spirituality and hypocritical spirituality are two different things practiced on the same level. When you will have a real spirituality, humility will come out of you and hypocrisy will project the entire ego of the universe out of you. And these are the realities. *Whole universe* is in you and you are a part of it. But if you have not experienced it, you are limited. And it is this limitation, which is your weakness.

It is not that we do not know the truth. It will be wrong to say. You are not here listening to me to listen to the truth. You all know what truth is. You are here to listen to your own truth, and you are obliged to be reminded.

Sometimes you hire a servant, alarm clock. You know what time is 2:30 in the morning. Whether you sleep or don't sleep, 2:30 is 2:30. 2:30 is 2:30. 2:30 morning is 2:30 morning. Whether you sleep, you snore, you snore and sleep, and others won't sleep... but 2:30 a.m. is 2:30 a.m. It can't be 3:30 a.m.

Truth is truth, whether you practice it or you don't practice it. That is why they said, *Saadh Sangat Har Mili-ai Ja-ee*: through the company of the holy, God can be found. Why? With alarm, we can exactly know at 2:30, what is 2:30 because when it is going to be 2:30, it is going to say crrrrrrrrrrrrrrrr, then you can't do anything. And if the alarm is pretty heavy it is going to continue. You may break the watch, but still it is going to go crrrrrrrrrr. It won't stop. That is why we get together is these *jagraats*, so we can vibrate and help each other. That is why from individual consciousness one has to enter into a group consciousness. And in group consciousness, you have to surrender your ego, share your ego. When you give, you get, and so on, so on.

You must receive the universal ego, and universal ego is total selflessness. Your ego is so great, you don't care. You are carefree. You can't get out of it.

How many things you want to know? Is there any limit to it? What you can do? I learned yesterday there is a wood-tick. It has a screw-like face. It gets into the skin, and it can wait on the wood for thirty years. Can you believe what a *samaadhee* it is? Just to get into somebody's blood, that guy can hibernate himself there thirty years. And if we put you one hour, you say, "We are great. We have done a great meditation!"

That wood bug meditates thirty years. Who meditates more, you or he? Polar bear

hibernates six months. If that guy may go into the *samaadhee* for God-consciousness, every bear may be a living God here. But no, he hibernates for circumstances. If spirituality is practiced for circumstances, the result is zero.

In England something happened. People wanted to migrate to London. It became difficult. They started marrying western girls. They will marry a girl from Britain and ask for the nationality so they will become British. Later on they found out one hundred percent of those marriages failed. So the queen appointed a commission, that every alien who comes from the oriental side marries, and that marriage always ends up in divorce; what is the matter? So sent they out a guy to investigate. And he found that those marriages are done for the purpose of getting immigration, so they end up in divorce. So don't get attached to God-consciousness for happiness.

God-consciousness actually is a strength when in bad times you will be happy. It is a light cord. It is a "gold cord," they call it. It has the strength to pull you through the darkness. When you are happy, you are happy. If you are an enlightened man, in sadness even you'll be happy. So you will be happy all the time. And it is not everybody's karma.

Kar Kirpaa Guru Deen Sangat: "It is a great blessing in heavens when people get to a holy gathering for the purpose of their higher vibrations." They call it *sangat*. *Sangat* and *pangat* are two powerful things in human life. *Sangat* is when you get together in group consciousness. *Pangat* is group consciousness for food. One is for head. Other is for stomach.

In human life, you always feel it. You eat alone and you eat in the company of ten people. You just will realize which one you enjoy the best. That's why in our ashram we force people to go on strike one day. One day they should not eat. Because in ashram life, you will always eat more than as individual. It is granted. It is assured. The only way to check it is that it should be one day compulsory to live on water: total rest. It is in the interest of the health of the individual ashramite.

In a *sangat*, if you meditate in group consciousness, you can't go to sleep. I know individual doing "*Ik ong kaar sat naamm...*" After few minutes you can hear "*rrrrrrr.*" Instead of "*Ik ong kaar sat naam,*" it is "*grrrr, grrrr.*" But when you are in a group, you say "*Ik Ong Kaar Sat Naam, Ik Ong Kaar Sat Naam,*" because you are conscious of the consciousness. *Sangat* gives you a conscious of the consciousness. *Sangat* gives you a purpose what for you are together.

If a man remembers what for is a man, he doesn't require anything. Then he knows what he is. To aim, the target must be remembered. If you can't see target, you can't strike. Man's target is what? Man is a part of infinity. Man has to merge in infinity. That is the target.

Why to limit, O Man, with your ego? What makes you to limit yourself with ego? And if you limit yourself with ego, who will reach the infinity? And if you won't reach the infinity in finite consciousness, when you are going to make it? Then go into the cycle of birth and death, and birth and death, and birth and death...

Your last company is your friends who will put you in the Forest Lawn, put earth on you and say, "Good-bye, bye, bye, thank you." Your relatives and dear ones will say "Good-bye," and put some flowers and come back and sit down and decide how much money you have left, who's going to get which car, which is going to get which house.

In America the woman will think, "All right, he's dead. I have four children. Now either I have to get to work, or to find some man to help me, or to remarry, blah, blah..."

But when she is your wife, you ask her, "How much you love me?"

"To Infinity."

She loves him for infinity. And when he is sleeping in a permanent bed, she forgets all the eighteen years or twenty years she has been sleeping with him every day. All is washed up. You know how forgetful we are.

You sleep with a man for eighteen years. You bear children out of him. You kiss and love and hug. You live on each other. You live with each other. You live for each other. Moment the guy is gone, everything is gone. You cannot remember a living person who was with you till yesterday.

God you have never seen. How are you going to remember him at all? Forget it. God you do not know. You have never slept with him. You have never kissed him. You have never hugged him. You never got a check out of him. Nothing doing with the follow. How are you going to remember him when you do not even remember your own man who was with you for all the twenty years or eighteen years, whatever you call it? That much forgetful we are. That is why it is very essential to get into a *sadhana*. Group consciousness is very essential. It is a reminder.

Now it is 1972, a very powerful year on spiritual level. This year will freak out as many people as you can even imagine. From this summer solstice up to 1980, you will find people getting off the spiritual path as fast as you can believe it. Only those who have received the light of God-consciousness in their hearts shall sustain themselves, because times are going to be very hard up. And they are going to be harder after harder. There is no going to be end. That is why it is very essential to come out of the group consciousness for Universal Consciousness.

What about those who are unable to come from individual consciousness? If one does not come out of the individual consciousness, what to talk about Universal Consciousness to him? So those who have to go, they have to go. Send them with grace. But at least rest should get together and do it. The greatest study of the man is the man himself. It is out of the study of the man that man studies himself and out of himself he knows who is he, and when he known he's infinity and he acts like infinity, he becomes infinity.

So dear ones, that is why we chant these mantras. Man-tra, man's protection. Against what? So that he may not fall apart. His ego may not take him away, He may not fall, jump into the pit of darkness. He may not slip away from the road of destination. He may not pretend to be blind to the light. So we let the mantra keep going so that a man may keep going.

Let us sit down and chant: "*Aad Sach, Jugaad Such, Haibhee Sach, Nanak Hosee Bhee Sach...*"

When you are chanting this mantra, don't start looking into the eyes of each other. Put your eyes into the eye of God, infinity. This is the time when we want to dedicate to

God. Relax your breath and remember this thing: infinity is truth; *Jugaad Sach*: through time, it is truth; *Haibhee Sach*: Now it is true; *Nanak Hosee Bhee Sach*: Nanak says it shall be true.

You got to relate to infinity. This time we are giving to infinity so that we may be infinity. Whatever you'll give to whom you give, the same you'll get. It is always two-sided flow. So put your mind into infinity with each word. And practice it that way so you may enjoy the a benefit and use of it.

Aad Sach...

It says in the scriptures, "Oh Lord God, Creator, Thy name is from infinity." Thank you very much. Now you can relax.

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Glossary

<i>Aadi Shaktee</i>	first/primal/original + power (f.) = the life force embodied in womankind
<i>achaarya</i>	a practitioner
<i>Akaal</i>	deathless
Bahadur Shah	Mughal emperor
<i>beejas</i>	seed
<i>bindu</i>	dot, zero point
Bhagvatee	Goddess
Bhai Mati Das	Sikh martyr
Bhai Taru Singh	Sikh martyr
<i>bhaktee</i>	devotion
Brahm	God
<i>Chalo!</i>	Go!
<i>chardee kalaa</i>	rising spirits
<i>chaylaa</i>	disciples
<i>chitta</i>	thinking
<i>dakshina</i>	offering
Draupadee	devotee of Krishna
<i>guna</i>	quality
<i>grihastha ashram</i>	the householder's life
<i>Gurmukhee</i>	Sikh scripture
<i>jagna</i>	sacrificial fire
<i>kafir</i>	unbeliever
<i>Kali Yug</i>	Dark Age
<i>karma</i>	causation, the law of cause and effect
<i>kriya</i>	exercise
Japjee	Guru Nanak's central verse
Ji	term of respect
Meera	Indian woman saint
<i>ojas</i>	brilliance
Pandavas	brothers married to Draupadi
Partay Shastra	Indian scripture
<i>pavan siddhi</i>	power over the element of water
Peace Lagoon	a book of selected Sikhs verses translated into American English
<i>prasaad</i>	blessing, grace
<i>rishi</i>	a sage
<i>samaadhee</i>	state of enlightenment
<i>samskaaras</i>	karmas from previous lifetimes
<i>sangat</i>	congregation
Sat Nam Singh	head of the Tucson 3HO ashram
<i>shastra</i>	scripture
<i>siddhi</i>	yogic power
<i>satyaa</i>	essence
<i>Shaktee</i>	life force, woman
<i>Shakteeman</i>	one who believes in the life force, man
<i>yatra</i>	pilgrimage

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