

LA569 890110 Have the right to live healthy with clean memories. Pull the memories up, let them go: Go through every pain you can remember from day one, repeat it, and say 'good-bye' to it. to remember every betrayal, treachery, dream, fantasy, precisely, and burn it out

MEDITATION WRITE-UP

1. **24,40'** TIME: 8 min **Sitali pranayam.**

POSTURE: Find a position where you can and you are firm. Whatever posture you adapt you have to keep it till the end. If you cannot sit, lie down. Whatever you do, be firm. If you are sitting then keep the spine straight. If you are lying down relax and take care of yourself. **BREATH: Make a circle of the lips and suck the breath in very fast, sharp and deep. Then relaxing the mouth just a little bit, and using the power of the navel and ribcage, cannon fire out the breath through the mouth in a fast, and powerful stroke.** (Note: When done



correctly the sound of the inhale will be a continuous, fast sucking sound; when done correctly the exhale sounds more like "haaaaa" in a very, short sound. .

COMMENTS: Cool breath is very healing. Power of the navel. Those ladies who are pregnant they go for delivery they practice this breath mostly incorrectly, but you are doing it very correctly. **Rib cage has to move. Because your breath of life is imprisoned in the rib cage.** Move the spine, take the force of the shoulders and shake the rib cage. We are going to deliver a baby.

You are going through the womb and the labor pain of your mother. It is not going to be very pleasant, but keep going. If you do the breath right, it will set your aura for the next step. You can't do the next step correctly if you do not stimulate the energy.

2. **33'** Immediately put your hands on your heart center. Inhale and exhale deeply a few times.

BEGIN: Concentrate and go deep into your memory. Go through every pain you can remember from day one, repeat it, and say 'good-bye' to it. The aura is set, the arcline has a lot of energy in it, the energy is blue. This is a God-given chance to remember every betrayal, treachery, dream, fantasy, precisely, and burn it out. Pull the memories up, let them go. Whatever wrongs you have done, cannot be redone. Face them and confront them. Replay the dramas and go through them. **TIME: 16 minutes.**



COMMENTS: Those who have their yesterday alive with them will never have tomorrow. You have the right to live healthy with clean memories. This exercise can accomplish what about 20 sittings with a psychiatrist might not accomplish. This is a self-hypnosis for getting rid of your pain. We are going through the conscious acting of the pain. We will not be in a position to carry this energy for a long time. But we have created it, so before it starts becoming weak you have to relocate your pain, react it and then get rid of it.

3. **48,40** Begin inhaling and exhaling very deeply. 45 seconds. **COMMENTS:** We have to regenerate our energy from coming back from our self hypnosis to wake up and we want to do it through the breath of life. Deep breathing is very good, very healthy.

4. Continue deep breathing as **gong is played**: COMMENTS: The universe got created with the sound of the gong. Fly with it. Spread your wings and go away. (**About 5 min. of gong.**)
5. Sing with the tape "Rakhe Rakhan Har" by Singh Kaur. EYES: Closed. COMMENT: Copy the sound of the tape -- it'll take off pain forever. Anytime you are in pain you can listen to this tape. The sound of the words have a tranquilizing effect on the brain. **TIME: 6-1/2 minutes.** (The last 2 minutes were done with the eyes open, & Celestial Communication was led by someone in the class with the same tape played.)
6. Begin **clapping your hands to the beat of 'Rakhe Rakhan Har.'** **TIME: 2 minutes.** COMMENTS: It has an 8 beat in it, the heartbeat.
7. END: Inhale deep, and while holding the breath, begin pumping the navel point heavily, move the spine, & shoulders fast and heavy. Repeat 3 times. First time, hold 40 seconds. 2nd time: 20 seconds. 3rd time: 11 seconds. COMMENTS: We have to do this to become normal.

Let us put it this way and it will be very simple. We all know or we have been told we are born in the image of God and we also know God is everywhere and we have been assured for centuries that if we worship God we shall be happy. We have been asked to love God and our life. You must understand every human being loves to live forever. That is the hidden purpose. And the idea is that each one of us do fashion or makeup or try to look as common with everybody. The purpose to look common with everybody is that you should feel inconvenienced to convince other people, communicate, talk, influence, exchange ideas, thoughts. These are all pluses and minuses of life but as I am growing in my age and my experience and my meditation I have found out there is no such thing as sickness, pain and displeasure in life and if it is there we have the capacity to create insensitivity to it. But we don't work on that area. It is very unpleasant for most of the people. They have money plus they have memory of yesterday. Yesterday if couldn't teach you yesterday it will become pain today. Do you know that? You are supposed to learn from yesterday yesterday. You should deal today as today and you should deal tomorrow as tomorrow and these three words, yesterday today and tomorrow, nobody has learned. People have written scriptures, people have written books. Libraries are full with it, colleges, universities, degrees. But yet including all the incarnation of God and messengers and holy men and personified God and if they want to hang me for saying so I am also head of the religion and it is very unreligious sacrilegious what I am saying. No man is yet born of a woman who has learned three words, that yesterday is yesterday, it can never be today and today is today it can never be tomorrow, and tomorrow will never become yesterday and today. That is all. Now tell me, when you cannot learn three words in your life, what you can learn? I don't care which religion you belong to and which country you belong to. Somebody wrote me a letter that day, you are an Indian with an American passport. I cracked up on that joke because he forgot his all forefathers were Europeans or whatever they were with an American passport. The beauty in America is not that it is a good country. It is a powerful country. Just understand that. The beauty of this country is that it is a country of the immigrants. And immigration insecurity doesn't leave you for seven generations. Find an American who is here seven generations. See how lazy, how neurotic and how angry he is and find out a first

generation immigrant, how terribly poor and indifferent he is towards the environments and how early in the morning he wants to get up and go to work. Because somebody who stays here for seven generations develops lot of anger, lot of resentment and lot of pain. Our problem in life is our yesterday. We did yes to it and it passed, it went away. We are not divine enough, holy enough, spiritual enough that we can trust God. We are not noble. We are not respectable. All this drama you see when you get out of this ashram outside and you meet all people. That is a play. That is a public relations and every person lives eighty percent public relation, ten percent real and ten percent fear. Did I make the sense hundred percent. All of you, how good and bad you are, you are eighty percent public relations. Go to doctors office. All walls are filled with certificate. Somewhere he shook hands, somewhere he. I went to a personal office of a friend of mine and I looked at him and I said, "Can I talk to you private something." He said, "Yeah." I said, "How many PhD which you have put on walls are bought and how many really you did?" He said to me he said, "Well, tell you very frankly it is all the work of my public relation department." I said, "Aren't you trying to convince me that you have so many honorable honorary degrees and so many non honorable degrees, whatever they are, but aren't you demoralizing your inner self that you have to show all this outer show to convince that you are wise, educated and learned. He asked me, "Ask me a question. Test me out." I ask him the same question. I said, "What is the value tomorrow of the yesterday." He couldn't answer. I answered for him. The value in tomorrow of yesterday is, if you grow up today. Yesterday has no value. Yesterday only value if it gives you some encouragement today. And tomorrow has no value in your life. No value. With all your money and sex and muscles and your every public relation which is 80 percent of you. Tomorrow has no value for you if you are not prepared little for tomorrow. A person who is not prepared for tomorrow and person who has not acted today learning from yesterday has not yet learned life. Life is a lie if basic truth is not found. You must understand in your life if you love somebody you won't be happy. If you become rich you won't be happy. If you sleep tonight with five hundred men you won't be happy, if you sleep with nine hundred women you won't be happy. There is no act in life which can make you happy. There is no God which can make you happy. There is no angel which can make you happy. What I am saying looks very strange to you if not stupid. What I tell you if you do not grow up little bit become mature, little bit. Do not have restrained discipline little bit, cannot control your emotions little bit. You do not have kindness and compassion little bit, you are a stupid beast in the body of a human and you are a directly living insult to God who created you in his own image. I can say I have a trouble in the West. I never expected that. I don't mind with that trouble. People do not have reverence here. Fifteen degree below is a Mexico. You don't like that country. You just go there for visit because restaurants are cheap and food is good. But those poor people than you Americans know one thing, whether they are Catholic or they are not, they have a one fact known to them. With all their corruption. That is called reverence and we have not learned it. It is strange. We are about three hundred miles away, right from this town and it is a very funny part I have studied, that when a Mexican comes in Los Angeles he loses, first thing is reverence. I have lot of them known to me through the White Great Father Brotherhood. We have shared those pacts all the time, but people who live here are very different than the people who live there. Maybe it is weather which makes people to behave differently. But what I am telling you, you who live in America, you have a problem, you carry yesterday in memories so deep that it becomes a very powerful gangrene in life's happiness. I teach you a way. Tonight I am

going to put you through your garbage and you are going to stink but it is not my problem. I didn't ask that fill your subconscious memory with every known memory of yesterday. You know what you do? You pile up yesterdays. They are always ready for you. I was talking to somebody today and she said, "I remember." I said, "What do you remember?" "Oh in such and such." I said, "Wait a minute. Do you remember something good?" She said, "It is not good to remember yesterday.?" I said, "There is only one thing worth remembering. Tomorrow is going to come and I shall meet it halfway. That is good." So we are going through a stinking meditation tonight and we are going to let our garbage float. Sun will shine. We will be light, bright and beautiful and you know when sun shines on a garbage pit, makes the stink more serious. I normally would not have taught this course because I do not want to infringe on the income of others that I just teach you a class and do all that with you. Whereas people charge six thousand dollars plus nine months commitment and make you cry like babies and go through rebirthing. To be very frank that is all unnecessary. That is just what you call is polarizing and dramatizing something very simple. But tonight you will go through your own pain. We will cover couple of years of yesterdays tonight so if you bear with me this insanity which we are going to go through the net result will be when we will end up with everything we will be light, we will be little bit find some relief in us and we will be strong enough to face our tomorrow. If you face your tomorrow you can face your God. And that is the purpose of life. Those who are afraid to face their tomorrow have already denied God yesterday. Just remember that. I do not know what I can tell you about spirituality and goodness and kindness and richness and your beauty and your wonders and all that stuff. I also do not know what I should tell you about yoga and meditation and power and release and relief from stress and strain of life. Simple things I know. That if you are willing with a smile to face your tomorrow you are already facing God. That is the unknown. And if you have faced yourself today well you have already faced yourself well.

Your fear of death is proportionate threat to your life. A person doesn't be afraid of death, death doesn't come to him. Death needs an atmosphere of fear. Actually disease is only a vehicle; it's the fear of death which kills a person. And it is the fear of poor which makes you actually poor. I have been twenty years in Los Angeles and I do not know how you can be poor. Maybe you might be thinking I am following President Reagan. He is saying the homeless are not homeless. Because they want open air, therefore they are homeless. That is his explanation. He is the President of the United States. He has seven more days to go. Well, at night whatever Nancy teaches him in the morning that always speaks. He never, he is a very, very faithful husband. And she said herself that I keep looking to hear the sound of his taps. That means that I am ready with a spanker if he has done anything wrong, they will be there. She watches him very cleverly and intelligently but she knows. The only way to avoid divorce in life is if you just go by the fundamental word of God, that is if she contains he, woman contains the man and female contains the male and if you ever love a male and you cannot contain him and you do not have the capacity to contain him don't marry. Don't be friends, don't go on the first date. It will be a very painful mistake. If a woman is not willing or ready or understand by any those law, education or whatever that she can contain that man I don't have to say anything. In the beginning there was a word, word was with God, word was God and that is what it is. Woman can do whatever she wants. I give her all the rights. I teach them to be great. I feel if a woman is great the entire family becomes great. A man does not need a beautiful woman and very literally an educated woman. Man needs a very graceful woman. A man who thinks without

a graceful woman he can be happy, fulfilled and successful is lunatic, insane, sexomaniac, animal and worth nothing. Because man without the very thrust of a very graceful woman whether it is a mother or it is a wife, or it is a grandmother or it is a friend or an aunt, or niece. I am not judging the earthly relationship. But without a noble woman man knows no happiness.

Sometimes people ask me, what do you think of a woman. If God has to take birth on the earth he has to be born through a woman or he should drop from the sky. He has two choices and people tell me, whether there will be end to the world war III or ever they will happen or not. I tell you tonight. So long the born of the woman does not know how to respect a woman there shall be no peace. We will keep on building canons and atom bombs and threatening each other and not threatening each other but one thing you must understand, the unseen hand of tomorrow which you call God, I call tomorrow will straighten out all of us because God has one powerful virtue. God negotiates. God is the biggest negotiator.

And please remember when last year, year before there was a big drought in Midwest. It is funny. People who were churchgoers felt much less stress and pain than people who were not going to the church. It is strength.

Because what is going to the church, what is going to be religious, what is going to be godly person. What is all this theory. Actually all this God business is that people are willing to meet tomorrow head on. I feel there are three types of people. One are those who live in yesterday, they shall have no tomorrow. They deny God. There are those who live today they will have difficulty tomorrow because they will always be unhappy and remorseful because today is gone and third type are those who will live to meet tomorrow half way. You know what will happen to them? That almighty God will serve them to face it and win because God is tomorrow and through his own image he enjoys this world. It is a very stupid teaching in the spiritual world that God lives through us. Not true. God is a very funny guy. He created this earth to be busy. And therefore He created a word called challenge and he gave the pawns the ego, to meet that challenge. That is why by nature we prefer to be brave, martial, and in the name of that sometimes we are executors.

However tonight we are going to offload our past. And we are going through a very heavy method. The normal cost in Los Angeles of this gimmick is about six thousand dollars and six to nine months of doing of it. I am just preparing to you today and tomorrow because this Saturday I am going to San Diego to really grind you through it and it should be sufficient to get rid of all that pain we have but let us start today and try to deal with it as we have to.

MEDTATION STARTS:

Ready? So find out you have a seatable, suitable, comfortable area, you can sit comfortably and you are firm. Sit, whatever posture you adapt. That posture you have to keep it till the end just remember that. If you cannot want to sit lie down. If you don't want to sit on your head, stand on your head -- do it now. Whatever you have to do sit firmly. If you are sitting

then keep the spine straight. If you are lying down relax and take care of yourself. That's number one.

Now, please start breathing in a simple way without making any movement. Fire out the breath, fire in the breath. Make it longer, stronger. Cool breath is very healing. Sitali pranayam. Power of the navel. Those ladies who are pregnant they go for delivery they practice this breath mostly incorrectly. I have gone to those classes and I have seen -- but what to say. You are doing it very correctly but you are not doing very powerfully. Rib cage has to move. Because your breath of life is imprisoned in the rib cage. Move the spine, take the force of the shoulders and shake the rib cage. Very good, very good, we are going to deliver a baby. Everybody is a female pregnant here. Please participate strongly. Come on, come on. Bravo. Keep up. Remember me. Breathe strongly, not wrongly. Strongly. Are you going to give up. Don't. Keep up. Remember when you were in the womb of the mother through the labor pain. You will experience that. Come on, come on. You can yawn and sneeze and you can stop but continue. You don't have to control yourself, you are going through the womb and the labor pain of your mother. It is not going to be very pleasant. You know that. Keep going. If you do it right, it should be happening. You are getting a little late. You are not causing the labor pains. Come on please. Let us all go through it. Wow. What a big deal. Come on, come on, breathe properly, strongly but not wrongly. Next step you can't do it rightly if you do not stimulate the energy. Inhale deep. Put your hands on your heart center. Exhale. Inhale again. Close your eyes and from the closed eyes look at the tip of your nose. Breathe long and deep. Keep breathing. You know there are two words you have to learn in life. The one is called grateful, the other is called ungrateful. Those who remember grateful they will be full of great things. And those who are ungrateful shall always have a void of great things. That is all. You want to know the prosperity, you want the richness, you want the happiness, be grateful. Please now concentrate. And go deep, go deep, deep into your memory. Pain is insane. Pain is insane. Let us pick it up and pull it out. Go through the memory of every pain you can remember from day one. Pull it out. Pop it up as you do with your pimples. Your aura is set, your energy is set, you can all do it. Take your pain. Understand pain is insane and insanity has to get out. The best way to do it when energy is right, you remember it and repeat it and say to it bye. Go. Remember the pain precisely like a surgeon remembers the area precisely and cuts out the gang green exactly precisely and leaves nothing to imagination. Remember the painful moments precisely. Your parents, your relatives, your brother, sister, mother, whatever the case is. Each year. All the insult, degradation, reaction, betrayals, treacheries. Lies you have to live with. Love, rejection. Everything can be repaired in the world but a broken heart. Every honest. This is a moment of honesty. The arcline is blue, blue and bright. This is one time of totally cleansing. God given chance. Remember every pain. Pain is insane. Remember it precisely, precisely, in detail, and it will burn out. Those who have their yesterday alive with them will never have tomorrow. It is a law you and I can't change. Pull it up, burn it up. But your action required to remember it precisely and then let it go. Greatest kindness is you be kind to your own self and don't ruin your future. Whatever wrong you have done you have already done. It cannot be redone. Face it, confront it. Precisely react it and then let it go. Your biggest make up is your radiant body, that attracts everything. Go through all undesirable experiences because you cannot keep them, live with them and be miserable rest of your life. Burn them. It will take about twenty sittings to be with a psychiatrist to just go through the introduction of the pain of a rape. You can totally dramatize right now and then forgive it. You will be

gone free. You don't have to go through a lot of sittings. Your love affairs which never came through, your separation. Don't try to pretend wholly that only good things you remember and they didn't come through. Even the worse thing your fantasies. Unbelievable fantasies, dreams. Recollect them. Gather them together and burn them. First you have to have them. The energy in the arcline is very powerful at the moment. You are absolutely vibrating with me in a very beautiful tone. That God given power which he made me to do took away from me the dream so all this fanciful living and dreams in pain, in anxiety, in fear. This is the time to get rid of that. Flow with me and precisely pick up these pimples and pop them. Clean yourself up. It is totally in a simple western English we call it self hypnosis of getting rid of your pain. You don't have to hypnotize by somebody. You can totally hypnotize yourself and you have that far out energy at the moment. Burst out in your real action. You are the perfect actors. Replay those dramas and go through it. Precisely we are going through the wet dream of the pain. We are going through the conscious acting, not subconscious acting, conscious acting of it. We will not be in a position to carry this energy for a long time. Because we have created it, so before it starts becoming weak you have to chance to react it, relocate your pain, react it and then get rid of it. Precisely go through the dream, perfect your own. You are the actor, you are the director, you are the producer and you are the help, you are the stage. See, I am keeping up with you and you should be keeping up with me and when I know I can't keep up I have to let you change so it will be for you today to do as much as you can because this is the best way to do it. That is how it should always be done. Go through the flush of my energy, reproduce your own drama tonight and just go through it. Bring tomorrow your eighty year old grandmother and your nine year old daughter, or a sister or a relative. The easiest way to remove out of your memory the painful injurious memory is to go through the cycle of the creative self hypnosis and just cut it out. You can cry, you can laugh, you can smile, you are going through it. It is not just acting. It is going through it. Pain is personal but everybody is through it. Some can express physically, some are trying to express mentally, some are trying to express and deny it, some are accepting it. People lie, aura doesn't. But please let it go through you. Save your energy of the body, go through it. There is no harm. You have the right to live healthy with clean memories. Please now inhale deep, exhale deep. Keep on breathing, inhale deep and exhale deep because we have to regenerate our energy from coming back from our self hypnosis to wake up and we want to do it through the breath of life. Deep breathing is very good, very healthy. Inhale deep, exhale deep. (SSS Plays the gong) Universe got created with the sound of the gong, fly with it. Spread your wings and go away with it. Flow away.

*(Rakhe rakhanahar is played) Just copy the sound. It will take off pain forever.

*Let us exercise also. Open your eyes. (Celestial Communication is done to the tape, demonstrated by Siri Hari Kaur.)

*Now please clap your hands only. It is a heart beat in it. Go by that. Come on with the beat.

*Inhale deep. Inhale deep, deep, deep and pump the navel please holding the breath. You have got to do it to become normal. Heavy. Move it. Pump it all up. Let it go. Inhale deep. Pump it hard. Hard. Fast too. Exhale. Inhale deep. Heavy. Move. It will move all the vertebrae, spine, lower back. Come on, relax.

If you are ever in pain and you do not know what to do you have this tape. Put it on, doesn't matter what pain is, we are not making any claim but by the time this tape will come

on the third round of its beat you cannot feel the pain. Try it, it is not something open challenge, it is not something miracle or not miracle. And if you don't have the tape, and you are in a position where restroom is available please go and sit on the seat and deeply inhale, and powerfully pump your navel point.

In three breath of life pain will disappear. Mental pain is much more serious than physical pain. It is an attack. When it comes your body cannot stand it. You damage your body. I have realized there is a certain way of life when people here I deal with they hurt. I let it go. It hurts deeper. It causes physical problems. You do not have to suffer. You are not born to suffer. You are alive by fact of life. Hold the breath of fire, in yourself breath of life and pump the navel. Navel has the pure energy. You can live without breath of life through the navel in the womb of the mother. Remember that. Tomorrow we are going to get rid of this stupid imaginary personality conflicts which we create and suffer and lose everything and become absolutely exploitedly idiot in spite of our wisdom. So that we will do tomorrow. But what I am trying to explain to you that all of you are here. You must understand you might have great problems and think not bug much of you. But the way you could develop your arcline through the breath of life which was an open breath. I feel if very experienced yogis are made to sit they can create that atmosphere. I am convinced of that. You know people do yoga, people do therapies, what they call them, counseling and all that. Aren't you aware that if you do not breathe you are dead and that breath which can keep you alive, that cannot take care of your little mental disorientations.

This shabd, (Rakhe Rakhan Har) this sound words are the eight beats. And you know how we took this tune. It was so necessary. Somebody came to meet me at the airport and one person was so much in pain, so much in pain and what I could do at the airport. I couldn't find a room. I couldn't counsel. We were all packed, so I took that paper thing in which they give you water and I started creating the eight beats and luckily this is a song of victory. I mean to say your defeated life can turn into victory. These words have that power hidden in them. It is open and honest and this shabd you will find, I do in the prayer, I do in the house, I repeat it all the time because you know I am not very nonselfish person and I don't believe in suffering. Put it that way and I know that knowledge only means that when you can avoid suffering. If you can't avoid suffering, knowledge, religion God doesn't mean anything to you. It is totally bogus, nonsense, then go and suffer. What for? There is enough suffering normally and then go and suffer. It is ridiculous. You know, but some people do not know anything. They are desperate. They play this martyrs attitude.

And you must understand this nineteen eighty nine. Why I am teaching sometimes I am being questioned. And eighty nine is a year of prosperity and in prosperity people freak out fast. You know in the years of adversity you keep yourself together. You pitch in and you fight but when prosperity you fall apart. It is very funny. In adversity husband and wife will stick like a glue. It doesn't matter he is sleeping with then women and she is bullshitting the whole world. Who cares? But God moment they become a little rich and things get happened. Where are you going? What are you doing? Prosperity is very difficult to handle. You can handle God if He comes in your house. Prosperity you can't because it is an energy. It is a free energy. If you want to make somebody sick give him a ten thousand dollars cash, and let him go and run around. First of all police will pick him up, if not that somebody else. Handling energy you need gloves. You need discipline.

Man was not prepared to do yoga. Hatha yoga, my God, just sit like this for two hours and one hour like this. I have done that it is too much for me. I can't handle it. And sweating like that. You run three miles you sweat like a water tank, no big deal.

But mental energy to be controlled has to be controlled by the breath, air, "pavan" "Pavan" is the power, breath of life is the power and that is why Shabd, word. In the beginning there was a word, word was God, word was God. Word is the air and word represents air. And that is why you see me chanting this shabd. This shabd eats up pain as a hungry traveller eats the breakfast. It is very powerful. It has eight beats and we created this music which you listen which is very pretty on a paper cup, created the sound and then put words of the shabd to it, put music by it, all fine. But you put this anytime on, when you are hurting, first round, no I don't promise you, second round maybe. When it will repeat the third round you will not have a pain. It is a guarantee. It is a fact. In the beginning there was a word, word was God, word was with God, word was God. And Nanak says, "Akhree naam, akhree saalaah, akhree giaan geet gun gaah, akhree lekhan bolan baan, akhree sir sanjog vikaan." The whole lengthy thing is explained. What the word can do and these words have permutations and combinations. Moment they start hearing the drum of your ear your neurons have no power. The agia chakra, the pituitary, the third eye start totally tranquilizing the brain. Try it sometimes. When you are deadly hurting put it on.

If you are afraid, there are certain things I want to share with you. When you are afraid, you are normally we get afraid, there is nothing wrong to fall, to be in the trap of fear, because you should be afraid. When you are afraid, then only when you are afraid of God you are the best, if you are other afraid. Afraid is afraid. Whether you are afraid of God or you are afraid of other things. But being afraid of God you are right if you are not, even this is a religious thing. I must stick that in. Fact is being afraid is afraid. You have that. These are few words and there is a certain beat in it and I am not asking you to chant it or repeat it or even listen to it. Sleep with it. Next morning you will have no fear at all. There was a student of mine. God she used to have those terrible dreams. Oh and everything were done. This tape is just simple. Took care of it in three days. Sing by American song. Not we imported people from island, not at all.

(Chattar chakhar vartee is played & Siri Hari Kaur does Celestial Communication).

Listen I want to tell you something. I am not joking. What she is doing. You bring a chronic patient who has nightmares and there is no medicine in the world which can heal that person. Pride has a fall we don't to say to it pride but we want to say it with a point of service. If that person goes through this couple of hours, there will be absolutely, absolutely nothing. That fast is the healing effect of certain things. This is called subliminal body communication. That's what it is. Extremely penetrating.

Which one you want Rakhe rakhian har. You can go with that? What about Dhan Dhan Ram Das Gur, you can go with that? Sometimes you are very poor. Things tumble down right before your eyes and you don't have a nickle to call me and collect call I won't accept. Let us put it that way. But if you have in your collection this tape and you have this exact movement of the body, just see what miracle you can produce to put yourself together. There must be some people sitting high here whose life has come to a zero end. I am accepting the challenge. It is between you and me. Come on. (Dhan Dhan Ram Das Gur, Millis Version, is played with Siri Hari Kaur leading Celestial Communication.)

Do you know when you do body language like this it is meant for who? No, deaf hear it. They can't hear it. What do you do you create sign language and those who cannot speak

what do you do? It is a language of deaf and dumb. Even you are... No, you think you are not, but mostly you are deaf and dumb. Am I wrong? No, you are not deaf and dumb in the practical way of that little thing that you can sometimes hear and don't act. And you sometimes can speak and don't mean that. You call that effective? No, you make no impact in life. If all the words you speak are impactful there is nothing as a human you cannot create. It's a promise not mine, it is a promise of God. It is very funny. I am a witness to it. I saw with these two eyes which can see little earthly things and I heard it with my ears and I heard them speak.

Once a very saintly man came to somebody's house and he drank a glass of water. There was some water left in the glass and this guy took that water and drank it. And there was some elderly person in the house, he said, "Idiot, why you are drinking his water? It is not hygienic." Scientifically it is right. You should not drink anybody's water. You can kiss each other. Those bacterias are okay. But if you drink somebody's water, that exchange of bacteria is going to kill you. You know. It is a very different world. I have never understood it. (He makes kissing sounds) They do the whole thing in and out and that is fine, that is hygienic. They don't even use listerine for every kiss. Do you? You don't. But for that. That person was very mad and this young man was very shaken because that family was very protocol manners, rich. And they were supposed to come out always right. I couldn't tolerate it. I said, "That infected water of a saint will free him of the disease for which in three days he is going to be diagnosed." I am never exact. I am very evasive by nature. But you know sometimes too much is too much. And that lady said to me, "Which disease." I said, "From six months and nine days from now, which will kill him and this son of yours will be dead but this water which he has drank it will take care of it." Now you know when in a family conversation it becomes, horn gets locked. She told her husband, I am going to take the boy myself. I am going to check it out. I am going to watch every result, I want to know. Fact is that he was discovered with a fatal disease. Four days later he came and she said, "Well, that day you know I was, you know." I said, "I know everything. There is nothing to know." I mean if you are going to explain to me I am not that stupid and if you think I am stupid go ahead speak. What do you think? You don't trust my intelligence. I know what you did, a normal person will react that way but fact is that he has to live and that saint has enough prana in that one ounce of water it will give him about sixty years of life, so add sixty years to that many months and days I said and exactly that will be day of death." I said, "Lady it is not the medicine, it is the pranic shakti which makes even the body live. Don't you understand?" Jesus Christ was born in a manger. Every year we create that manger. Manger has become holy. He is dead on a cross. Everybody hangs the cross around the neck. Don't you understand? He was a body, he was a man, he was born immaculately or got out of nine intercourses, why you are going to discuss that? That doesn't make any sense. The fact is, there are about two billion people on this earth who believe that he was the son of god. That son of God didn't get a shelter, no Inn accepted them. Can you believe? He was born to be with donkeys and ducks and all that stuff. Don't be blind and he was hung on a cross against a thief. They let a thief go and hang him because they could free one person, either Jesus or that thief. They let thief go and hung him and cross has become the religious symbol and manger has become a divine instrument of memory. Why? What he did? I forgave those who put him on the cross. His forgiveness, his kindness, his compassion was more than God. When a man's kindness gets confirmed, his compassion becomes infinite, actually he becomes more than a God. Because God started obeying that man. Such man becomes a

memory. Power of prana is a power of life. It cannot be decided. When you love, do you brush each time your teeth? When you kiss, what do you do? Nothing. You go over and under and left and right. That is all fair, that creates no infection. Why it doesn't create infection, because love itself kills disease. Love itself heals. Love is the giver of life. Love is not (He makes imitating kissing sounds) and that kuch, kuch, kuch. That is not love. You are just dumb as you are. Love is not that physical, biological, kuch, kuch business. Love is the exchange of pranic values for life for which we long to live. Purpose of life is not to have thirty five, sixty room houses and nine servants to clean them all the time. Do you understand I have a friend who has twenty seven rooms and he was telling me that all living rooms or bedrooms and everything is fantastic. Money is all perfect but now he takes three pills to sleep and he can't. You have all the comfortable bed, king size bed with silk on it and silk around it, it is the canopy, the whole thing, but you may not get sleep. You cannot get sleep. You cannot buy sleep. And suggestion was, should he go for that night injection which doctor has suggested. I said, "Shut up. Don't do this. That is too much. You are already hooked on those night sleeping pills. If you go further there will be hardly any return. " You cannot buy happiness. You cannot buy sleep. You cannot buy health. You cannot buy forgiveness. What we are trying to reach you tonight is let the past go. Tomorrow we are going to get rid of what they call it, the daydreaming concept. We are going to hit the root of it because it that is the cause of all. Because daydreaming makes you big ego and practical nothing. Like a woman who started daydreaming and she is walking with nine inch heel. Actually she was barefooted. She ended up breaking her toes. It is true what I am telling you. And I said, "How it happened?" She said, "I don't know, something came over me. I thought I was walking on heel. I started walking on toes, I fell apart." I said, "Sure. When you do not have any shoe on your foot and you think you are walking with a shoe with a nine inch heel, naturally toes cannot take the weight. You broke it." She said, "I am so sorry. But I do it all the time." I said, "Naturally everybody does it. Nothing special." People drive car over the bridge right into the lower freeway thinking they are still flying. Yeah, I talked to that girl. I said, "How it happened." She said, "I think I was flying." It is funny. Lincoln Continental. It is a pretty good heavy car. She took it all the way over. Over the freeway, right to the other freeway and that she was started driving opposite with. That is why the tragedy happened. Perhaps if the traffic would have gone that way she could have been saved. I mean you can all do it. Well I just wanted to share this night with you with an idea that you can go home now you are relaxed, you are normal. So we put you through the trance, we took you out. You are okay there is no problem.

Now keep playing that and may the long time sun shine upon you.....

Home, home, guide your way home and go and relax and there is an expected situation that you may get tonight. Certain dreams which you might not have touched, totally completely got rid of it and your subconscious has worked through it, it is normal, so don't feel it is something. And tomorrow we expect you to come in time. I tried to rest tomorrow as much as I can and meet you halfway, okay. Thank you.