

## NM100 930609 invokes the power of the five elements in the body

Christian teaching have given us a lot of guilt. That's un-necessary baggage. Tumor is called guilty

Ah, tonight we're doing a very special exercise, it is almost a Tibetan in nature, but it was imported from India centuries before it became Tibetan. We've five elements and it invokes the power of the five elements in the body, you understand. Is a kind of self-energizing and bring your own security to yourself, mental, physical and spiritual, is a very strange exercise normally when once a while when I feel very depleted I do it. These are certain things I am sharing with you not with the idea that you must learn them, but just to try to give you tools for that you may not end up sometime in a difficulty and desperation and somebody will make fool of you. If you're very energetic and confronting and very positive, hardly anybody will try to advantage of you, that's very, any charming glaring bright face is a absolute fact of success. Moment you're sad, unsocial, spaced out all that, everybody try to reach-in.

**If you give somebody a crack, he'll burst your they say and that is human nature, I am not trying to explain to you, you're safe and specially since I've come to the West, I've understood something very tragic, we're all on sale. Its a tragedy in this country that six million young girls are educatedly diversified into a some kind of myriad or serious prostitution, three million children leaves home and never comeback, never have been found, sixty per cent young people, though we make a very big national noise, sixty per cent are qualified only for minimum wages and in spite of all that, look at the, look at the whole game, six million people are diversified, six million people are undermined, specially ladies, three million are lost, now count it and then we've eight million immigrants here in this country to do manual work. Do you know what they say? And every executive, middle management executive is forced to change his job four times.**

To run this academy successfully we need four devices, not that we should have them, but that's the way it is, new curtains, new refrigerator, new property, new wife, new powder, new bed, new, for God, this is a very big scandal. It is such a big scandal, you can't believe it and doesn't matter what they say to a era of a women and all that, women is always a cheap, you can't change these guys and men are very insensitive. Do you know, sixty per cent of men go out with their buddies to drink or do something common in which they do not include their wife or their girl friends? Have you any idea. So, taking all this why if you have a vitality you can hold your virtues and virtues are what? **First virtue please name? Intuition. Second virtue; sensitivity. Third virtue; reading dissimilar, reading between the lines. Fourth virtue; understanding and interpreting the meanings. And fifth virtue which is a very vital virtue to be contained, content and very persistent that creator has not gone on leave. I can't teach you self-respect, I can't tell you self-help, I can't talk big words, I am not a, here to make money, I am here to tell you a fact. If you just understand one who gave you five tattvas, three gunas, seven chakras and ten bodies have never gone on holiday once. He or She, what ever it is, always there. Feel the presence of God is to trust God, not men and trusting God means seeing God is there. I do it all the time, therefore, I can tell you my experience. When I know by my intuition somebody is falling apart, all right, I just ignore that part. Now I am very PhD on it, I must say it has taken many years to me. You tell me anything negative, I'll not listen, I'll tell everything negative and force you to listen. is amazing because what I am seeing negative I want you to not to go in, what's you're telling me negative, I don't worry because I know it will not touch me. Though it is a fact, though I know it is a fact too, believe me, what's you're is a negative and I know it is negative and I know I should take precaution, but I also see the so much positive size of God existence, I don't care. It has become my character, it has become my habit, it is not a good thing because the other people feel I am just ice cold, ice burg and I don't care. Actually I don't care so much. Many time people say, this is going to tune you, I said okay, well if I am going to get tuned, Guru Ram Das will go with it, God will go with it, Khalsa Panth will go with it, you know so many to go with it, what one man has to bother about? Let it be so.**

When I came to America very first time one women said,

"I shall ruin you."

"Wah, I've met Dharamraj, you know the God of justice who, who judges you after death, so I've met, but I thought he is a man but you're a women, it is very blessed situation"

and she printed a pamphlet,

"I am from India, I just don't know anything, I am trying to pretend, I am tha tha tha..."

and she wanted to distribute those and with that spend ten dollars a day. I picked a bundle and start distributing my self and she said,

"what are you doing, they're against you?"

"I need ten dollars, I don't care who's against they are who?"

"You mean, you're not afraid?" "What for? Fifty people will believe them, fifty won't, won't to believe, they'll come, out of the fifty believe them, they will be curious, at least twenty five will come, I'll get seventy five people, what are you talking about? You're spending money, I am not, give me ten bugs, I distribute the maximum."

She couldn't believe it, she said

"You're a nut." "Yeah, I am nut, you're a bolt, so we're making the thing happening."

The virtuous thing you should have is humor, laugh away everything because whether you laugh away or not, God is going to do anything what he is going to do. Now you today see as me as Yogi by all, fine. You feel fine, they can caught you curt, but God knows what, but watch my word, I had a reason and I've never been wrong in my reason.

I saw one day from the capital of the that Siri Guru Granth was brought on a canon horse ride and all these mountains on the side, there were many other highways, but all these mountains highways, there was not a, you can throw a needle there were not people to look at it. If that is not true, then two thousand year ago or less there was only Jew which was called Christian by that revive and he was Jesus, real name was Jessu, his mother name was and were . So if you can believe that happen, you can believe other things too. This exercise keep the and specially those yellow hats, they'll red hats, yellow hats, they distribute by color, I think it is too cold a country to call them by squads. So they wear colors, right. You know these hands on mine like this, you see them, watch. They say that throw the evil out, now this has to be done like and it has to go like that, but it must not touch. With a full force and holding the end, the beauty is bring it with full force and hold it, put that tough drum in the morning you my dear sir, boy whatever. Bring it very powerful and hold it here and then go back. Go back, this is no big deal, we'll time you, wah..."

### **Kriya 8 minutes**



"Go with the drum beat, with one force. Close your eyes, concentrate. Louder. Concentrate on your spine please. Power, yeah. Such a power that bully will rise, concentrate on the spine. Ah, ah,... Your evil will leave if you say. Come on daughters, son, men, brothers, students, teachers, do with it emotions, do. Solid jerk, give a solid jerk, fingers open. Bravo, bravo. Your psyche is acting good now. Blast the fire of the breath, blast the fire of the breath. Come on, come on, now you can do it. Breath out the evil inside. Conscience, conscience. Like shogun. Come on buck up.

**Inhale, keep your hands up please, up, up, up, up, up, up and all fingers open. All fingers open and let the energy come in breath quick breath of fire. (2 minutes) Quick, quick, quick, tankunu, tankunu,..... As the iron smith is using the furnace, burnout the karma. Hands up high in the air, power of the breath must be felt. Inhale deep, relax. Very nice. The power is in this. When you stop this and you do it and with the hum and the breath, I stopped it just not to push it more, but we would have another fifteen minute forget it. Idea is to prepare you for something, idea is not to just overnight declare you you're a saint and there will be nothing to do. Its good to be knowing what a sinner is, so you may not fall in to the pit. It is not very good boasty for a person to be God, had God been all complete, he wouldn't have built one household. The beauty of the hum is the most beautiful thing in the world. With your weaknesses, with your pain, with your suffering, with your misunderstanding and your, with your tragedy and your fears, when you still breath is victory. The unfortunate part is that due to **Christian teaching have given us a lot of guilt. That's un-necessary baggage.** That was not for man, where are, every where is in, man has created his image of God and God does everything and there is only one God and we shall not worship anything but before him and after him and but . There is no need to.....**



**Guilty in Punjabi, is our local language, means what? What you get that big thing there which is sometime canceric sometime not, what they call it? Now, tumor, tumor is called guilty. If in Punjab you say, guilty and he has developed the tumor. It means in your mind you develop a tumor, you feel guilty, for what? You have done wrong, you have done wrong; You've done right, you've right. We have done intentionally, unintentionally, consciously, unconsciously, done is done, so be done, the elder person doesn't have the consciousness to forgive you, let him be done too. This planet is based on love and that is forgiveness. Those who cannot forgive have no right to be happy. They're cursed. There is only one curse, those who've unforgiving attitude. Right and wrong, Judgment, this and that, all of it. Now 24,30**

**5,30 minutes:** this chest has to be opened, that's the heart center. Five fingers, like nails, would you rewind the tape. The elbow will have a velocity that used to put a woods about inch, inch and a half wood on the sides and when we used to get into the ecstasy of exercise, the elbow used to



tear up the wood in many places. That power will come to you, that is you have develop it, so it is just like this. These muscles will start hurting, the rhythm of the heart will start beating strong, your stomach starts squeezing and your life is changed and we'll practice it right here. Is there a boundary? Done, okay, here, as this heart center of yours with hands like this, your tear opening the chest, that's all it looks like. Please close your eyes, inhale deep, exhale, inhale deep, exhale, inhale deep, exhale, steady. Go... (-----)



**Dance 18 minutes:** As powerful as that one beat is,.... Breath out. Tear the weakness. Shoot the breath like a fire. Sound should be like a big cobra is hissing. I want to hear it. Like a electric shock. Inhale, you have done this exercise better than before please relax and relax for few minutes, just talk, talk, talk, .. I mean relaxing here means, in this you just speak to each other and just relax and....

We have a in something like,...

Perfect Inhale, sit down, sit and meditate now, energy is there. Now rest calm down and bring your area where kidneys are, press it inside and expand the upper chest. Close your eyes. Disconnect yourself from the pelvic bone, bring in the energy and pull up the kidney area and sit straight and control the inner trunk of the belly right from the clitoris or peanuts what ever you want to call that area? It is called base point of the second chakra, from their don't apply mool bandh, just, just concentrate and go up to your throat, thyroid gland. Between thyroid and your second chakra base area, connect consciously. Body will be straight and it will be very, the kidney's area will be pulled inside and you'll sit very light on your pelvic bone. And with the strange feeling, you'll be surprised how much you can feel good about it. Because you've danced, you've energy and consolve this energy upward, that's all you've to do. Light, light, rise, rise and make your rib cage like a balloon up and up. Uplift it. You'll get rid on many diseases, you've more energy. Breath very slowly, very deep and very, very long. Conscious control. Very conscious control, take charge of your body, pull in, sit



light on the pelvic. Put the tape Har Har, Har Har Gobinde (Nirinja). **4 minutes:** You will chant this chant from the navel but no weight on the pelvic. You'll become like steel. (-----) 54

Inhale deep, hold, save your breath and let the breath take it to God, let it go. Inhale deep, say the best you can say to God in your prayer, cap it up into the breath of life and send it on, let it go. Inhale deep, ask the breath to heal you, advice you, honor you, make you noble and make you star, prosperous. And may the long time sun shine upon you,...

"May the long time sun shine upon you. All love surround you, and...."

Bless it self, let me not limit myself with ego, let me not betray myself and my family with doubt, let me not suffer in pain because of insecurity. Give me the width and the strength and the length and the height and depth, so I can be thy will. Let me guide others in thy name, let me love others in thy name, let me serve others in thy name, let me be with others in thy name, make me the light house in the star, make me the breath of life in unfortunate environments, give me the strength of purity, , dignity and give me the commitment and the character not to let down myself and all I know see, feel or understand in thy . Bless me, bless me, bless me, make me beautiful, bountiful and blissful so I can love The forever. Sat nam.

Thank you very much and we'll meet tomorrow at the lawns for the strength and the stamina and please come in time and I've asked the commanders to make you to form the line and the flexibility, the time required actually for all those activities is three seconds. When the flexibility and action will adapt to the point of three second, we've made a lot of change. Good night, God bless you, thank you.

"Sat nam,..."