

Location: New York, NY

SUMMARY MEDITATION:

23 minutes



Today, we will work on your shashra, the seventh chakra and we will change your interlock of the third and the first chakra, to make out of you, whether you like it or not, we are not asking you for cooperation, we are asking you, whatever you have to do, you have to do, what we have to do, we have to do. The result will be that you will be balanced between your earth and your heavens.

If you are ready, then, if you are not ready, you have already paid, what do I lose?

Students: (Laugh)

YB: There is nothing to worry, but if you do it and do it right, and do it with a mind and heart, to experience it, you shall win. And remember one thing, it is that moment and that one action, which can make you great, it is that moment and that one action, which can totally ruin you forever. Life is one breath, life is one moment and life is one action.

I am not great, if you want to know about my introduction, I am the most corrupt, most negative, most rotten fellow. You will ask, why you are saying so? If I do not know, what is corruption, what is rotten, and what is a ridiculous, I will never know, what is excellence, what is better and what is best. You can lie yourself, pretending to be holy, pretending to be this, doesn't work in the Age of Aquarius. You must know worst, so that you could know best, I am sorry, I am a catholic, I may have to admit, which I am, I am sacred heart convent student so habit doesn't go very fast. What is wrong in admitting? I am worst, and I am best, I am wrong and I am right, I am real and I am not real, you can't say it, looks odd to you. But I can sit here and relax and say anything I want, that's what one day you have to become what you say, is understood affect and impact of it is positive, not negative. That status you have to achieve as human being. You do millions things, to look great. One great thing is, in the beginning, there was a word, word was with God and word was God. Your word should be God like.

One day, I was discussing with one attorney, they were bunch of attorneys sitting and discussing with me, I said, "Folks, this all is a legal matter, I am very stupid, I don't know what you people are talking, see what you can do." They absolutely protested.

"No sir, you are not stupid, you can guide us."

I said, "Okay, I don't want to misguide you or guide you, it is your problem, what I was interactively telling, whatever the lies you have to tell, you people have to tell, I can't participate with it. It's not my department." I will lose nothing, I will gain nothing. Life goes on. And when you will understand the life goes on, you will be first time, free, liberated human being. So long, it is tension, so long you have to do, what you have to do, so long the pain, the cry you have, it's not heard, so long there is no peace. In this circumstances, fortunately, we thought this day for New York. Are you ready?

Students: Yes Sir

YB: All-right, you are ready, I am ready. Let's deal with it.

Body has five tattvas. In those five tattvas, there is an ether and there is a earth then in between ether and earth, there is a fire, water and air. So, those three are in between and we call them packing, insulations. But heavens and earth are two, which we must have. When our earth is too much, we are most stupidly painful and low-grade people, when there is too much heavens, then we are very spaced out, good for nothing. So, both ways, it doesn't work.

It has come to an understanding, where you become you, in total balance and that's what this night is about. To bring balance, in your unbalanced, micro and macro cellular system. So that you may understand happiness, you may understand prosperity, you can affect life. So, people can come to you, opportunities can come to you and chances of your vastness brings happiness to you. All-right? Therefore, **(23:58) please sit down and put your hands in this condition, as you are blessing yourself. It is very simple. The psyche will catch up, your hands will come to an understanding then you know between your chest or breast whatever you have, the hands, they are very interconnected. So, get into that position, close your eyes and very faithfully, make an 'O' of your mouth and inhale deep and breathe out through the nose. Continue.**



Make an 'O' of your mouth, which everybody can make. Make the position of your hand, they are blessing you. So, psyche is interlocked within you. Keep eyes closed, if you want a better eyesight. Every part of the body will be affected. Breathe, that is the only breath chance you have, with that much reverence and respect and force. As much force you will bring in you, that much prosperity will reach you. 'O' means organization, it is a center word of word God. God is three letters, G-O-D,

generate, organize, and deliver. All what you cannot deliver, will destroy you. 'O' is the central power, through which prosperity and purpose is achieved. Breathe with a powerful 'O' and let it go through the nostrils. Make a special effort. There is a baby outside. Breathe from the universe, as you are breathing the entire energy through the 'O' of your mouth. Breathe consciously and breathe with that power. Don't forget to bless your breast or chest whatever the case is. Keep your eyes closed because you can concentrate.

(32:08) Inhale deep, **hold the breath and press your hands against your chest and press it hard and squeeze the body**, squeeze tight, with the cannon fire breath out. Breathe in deep, hold tight, press hard, breathe out. Once again, breathe in deep, press hard, press hard and breathe out. Please relax. (33:08)

These were, we have just started, these are your few minutes, the idea to meditate with the mahan tantrik, which unfortunately it's me. I cannot produce myself duplicate, so what should I do? It's a diagonal energy. I normally do not want to travel now, because of age and my circumstances and I do not want to teach, basically, I teach through tantrik courses and they are looking very good and they are best thing. But once a while, there is a difference. There are blocks in your life, and when you deal with mahan tantrik through the diagonal energy, a block, which is called square, becomes two triangles. It is not that, I am great, it is because my discipline is great. Don't mix me with the discipline. Discipline is the teachings, discipline comes with the teaching, discipline is not a person. I practice, I enjoy it. You practice, you enjoy it. Otherwise, you can learn and not practice, you will not benefit. So, I thought, let's go to New York and clean our mouth, that was the idea. Be there, you go up, one mile up to just sit and you come one mile down to walk. This keeps me happy in my domain, my jungle so well for long time.

I go to India also, then there are thousands and hundred thousand people you have to deal, you God, don't know what to do. I am going this year again, we need ten people who have guts to go, to go with me. So you know how the mob can crush you and how the hell you have to go through, so you become better. To you comfort is, when you have to do nothing, to us, when you are mobbed and crushed and sat on and given it a life which we have to survive, we call it excellence, it is a experience, different definition of life. **But tonight, we will ask you to do a second exercise with which concurrent to see, how you feel.**



(36:43) Put your beautiful hands like this and no, no you don't have to do anything, put your chest out and shoulders, put your shoulders back, so that you release the central serum of the spinal chord. Just remember, it is very medical what I am telling you right now, just like this and put your shoulders up and this back and this thumb down, you know, thumb, you go down, yeah, is that understood? Now, close your eyes, put Rakhe Rakhan Har music tape and let them whistle with it. You will whistle, we will play the song and you will whistle, song you all know, Hardas Pai, Amar Das Guru, but you will just do that.

(Tape "Rakhe Rakhan..." is played)

(Students whistling along with the tape)

YB (Talks over the tape): Too much food and you can't do exercise. Fingers should be tight like iron nails... steady, steady, it will little painful now... this pain is better because the spinal serum is going to change, it will hurt...keep up, keep up... sing...loud, loud, pain will go away...otherwise it will hurt... open up, open up.

(Tape "Rakhe Rakhan..." is stopped)

(42:59) YB: **Inhale deep, put your hands together and lock them, up, up on your head, over, over, over, lock them and try to stretch your elbows and do not let the lock go. Breathe in tight and stretch, breathe out. Breathe in again and stretch your shoulders and stretch elbow and try to pull, keeping the lock, do it all, let it go. Once more, breathe in deep, become so uptight and stiff that whole blood can go to the brain and change the gray matter and leave you alone from all this sickness, come on let's try it. Go, relax.** (43:49) All right, I don't know what kind of yoga you do, this is what people used to do, two, three, four, five, minutes done, over, finish, go home, have fun that's they are used be. But now I understand, there are tons of yogas, what was the latest yoga? Yoga for inter sexual communication.



You must understand, there is one Sun and is a Sun, stars are many and many moons are there but Sun is a Sun. Yoga is which unite you and your soul within you. Yoga is not a sculpt or something outside you. Purpose of yoga, people don't understand, they can't even define what yoga is. Yoga is, when your soul, the spirit, joins you and become you. That union is yoga. It is not physical or mental or spiritual, because neither you are physical mental or spiritual, you are that powerful, who keep the spirit, the mind, the body together, so to get it together, you have to work it together, between you, your consciousness, and your spirit soul.

LECTURE

Yeah, yeah, okay, wait. No, Argentina.

Students: (Laugh)

YB: You know the song?

Student: (-----)

YB: You know the song?

Students: (Laugh)

YB: People are not suffering anymore, but there is a silent cry of the heart, which they can feel it but cannot hear it. And that is, when time is changing from the age of Pisces to Age of Aquarius. There is nothing to convince. You have food, you have home, you have sex, you have relationship, but you don't have a peace. Today as our bodies are temple of God, which is there are their outhouse. We are surviving, let us see how we are surviving. Our fantasies are so much and we cannot fantasize collectively right, we take drugs so we can fantasize, that been expansion of our brain cells, which when contract, collapse.

We know how to extend ourselves, we know how to promise friends, we know how to talk to people, but we have not learnt the character to deliver things. So, neither we can trust anybody nor any body can trust. And the harsh way of knowing the truth and experience is very uncommon.

You want something easy, concessional, where you be appreciated. Therefore it is very, almost impossible to make a change. And when the age is changing, changes in negative, there is nothing you can do about it. Under this roof now, Catholics are sitting, protestants, seven day Adventist, Lothian's, etcetera, etcetera, some other religion, Jews, may be somebody is a Muslim, somebody is a Hindu. Question is not our religion, question is that of reality.

People have to know, what reality they have. People have to know, what intelligence they have, people want to know is there any chance to live consciously. Twenty-five, twenty-eight years ago I came here, in United States and I said, "I have not come here to get students, I have come here to create teachers for the Aquarian Age."

At that time, these words were just very foreign alien, so lot of people had lot of questions. Somewhere along the line, some of the great students of mine thought, they can topsy-turvy anything, everything, they couldn't. Passage goes on. Teaching was my extra hobby. I have never depended on a student, neither will, nor a student is good enough who can take the weight, rather now I am in trouble, I have fourteen corporations and millions of dollars of land and properties, which I have to hand over to somebody. Somebody among you, who do not deserve to have it, but desire to have it, but by the will of the God and law of this planet, it has to go to somebody.

Somebody, who knows how to forgive, somebody, who know to, how to serve, somebody, who knows how to elevate, somebody, who knows, in spite of all the rotten things, one has to be conscious and graceful. Somebody, with the faculties, which cannot be defined as ordinary. It has always happened. What is happening to me shall happen to you too. Why with every odd, I am even? Because when I was very young, I disciplined myself and continued to discipline myself.

So I have found on this life, there is only one thing very precious, that is very private and that is very personal discipline. The purpose of chanting, the Aquarian Age mantras doesn't make you a Sikh. Sikh means to learn. Learn those words, which that with the sound current and with a musical self, can affect your cosmenology, your reality. It is not something, which you can do, if you do not feel in your soul, that's why in last twenty-eight years, we have never initiated anybody. You cannot aim to be a student of Kundalini yoga, if you do not initiate yourself. And it's true, if you are that foolish, why should we initiate you? Initiate yourself, **if you have some grace left and you want something and you want to see the unseen, know the unknown, hear the unheard, and speak the entire time, out of pure wisdom.**

You know, whichever field of your life you are, you want to be popular, you want to be recognized, you want to be established, you want people should give you regards. I am asking a question, why? Why anybody should give you regard? You are on sale. You are always compromising your values and you are always on sale. No woman have met yet, who just glorify and glows her own beauty, her spirituality and her grace, is that her beauty? It's all these makeup and trying to look this and that, is that is the only beauty? Isn't that a man who shows courage and manners and commitment and character, is that not a beauty? There are beauties, which last for ever and there is a beauty which lasts few minutes.

Now, mankind is passing through the Age of Pisces to Age of Aquarius. Now, it doesn't matter, how much you know, that's nothing, now it's a information age, get on the computer press two buttons and press the third one, you can get anything you want. It's an information age. First, it was a computer age, ho big computer, now it is information age, majority of you can't sleep at night. Last night I experimented. I said, "Tonight, we will not sleep, we will watch movies." And one after the other, finally, in the morning, it was bruise hour, I said, "Stop it, lets stick to God is not practical."

If I can do one night you must be doing every night, and people who go on internet, they don't sleep for months.

Students: (Laugh)

YB: You see them in the morning, you see them, just they have no neck to hold their head.

Students: (Laugh)

YB: So, all this what is predictable before is now happening. **Every woman has a clotted menstruation. Sixty percent of all women have a clotted menstruation, it never used to be heard of. And they think, they can pat themselves up and four, five days, it will go away. They don't understand, it's not normal, they don't understand, the tension is so much. There is no relaxation in life. Look at men, God bless coffee and that star brand whatever that is now,**

Students: (Laugh)

YB: You can get a cup everywhere and you can keep going. Oh, that thing is very popular, that thing, these things are popular because, we are getting stupid and stupid and stupid everyday, that's why they are popular, they are not popular because we need them, they are popular, because we cannot get up from the bed, we cannot keep our one day, calm, clean and quiet, that's why things are popular. Why chocolate is popular? I was talking to my manufacturing section of my factory, I said, "Let us build chocolates."

"Sir, how? Why?"

I said, "I am giving you orders. Come out with six varieties of chocolates."

"Sir, are you sure?"

I said, "I am very sure. We need chakra chocolates."

Students: (Laugh)

"Why"

I said, "Are you crazy? People are going berserk? Make six varieties of chakra chocolate with herbs, so that we can stick herbs in them, even through chocolates if we have to. It's not going to be very healthy news, sooner or later, so why don't you come out with chakra chocolates."

First time, we have taken a stand on this show, we brought peace cereals, we know people are upset, we know people are depressed, we know people have to have a break fast, so give them a peace cereal, it's very tasty stuff, but there are herbs in it, which they even don't know how to spell. So, it will serve a purpose. If we cannot, we used to boil yogi tea, free, serve to everybody, and people say, "What is this? Doesn't taste well." But I knew in my heart, this is the only one thing, which can take care of the liver and take away pressure from the spleen, there is nothing else in the world. So, we stick to our guns and we keep on selling and keep on commercializing and keep on talking about it and yogi tea, yogi tea, now, it is a number two tea selling right now, but it's not a question, number two, not one person can go anywhere, except they have to, their forefathers have to drink yogi tea, because one or two times (?) wise or not, you do drink, you use alcohol. It affects the liver in the spleen, it's medical fact. And to get out of that effect, there is a yogi tea. What is a big deal? Yogi tea is number two, number one or number twenty-nine, what is matters? All it matters, there is a yogi tea and people who are sick and they do not know how to eat less and they drink, and they go to dinner and they do not dance and sweat, needs yogi tea, we know that, we are very funny, then we made Wahe Guru chew, everybody joked at us. It's a very strong bar, it's very horrible, it is too much sugar, all-right folks, there are some people, who just live on milk and Wahe Guru chew and reduce their weight and are healthiest than ever they were.

So, we are herb people, but without a propaganda and TV show, and getting on everywhere, which we don't, because we feel, that's how we taught kundalini yoga also, no big deal, let anybody come, teach them and see what happens to them.

Some are grateful, some are unhappy, some ran away because their discipline was not strong, some were very happy, they continue and they took upon themselves to teach it further.

This is the universe we live in, actually I was supposed to come to New York to get my Identity card for the NGO, non government official organization which 3HO foundations. Congratulations to you all, and I wanted to come and in lieu of being here, we thought that, one day we will share some things. And that tragic day to share our self is, today.

Today, you have come in faith, and you love me very much or you hate me very much, when you leave, but you will not be what you have come. That I can guarantee you.

Today, we will work on your shashra, the seventh chakra and we will change your interlock of the third and the first chakra, to make out of you, whether you like it or not, we are not asking you for cooperation, we are asking you, whatever you have to do, you have to do, what we have to do, we have to do. The result will be that you will be balanced between your earth and your heavens.

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am worst, and I am best, I am wrong and I am right, I am real and I am not real, you can't say it, looks odd to you. But I can sit here and relax and say anything I want, that's what one day you have to become what you say, is understood affect and impact of it is positive, not negative. That status you have to achieve as human being. You do millions things, to look great. One great thing is, in the beginning, there was a word, word was with God and word was God. Your word should be God like.

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Students: Yes Sir

YB: All-right, you are ready, I am ready. Let's deal with it. Body has five tattvas. In those five tattvas, there is an ether and there is a earth then in between ether and earth, there is a fire, water and air. So, those three are in between and we call them packing, insulations. But heavens and earth are two, which we must have. When our earth is too much, we are most stupidly painful and low-grade people, when there is too much heavens, then we are very spaced out, good for nothing. So, both ways, it doesn't work.

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Make an 'O' of your mouth, which everybody can make. Make the position of your hand, they are blessing you. So, psyche is interlocked within you. Keep eyes closed, if you want a better eyesight. Every part of the body will be affected. Breathe, that is the only breath chance you have, with that much reverence and respect and force. As much force you will bring in you, that much prosperity will reach you. 'O' means organization, it is a center word of word God. God is three letters, G-O-D, generate, organize, and deliver. All what you cannot deliver, will destroy you. 'O' is the central power, through which prosperity and purpose is achieved. Breathe with a powerful 'O' and let it go through the nostrils. Make a special effort. There is a baby outside. Breathe from the universe, as you are breathing the entire energy through the 'O' of your mouth. Breathe consciously and breathe with that power. Don't forget to bless your breast or chest whatever the case is. Keep your eyes closed because you can concentrate.

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These were, we have just started, these are your few minutes, the idea to meditate with the mahan tantrik, which unfortunately it's me. I cannot produce myself duplicate, so what should I do? It's a diagonal energy. I normally do not want to travel now, because of age and my circumstances and I do not want to teach, basically, I teach through tantrik courses and they are looking very good and they are best thing. But once a while, there is a difference. There are blocks in your life, and when you deal with mahan tantrik through the diagonal energy, a block, which is called square, becomes two triangles. It is not that, I am great, it is because my discipline is great. Don't mix me with the discipline. Discipline is the teachings, discipline comes with the teaching, discipline is not a person. I practice, I enjoy it. You practice, you enjoy it. Otherwise, you can learn and not practice, you will not benefit. So, I thought, let's go to New York and clean our mouth, that was the idea. Be there, you go up, one mile up to just sit and you come one mile down to walk. This keeps me happy in my domain, my jungle so well for long time.

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(Tape "Rakhe Rakhn..." is played)

(Students whistling along with the tape)

YB (Talks over the tape): Too much food and you can't do exercise. Fingers should be tight like iron nails... steady, steady, it will little painful now... this pain is better because the spinal serum is going to change, it will hurt...keep up, keep up... sing...loud, loud, pain will go away...otherwise it will hurt... open up, open up.

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I don't know what teaching you come from and what they have taught you last thousand years, but religion has totally lied to man. Religion has only done to put people together in the name of Allah, Ram or Wahe Guru or Buddha, they have made wars. That many people have been killed because of religious prejudice, that many people have not been killed by all the wars of the world put together. Don't misunderstand.

Religion brought among us, not the reality, it brought among us, the hatred. Look in 1997 in Yugoslavia there is one country, look what is happening, ethnic cleansing they call it. Kill people left and right and it is an ethical killing. These were those people, who used to live together as neighbors, now all of a sudden this tragedy has happened and these kind of little tragedy will keep on happening left and right, if mankind doesn't wake up in consciousness.

In America also, you are all Americans and you are citizen, but black and white still do not walk hand in hand, first they used to sit in the back of the bus, now you don't want to make them sit anywhere. Prejudices are not going, our vastness is not coming and our strength is not real. We are very much have double standards towards ourselves and to the life around. If we can raise our consciousness and understand our strength, then what will happen? That's what the question you should ask, you will be prosperous, you will be happy, you will attract all the wealth of the world, you will have all the happiness of the world, because you are the as vast as God is. God is infinite, when you are not infinite, you and God are at cross road each other, try to remember that.

God made you in his own image and God wants you to be in his own image, and this third exercise will decide, when we really, they are going to tell the gray matter around, because it is normally it is your tragedy that

Side B

Your gray matter is not changed into the automation of the longitude and latitude. Most people suffer because of that. Very difficult but, it happens so it's all-right. Put your elbows on your rib cage and put your hand like this. Very simple. And with four stroke, breathe in four stroke and breathe out one stroke tight. Breathe in four stroke that you can heat up the bone around the pituitary gland and pineal, it is a simple science. It is not something and breathe out to cool yourself.

This is a beautiful exercise, you should do it at home even. With nose, breathe four stroke and breathe out in one stroke through mouth. Try, it is a very good exercise. This is extremely something for you. Inhale deep, hold and make your fingers of the hand as tight as iron can be. Electro conduit they call it. Tough, stiff hands will shake, you make them as tough as you can. Exhale. Inhale deep, put all the force in your fingers, separate them and make them like five nails and tough, the hand will shake, the center nerve will be activated and you will be blessed, it is a very simple doesn't cost, you don't have to have

all the tons of vitamins to be healthy. Let it go. Inhale again deep, hold the breathe, hold the breathe, try your best, this is your last chance, let it go. Relax. Aren't we fine? These three exercises we can do at home. Play that, play God gave you what, loud, please sing with that.

(Tape "On this day..." is played)

(Tape "On this day..." is stopped)

YB: May our consciousness lead our life. Make our virtues make us share the life with all that there is. May our courage give us the boldness to come and serve people who we love or see or live with. May our manners become our power. May our prayer become our God. May we become the angels, conquering our beast unto the Godliness of heavens. May heavenly father and earth, mother earth, give us the energy to balance our life, so we can become virtuous with blessings in bliss and with the grace of God, our creator. May we be virtuous enough to go home with a smiling face, knowing our duty is on the earth to each others, to all that what there is in peace, tranquility and conscious grace. May we be blessed to be human, live as human, feel as humans and with the light of God given in us. May we protect and guide our spirit unto the infinite heavens fatherly home and divine aboard forever. Sat Nam.

Well, this was a part, which we have finished. If tonight, you go home and take lemon juice, weigh the sugar not honey, we make a quick resolve and not that equal all that. No, I have to be very honest with you because that won't work. You take about two ounces of lemon and put some drat sugar and mix, make a mixture and before you go to bed, you must eat two three times, your sugar has to be high and your lemon has to circulate your blood faster than it can be and may be tonight you will go to urinate, two three times and your garbage will be out. That's the deal. But if you don't, you shouldn't have come to the class. It is so must, that all the energy, which is a destructive cell now have to be eliminated. Normally in our yoga class, we used to give people laxative, a glass of drink and that is pure laxative, within hour or two they will just be in bathroom, one two (?) we are not going to do it here, but technically speaking if your kidneys can secrete out all the poison you have in your body which these exercise have put them together and separate in a (?) your blood flow, it will be good. Understood?

Students: (-----)

YB: Sugar, sugar, sugar, some people us, they can eat two pounds of chocolate but sugar cannot touch. I have seen a person, just taking a whole jar of honey with (?), whole jar of honey but I said, "Why don't you use ordinary sugars?"

"Oh, no dangerous"

So, tonight you have to cross the line, spoon or so, something to rush the lemon link, it's called lemon link. Once the lemon and sugar, because they are quick to go into the blood stream, and so long this is a period and it breaks through and you, drink enough that you have to urinate, then you are free. Like computer unloaded, what they call it?

Students: Downloaded.

YB: Downloaded.

Student: Mix with water.

YB: Mix with water, make a strong lemonade let us put it this way. But lemonade is very reasonable lemon, you have to have a strong lemon. Ounce of two lemon juice, six eight ounces of water and a tablespoon of sugar, mix it up and gulp it in. And you have to do it twice.

Students: (-----)

YB: Huh?

Students: (-----)

YB: Tonight, tonight, tonight, once, twice tonight. You have to within next four hour, you have to make arrangements to urinate, let's put it in simple time way, yeah, to drink enough water, that lime juice or lemon juice what you want to call it, that next three four hours, you must urinate and get the whole thing out of your system. Because your spleen is going to sell it out to liver and liver want to push back and the immune system is now, very highly activated, so they are going to separate everything which is not required in the body, the best thing is goes through the urine and get it off. So, thank you very much and good night. Now you can sit and relax whole night. Doesn't matter. We have room up to ten 'o'clock.

Student: (-----)

YB: Yes, you have to go to bathroom, that is true. Those who have appointment with home can go, those who want to sit down can gossip and talk to each other, it will be fun. Come on sing man. I have never seen this, this instrument look so domestic.

Students: (Laugh)

YB: Give this to him. (?)