

MEDITATION

We will experience a class with Yogi Bhajan where he guides us to deeply explore the capacity of love within ourselves so that we can recognize love and be loving toward all. It is a powerful example of using the technology of Kundalini Yoga to develop applied consciousness in healthy relationships.

The meditation he shares is called the Reverse Adi Shakti Kriya. He discusses the change of the Age, the consciousness of a human being, and the nature of self-discipline and religions.

PART I TIME 11 minutes

position: Bring the right hand above the crown of the head-6 to 9 inches-like you are blessing yourself. The left hand is by the shoulder, palm facing forward, like a pledge-like you are blessing the Universe.

breath: Breathe long, slow and deep. Build up to a One Minute Breath. Kiss the breath, with affection and feeling, "a hug kind of feeling." Breathe consciously. If you are doing it correctly, the taste in your mouth will change.

eye position: The eyes are closed. Roll the eyes down and look at the chin. Keep this eye position throughout the three parts.

comments: Bless you. bless your ancestors and those who will come after you. This blessing is not a social phenomenon. You are mentally, hypnotically blessing you. It will affect the magnetic field and it will hurt you if you are an angry person. Keep breathing consciously. If you cannot bless yourself, nobody can. Better you bless yourself: heavens will bless you. After 5 minutes, it should start to hurt and let you know what you have been eating. When you have pain, the brain will produce natural morphine. If these ducts are open, endurance will develop, physically, emotionally and spiritually.

TO END Inhale and transition into the second position.

PART II

POSITION Extend the arms straight out, parallel to the ground, with the palms facing down. Straighten the arms tight and stretch

EFFECTS: This will strengthen the heart and open the heart center. TIME 3 minutes

TO END Inhale deep and raise arms into the third position.

PART III TIME 3 minutes

POSITION Raise the arms straight up and stretch. Palms are flat and face forward. Do not bend the elbows.

TO END Inhale deep and hold tight for 15 second Stretch, lift the spine.

Exhale with Cannon Breath Repeat 3 times.

COMMENTS Can you spare seventeen minutes for yourself in twenty-four hours?

This meditation will totally change you from the inside out. It will give you self-consciousness, self experience, self love and then, you can love everybody Become total



LECTURE:

There are, hey Siri Ved, you are one of the worst human being God produced and that is His tragedy, not mine. Now, what? Okay? Is that all right? The volume is not right, I am not going to yell and scream. Give me a pitch without echo. Now the echo is more now, reduce it. All right, now you are fine. Everybody can hear it? Talk, no, you still have the echo, cut the echo down. One, two three, testing, testing, is that okay? That's the way he draw attention. Mess it up the whole thing, then recorrect it and mess up the whole class and he knows that I cannot stand electronic mismanagement, he knows it. You are okay now? All right.

There are things to be said and things not be said. We may appreciate certain things, because it will serve our ego. But we may be afraid of things which will not serve the facts and reality in us. This is a age of Aquarius, it's not a Piscean age and according to the facts of life, you shall not be anybody but individuals. No support system will work. The human system of knowledge will be on the press of a button and computer will provide everything which a man shall need and that huge knowledge which man will have, it will be very difficult, if you are mentally not right, to digest it and be with it.

Knowledge is a very dangerous thing, please remember that. It's not something, ignorance is bliss. But, sooner or later, what's going to happen is, man will press the button and he will know anything he wants to know, by just putting few combination and that's it. Now, that we cannot stop, in the name of civilization and progress and whatever you want to call it, this is going to happen. It will be so bad that you will like to die and you can't. You can be extended beyond your situation to that point. So, what humanity has to go through these changes, in this Age of Aquarius it will be worth something we have to, but there is a one thing, we can do; whether we like it or not, we can develop ourselves in a caliber. You may develop yourself spiritually to be kind and compassionate, to be nice, to be faithful, to be Christian, to be Jews, to be Moslems, to be Hindus, to be Sikhs, I don't know what you want to do. But, one thing more you can do is, that you can have a caliber where you can have depth, width, height and strength. Where you are not emotional, not commotional, not short or shallow, your relationship is, it gives everybody, a trust, faith. You are not a flirt, you are not lying, you are not playing games, not what you said yesterday is not true. There has to be a, there has to be a width, then there has to be a strength, there has to be a depth and every human has to value another human, as made in God, not that, he is my puppet, he is my friend, he is my territory, you understand what I am saying? Does it sink in?

Students: (---)

YB: Nobody will be anybody's puppet and nobody will walk into the planning and strategy of another person. It shall be absolutely free and people will not ask for wisdom, they will ask for applied consciousness. It's a new word. You will ask, I want to know, what is the interpretation of this thing, in the factual fact in compared to my life, into my frequency, as I want to see it. Not the rosy picture which everybody gives.

Now, let me tell you about Moslem religion, which I always enjoy to quote. Let's talk, Koran. No, no, I am, because I have read scriptures, therefore, I have pretty good idea. A Moslem is not supposed to have wine on this earth and he cannot have more than four wives. That's very reasonable restriction. He cannot have wine and he will not have more than four wives. But he is promised, if he lives as a good Moslem, he will have as many young girls in heavens as he wants and the rivers will be flowing with wine and he can have boys in addition to the girls. I mean to say, it's a scriptural truth. They may hide it from you, but this is a written stuff. Similarly, a Hindu is not supposed to take beef, you understand that? Hindu is not supposed to have beef, because, question is, we are not directly, this human body is not made, scientifically speaking, it's not made to take direct protein, that's the tragedy of it. And moment you take direct protein, forget it, your metabolism will give upon you so fast that, you can't believe it. That's why vegetarian live very slow and have absolutely iron shortage but they live so long that can't even die. That's the question they have, you know, this is how it is. But, he is not supposed to have beef, but he can drink milk. And Moslem is not supposed to have pork, and neither the Jews take pork, because, this animal is, someway blessed and he can be saved from being koshered.

Students: (Laugh)

YB: And there is a situation, thou shall not kill, but, thou shall kosher everybody, including a human, can you believe the interpretation? Thou shall not kill, it's direct commandment, but thou shall kosher everybody, thou shall kosher your wife, you can bob those things, she did it. It's a very, very funny world today.

So, what I am trying to explain to you, is that, it's not practical to have a beef and not have a pork, but, Christian eats both and for him, it's all granted to him. So, it is not what is right, what is wrong, it is the way you think or you have been made to think. You understand? And that is a Piscean age. But when you will reach the Age of Aquarius sooner or later, this is a cusp year. When you cross these twenty five years, then, there will be not a matter of what you are being told and asked to believe and what you understand, you will be just you. There will be a husband, but there will be no husband, there will be you. There will be a wife, but no wife, there will be, you. There will be man, but no man, but you. The identical element identity shall only be practiced, experienced and enjoyed, no other teaching will be valid for the mankind.

There will be such a humungous gap of support system that people will go crazy, empty and there will be, you will see in another ten years tons of suicides, ton of killings, life will not mean anything. Not that he is not important, life is not important to each other and all of us, because of that situation.

So you are talking about crime and carjacking and hijacking and killing and this and that, it's just not abnormal. Because, individual is seeking its own individuality and anything which comes in the way, the individual wants to react and sometime, voluntary. So, please understand what we are going through is a change between the Piscean age and the Age of Aquarius. Aquarius Age is a age of knowledge, now, everybody says, how everybody become knowledgeable overnight. It's very simple. Put a computer, put, tu-tu-tu, t-r-w, ta, na, na, code number, such and such available or not, yes allow, put, set the key, key is set, give the code number, code allowed, bill charged, card number, what they call that plastic card? Credit card. You will put in your credit card number and name, and then, information page after page, you could have, as good as you want. Sex will become mechanical and perfect, because this wonderful, green monkey diet which is called AIDS, which everybody is afraid of and it's going to multiply, it's not going to stop and no government has funds and education system set to let people know, that what it can do and what it can't. They do tell you that, this is practical and this is not practical, actually, it's a membrane disease, it's transportable between the membranes and it's a matter of moment when you can get it and they are going to find medicine which will be worst than the disease itself.

So technically speaking, everybody is going to just say, "Wait a minute." Why not to spend ten dollars and enter a situation and be totally satisfied and relaxed. After all, what is a sex? It's a pituitary adjustment. Yeah, kisses and hugs is just a game of mucus, big deal. No, no, no, listen to this, this is how you are going to look at it. Not right now, right now, love is a great thing, I made love. I know you are la-la land, I am telling you, what you are going to look at it? It is how you are going to look at it. When in sixties, people started having a marijuana, I used to talk to these kids, "Oh, I went on a ." Now, it is a dope, it's nothing. The whole, that big camouflage of this and whole thing is gone. There is nothing to it now. It was great deal then, oh my God.

I remember, there was about seven, eight kids in New Mexico, it took them fourteen days to prepare themselves to have a puff of a marijuana. And I said to them, "If you have done yoga fourteen days, they would have been more high than this."

But they didn't. They have to go through all this and then they were just depressed like in hell, because, somebody mixed something with it and then, they were with me, it took me about two months to clear them up and that's how terrible it was. In the beginning, when I saw them preparing, as the ritual was so set in and this guy who was taking it on a trip, it was unbelievable. Every stone in that area was to be washed, can you believe that? And they did it in the river, in Rio Grande and then everything has to be aligned, because, then they are going to the angels and angel is going to walk through, and the clouds are going to come, .

I used to study that, enjoy it, I used to have a TP too, so, I wanted to know, exactly what is going on. Technological folks, let's cut it to the barest truth. Technological and sociologically, you have to face the world of your own. Nobody is going to face it for you and you have to develop two areas, the front lobe and the upper palate. Upper palate is developed by japa and frontal lobe is developed by meditation. Rest is a pure talk. The third thing is that you live by the breath of life, so, if you can make your breath one breath a minute, and if you have a breath granted by God say for, twenty years, apply it by fifteen and live. Simple as that. It's total mathematical, there is nothing special or secretive about it and as Guru Gobind Singh in his statement say,

"Alap ahar, sulap si nindra."

Take a nap, sleep and eat which can be digested and come out of your body in twenty four hours. Any food you eat, immaterial, but when you eat, within twenty four hours, it must leave your body. Out. And sleep is, moment you turn your neck, you are gone and you wake up, you are fresh, it can be five minutes or thirty minutes and eight hour, if you sleep at night, you only sleep thirty minutes, nobody sleeps more than that. Rest is, dreams and crawling and scuttling and hugging, thinking and tonight, our subject is love. Correct? Okay. Now, how many of you know love? Raise your hands.

Students: (Laugh)

YB: This is a very protesting class, it doesn't make any, doesn't make any sense. You are not even participating. Okay, I am going to trap you anyway. Whether you like it or not. But, basically factual thing is, I'll give you an experience which you will never forget. I came here to teach these few classes, only for that idea.

Do you know what love is? Love is a absolute power of self totality. Love is not what you call love is. Love is a strength, love is goodness like, Godliness, there is no limit to it. There is no shortage in, no bargaining... Where there is a love, there is no question, where there is a question, there is no love. Then it becomes business. So, love is totality of the self. And you do fall in love, you know, when you fall in love, and when you sometime freak in love, the pain, the pull of the love is worst than the hook in a veil, it takes your hard out. Human psyche and human physical, both tremble under it. You may recover, you may not recover, that's a different, second idea. Making love

is, a different story, that's just putting few herbs together and having a fun. And friendship is the two ships decide not to offend each other and you know what I mean, relationship is relay to each other, as it suits to you, I relay my truth, you relay your truth, I interpret the way I want and you want to interpret the way you want it.

We lie to each other 99.9 percent. And, it's straight lie, there is no truth in it. You are not competent to speak truth, impossible. You have a elementary personality, then, you have a work personality and then, you have fantasy, which is, who is speaking to who. First of all, three in you speak to each other, then, out of three, one speaks to the other person and out of the three of the other person, one receives it. So you do not know where the post card is written and where it is received.

You know, look at the truth, basically, if you really want to understand the truth, who spoke to who and which part of you spoke to which part. You understand? Was it your fantasy you were talking about? Or it was your elementary personality? Person you talk to, whether that person's work personality received it or elementary person. Got the idea? There is a trinity in you to start with. Until this trinity is brought to unison ness of an experience of consciousness of human, and your frontal lobe is raised to eliminate the duality, you will never find who you are and when you do not know, my dear friend, who you are, how you know who somebody else is? And who is fooling who? But, we do talk to each other and we love each other, we relate to each other, we, you know, we require that little rub, little warmth, we want to know. Otherwise, if love can be purchased, everybody should have paid it by thousand dollar a pound you know, it doesn't work that way, it's not practical.

So tonight, we would like to give you an experience of love within yourself, so that you can understand your growth and you can understand how much you love yourself to find yourself. My dear folks, if you cannot find yourself, you can never find anybody you want to find. These things which I am saying looks very odd, but these are the facts of life. Our relationship and our communication is just to pass time. And our being emotional and commotional, is to mark the space. That is how human understand time and space, by emotions, by feelings, by commotions, etcetera, etcetera, etcetera and God is a imagination. Some guy on the seventh story, somewhere, huge and big and nice and wonderful. Actually, when you sit on the bathroom what come out of is exactly God what you talk about, and if you do not, your poop is God, then your papa is not God either. When I said that in a Sacred Heart Convent, to my mother superior, she flipped. Papa means pope and I said, mother superior, "If poop is not God, then, papa is not God also."

And she said, "Never speak like that about his holiness."

I said, "He has nine holes as I have and you have no right to tell me to shut up."

And that was my first catholic experience. I had no guilt and she was injecting me left and right with it. My first, what they call, experience, contraband experience, authority is within you and acceptance of authority within you, is the power of your spirit, your soul. That's why, you can't surrender, you can't. Because you have a logic and reason, time and space, you have four things. You can't surrender, you can only surrender when you have total spirit in it and when you surrender then your spirit takes over, you live very pure. Then God take care of you. So when you read in scripture and if you surrender, that doesn't mean, cut off your neck, that doesn't mean, lie flat and let everybody walk over you, that surrender means only thou shall not give your ego a chance and when you don't have a ego, then everybody is amigo, then, there is no black, no white, no young, no old, no sick, no healthy and absolutely nothing. Moment you become zero, the one, the creator, will stand with you, you shall live as ten, and that's what they call is opening the tenth gate. But, first, you have to become zero. I always give that example.

One day, I was with some very reliable friend and a very great person, four O'clock, the person became itchy and he said, "Yogi Ji, please your holiness, you got to give me one hour permission to go."

I said, "But what is the hurry, just we will leave in an hour or so, I have to go too."

He said, "No, no, no, that's not true, you give me one hour and I'll come back."

I said, "Okay, I'll do something else, you go for an hour, it's all right."

And then after an hour, the person came, I said, "What happened?"

"Oh, I had to feed my cats and dog."

I cracked up and I said, "Who is the master and who is the puppet? I mean to say, you have to go all the way to valley, to feed your dog and cat."

He said, "Yeah, yeah, between four and five I always feed them, so, I thought, I leave four O'clock, half an hour go, I just put their food and water there, I came back."

And I said, "Now, these dogs and cats he has, are his masters and he is unpaid, humble servant."

And that's a track record of all of you. Isn't that? Relationship, wife and husband, husband is always afraid of wife, wife is always afraid of husband, true? There is no love. Children are afraid of parents, parents are afraid of children. So, love doesn't rule you, what rules you is, fear. Fear of each other. Phobia. Phenomenal phobia.

So, let us see if love can be invoked and fear can be reduced. All right? All right, let's do the job. Wow, this is my right hand, like a good Christian, I'll bless myself. And, you know that point, where your head was soft, when you were born? Remember that spot here? It has to be about, six to nine inches above that. You have to sit there and you have to put this head there. Accurate? Correct? And this is your left hand. This is, first time, you are doing this kriya, it's called reversal Adi Shakti kriya, it's a very powerful kriya, please remember this. I am teaching you, in my last days, all those high technical sacred things, so you may not say, well, I am not there and I didn't teach you well.

This hand will have this degree and this will hand like, a blessing myself, it is just to correct my aura and this hand will be just exactly as it is blessing the universe at large and you will close your eyes please. And, roll your eyes and look at your chin, the moon center, very graciously, absolutely and finally, just start kissing your breath. Breathe long and deep, but with a feeling. With a hug kind of feeling. Breathe you must, but, don't breathe unconsciously. Kindly breathe consciously please. Kindly bless yourself, then, you are not expecting from anybody the blessing. Bless you, bless your ancestors and bless those who have to come after you. Whether you can produce a child or not, don't worry about it.

This blessing is not a social phenomenon you are doing. You are exactly mentally, hypnotically, blessing yourself. It shall affect the magnetic field and it will hurt you, if you are an angry person. I am very sure about it. Self help for those who are angry, is very difficult. So, please try to bless yourself and consciously, do it. Consciously remind yourself and breathe very consciously.

If you cannot bless yourself, then nobody can bless you. Take it granted. And if the circumstances are odd, and you don't want to bless or you do not have physical capacity to bless, bless it against odd, better you bless yourself, so that, you can be into the physical realm, when you bless, then heavens will bless you. Don't worry about it, I am looking at the time. Try it authentically. Please breathe consciously, slowly, long and deep and affectionately. If you are really doing it, it will change the taste of your mouth, that's, one sign.

We shall be doing it for eleven minutes. Eleven minutes is not very long and you have been practicing very long, but, it will start hurting you now. There is nothing I can do. In a normal case, after five minutes, it should start letting you know how much pizza you have eaten, how much double cheese you had, all those things. Because, your muscles and its formation, will start hurting, because of the fact of your wrong diet. Nothing wrong about it and when you are going to have pain, then brain will produce morphine, anti pain secretion. And if those ducts are open, then you can develop endurance. That's the way people exercise. If one has to do hundred twenty jumps he will do, hundred twenty one, that one is that final addition to create a morphine from the brain to secrete, so that your capacity to endure, and it is not only, physical endurance, once you know, how to physically endure, you can mentally endure, then, you can spiritually endure, there are three endurances, which are essential for you, and you should not hesitate to create that endurance and this angle of the hand is so powerful to hurt and by now, I don't think, anybody is there, who is not pretty good hurting. Because, after seven minutes, it's the limit, if you have done for seven minutes, forget it. Next four minutes, is just a living in the hell. But, this is the way it is, I mean to say, our elders, who made these kriyas must have measured, everything. They knew better. So, kindly, let us suffer together.

I used to have a colleague of mine who used to do this exercise, he used to breathe eleven times only in eleven minutes, he was so good a practitioner. Keep going.

Wow, I think, you have a minute and half left, not much. May be, second exercise will be worst than this, so, enjoy this as much you can.

Ready for the last minutes please, do your best, breathe as slowly as you can, twenty seconds in, twenty seconds hold, twenty seconds out. Just one breath can help you better, so that you can have an experience. Steady, now, please, inhale deep, hold the breath and stretch your both hand, straightforward, palm, towards the ground. Right solid straightforward and stretch it hard and breathe long, deep and slowly, keep the hands there, it will give you, your heart, a strength to avoid a heart attack, it will open up the heart chakra. The palms must be towards the ground please, remember that, towards the magnetic field and arms straight.

It is three minutes only you have to go through and it will be a, really a burning hell, it's not something, you will like to do. If you breathe slowly, that will be a help. I am telling you scientifically, as it is written, so that, you may know scripture definition of it. Yeah, steady, standardize, stretch as much you can. Hold tight, breathe, long, slow and deep and get rid of the disease. It will help you between the neck and to the navel point. It looks very easy, I know, it is not easy, I understand it, don't misunderstand, I do it myself, so I know it. One more minute and we will be off of it.

If you would not have loved yourself, you could not have done it. Now, slowly please, raise, inhale deep and raise your hand up straight. Straight up and breathe long and deep. Straight up, keep them straight up, don't bend the elbow. And, it's not going to be any long, another two minutes, you will be off, so, it's not a big deal. Stretch, it is difficult than the first and the second. You will bend your elbow, that's the tragedy of this exercise. No bend in elbow, I repeat. For these remaining two minutes, no bend

in elbow, let the hand shake, let the body shake, let the spine adjust, let you go through what you go through. Straight up, steady. It will change your entire metabolism and your physical body and your muscles and your spine, the whole set. But, don't let the elbow bend, doesn't matter what. Beat it. Half more minute left, so, don't lose. Fifteen seconds there to go, keep up, straight, straight means straight. You know what I mean straight? Straight means straight, English. Inhale deep, deep, hold tight, stretch with the hand strength, lift the whole butts all the way up to the spine, go. Fire out. Inhale deep again, deep, deep, tight it and now, do everything to lift up. Fire out. Inhale deep, deep, hold tight, now, please, squeeze your body and try to lift your body up, doesn't matter, what you have to do, bring all your nerves into activity, everything. Relax.

Didn't we do it? Wow.

Now listen, it was eleven minutes and three minutes and three, you can't spare that many minutes in your life? Eleven minutes and four three and three, six, how many it comes? Huh? Is seventeen minutes you cannot spare for yourself, in twenty four hours? We didn't ask you to chant any mantra, we didn't ask you to do anything, did we? This is a basic element thing, it will totally change you inside out. It will give you self consciousness, self experience, self love and then you can love everybody. Question is not to become, a object or a subject, question is, to become total. So long you are a object and subject, action and reaction, you will never understand, what resurrection is. Higher you go, little things looks, lower you are, worst it is. You understand? If the pain and the tragedy and calamity is humungous and you laugh at it, ha-ha-ha, then, what it can do to you? Nothing. But, if there is a little thing, aah, that's it, you got it.

Do you understand what I am saying? Do you understand this kriya? It is exactly six minutes and eleven minutes, not a minute more, not a minute less. And, if you do not know how to do it yourself, sit before a mirror, that will give you company. But, unfortunately, in all the three kriyas, you have to keep your eyes closed, so, it won't be a help. You have to look at, chin center, moon center.

What I am trying to request you as human being to human being, as a person to person is, the Age of Aquarius is bringing unexpected changes. So, we should develop our strength and our talent and our IQ and our intelligence and our consciousness, to face it gracefully. It's a time to be patient, to listen to each other. It's a time to be loved to each other, it's a time to be kind to each other, it's a time to not treat anybody in any way, form and to be shallow. It's a time to say hello, it's a changed time. Because, not only you, everybody is going to be lonely and you are a part of that cycle of loneliness. Therefore you would like to create a relationship, it's a time to agree, time to listen, time to cooperate, it's a time to trust. Love without trust does not exist. Love is a trust strength. Trust is the test of love. When you love, you trust each other, when you don't, you don't. So, don't camouflage the word love and you don't trust each other. Be creative. I'll be here.

and I'll invite you all. Good, bad, pink, yellow, green, black, white, tanned, whatever you are, to the tenth of the Baisakhi, it's a spring season where the purity and piety is born, it's the birthday of the Khalsa, I would like to invite you all, irrespective of caste, creed, religion, belief, nothing else. We will have a fun and I will be teaching another class, I think. Huh?

Students: (----)

YB: Thursday night. Thursday night I would like to teach the pituitary meditation, that's what, I just prepared today and you may have a very great urgency to do some other many things which are important, but do hesitate not to come on Thursday. And go along with me to go through that so that it can also become your experience. I may stay in L.A thereafter, if I have to, for medical reasons, but I'll not be teaching. That is definite. So within this week, if anybody who has something to talk to me or consult me or I have to talk to somebody, we will try to make, maximum out of this time, but after Sunday, I am supposed to go on a medical rest. That's what it's all about and I am grateful to you, for your love and prayers that I could teach the class tonight. I just faced an experience a week or so ago and I knew it that it's time for me to handover and time for you to takeover. But unfortunately for me, you think I am everlasting physical unwreckable undiable, you know, I am just, I do not know what the hell you think I am. I am also, I take bath, I go to bathroom, I brush my teeth, I am just like you. I have nothing special in me, simply, I am just good actor. I act very tense and everything but I am inside, I am very relaxed. Because, I know that God takes care of the earth, it rotates it so it take care of my routine, it's fine with me.

My divinity, knowledge, wisdom, whatever you call is based on one line, I am made in God. He made me His best, if He didn't, then He was idiot, I am wise. So, you have to create that relationship of oneness, with God. You cannot have God stretch it somewhere else and you are somewhere else. God made you the best, He could have, He should have, He has, therefore, it is. If He created you worst and somebody you think is best, it is His comparative understanding that He created thorn and a rose. But rose and thorn are two interdependent entities. He created the neck, he created somebody to be pain in the neck. You know what I am saying? Whole thing is a comparative study. He creates about hundred thousand idiots to create one wise person. And, that is how, it is His permutation, combination. But it doesn't mean hundred thousand

idiots are really idiots, they are very wise to play the role of an idiot. See how hard it is to be an idiot. I mean, try to understand, from their point of view. You know what I am saying? Don't look at your point of view. If somebody is wrong and you caught it, try to understand how painful it is to be wrong and if you caught it and see, how wrong you were that you couldn't forgive him. Share with me this. I mean, it's all right, somebody is deadly wrong, okay, bad, terrible, miserable, good and you got to know, that somebody is very wrong, correct? And see, how wonderfully blunderous you are, that you couldn't even forgive it or ignore it or acknowledge it. If somebody is wrong, you couldn't teach it, it means, you have no discipline.

The most difficult thing in human life is, test of one's own discipline, not somebody's discipline. If you are not your own disciple and your own discipline is not stronger than you, you have hardly any chance to be happy. All pain in this world comes to those who have no self superior discipline. And, it is not somebody's discipline being imposed on you, that's not the discipline. Discipline is your own discipline for yourself and your conscious discipline. Forgiveness is not an act of carelessness, forgiveness is an act of consciousness. You know it is wrong, know it is being wrong and you have understood it is wrong, but you don't touch it. Caring is that person, always has done you wrong and he is going to do you wrong, but you still care to do right. Compassion is, you don't think about it, it's automatically that you are good and great and nice and you cover to the maximum. So, please understand these human values. And you are not an animal, animals have an impulse living, you have a conscious living.

So, therefore technically, let us be very creative about it. Meet you in the next class right? May the long time.

(Students singing "May the long time...")

(Students stopped singing "May the long time...")

YB: Oh, my humble soul, far away into the existence of the maya and the tattvas of the planet earth, into the consciousness of all other human being with love and devotion, to cause and effect, give me the harmony, the humility, the strength and divinity to serve. May I serve without question, may I live without answers, may I trust God, may I see everyone, his, as I see myself to be and give me the strength and height of love, in which all are God and good, in the goodness of that I may live in peace and harmony. Bring us together as human in the light and the divinity. Sat Nam.

Thank you very much and God bless you all. Now, we have some present to see, nobody's birthday, cookies? Nothing?

Students: (Laugh)

YB: Is it a not right month for birth? Oh, hello.

Student: (---)

YB: Thank you, thank you. This will all go to the altar. Get going. oh, oh, oh, finally, oh, wow. May the long time Sun. Why don't you sing it? Let us sing, "Long time Sun shine upon us..."

(Students singing "May the long time...")

YB (Talks over the song): Thank you. Finally, he sent it. He is not bad boy. Thank you. That's from our friend. Hello, hello, you have forgotten us, by going to Barcelona, we sent it for love.

(Students stopped singing "May the long time...")

YB: You are blessed anyway. Oh, my God, Chinese dragon. It has a lot of language on it man. Yeah, it is almost a language which I have to interpret. Thank you. oh, wow, where she got this?

Student: (---)

YB: Where are you? Where you got this? Huh?

Students: (---)

YB: Oh, you would have told me, I would have picked it myself.

Students: (Laugh)

YB: Thank you very much. It is Bhagavati, can you show it to me. Can you show it. It is the Asht Bhuja Goddess, which is worshipped, not in the sense you understand, but in personification. It rides on the tiger, means the ego and it has eight hands, which is required of a normal woman. Oh, my shoes came.

Students: (Laugh)

YB: Hey, Deva, that's it? We got it, okay, huh?

Student: (----)

YB: I know, that's special. Okay, thank you. This I wear on the Baisakhi day to just remember me.

Students: (Laugh)

YB: This has to go to Espanola, to be gold plated. I was looking for this, for a long time. I found it, now we will. I'll twenty four carat gold plate it, send you the bill, don't worry about it. And thank you for this. Our was lost, but it was found, but this I wanted to keep in the archives as a design. And, this is a, how are you? I understand, you are going to stay with me, now onward? Oh, this is kundalini.

Student: (---)

YB: Oh, yes, where you got these guys?

Student: (---)

YB: It's a beautiful, it's a art, show me that. Sundar, what are you looking? Look at this, come. This you got? Or you made it?

Student: (---)

YB: I'll show you this, come, oh, yeah. See for yourself this. This is all right. Correct.

No birthday and no cookies, so. You know what we should have done, we should have got the fortunate, what is that, fortune cookies? And distribute it, okay, next class, we will. Correct? Whose birthday? Oh, yeah, Baisakhi, birthday of the Khalsa, right?

Student: (---)

YB: Huh? Oh Niranjan's birthday is Thursday, we will have, what they call is, we will have fortune cookies also along with everything. There are lot of people here, I have seen them after a long time. All right, now, go home. Go to sleep. How are you? Doing very good?

Student: (---)

YB: How are you blessed son? Oh, this is your mala. How's business doing? How's my children? Grandchildren. I will be there to serve you, and I like the oldest one. I need that, I need that girl and I want to teach her the greatest yagna and sadhana. You help me, I'll help you. You have arrived? You know, we have a meeting very soon?

Student: (---)

YB: How are you? Your heart is okay now? I am making a medicine, you work it out. Wow, it's pretty hard to, very good. How are you judge, doing okay? Are you still runs your mala?