

**LA667 901107 oggi Andremo a toccare con la Vostra MASCHERA
L'auto osservazione è l'integrità più elevata dell'individuo**

La vita umana ha un unico messaggio:

Io ho il diritto di osservare e di preservare me stesso. Io ho il diritto di Preservare osservando me stesso. Questi sono i due diritti fondamentali. È necessario preservare la propria identità innocente come quella di un bambino. In noi e dentro di noi..

Se date un giocattolo ad un bambino, costoso, bello, lui ci gioca per un po', ma poi vuole aprirlo. Gli rompe le ruote, Rovina tutto. Il giocattolo. Esattamente, ciò succede anche agli uomini. Nessuno è al di sopra di questa legge

Che c'è dentro di me che mi rende infelice, depresso, povero, pigro, bugiardo, ladro. Che c'è in me che mi fa paura, mi spaventa, mi rende fobico, vigliacco? Perché prendo farmaci. Perché bevo? Che cosa c'è dentro di me? Consapevolmente in me c'è una tendenza che deve darmi un consenso per farmi sentire appagato. È un'immagine che mi sono dato. È solo una facciata, una maschera.

Ogni individuo ha sviluppato una maschera, una maschera individuale. Una maschera rigida.

Chi non è in grado di penetrare nella propria maschera. Non conosce il dramma per cui la vita diventa tragica. Avete qualche idea? Dove inizia il dolore? Il dolore non parte da solo.

Quando le tue maschere diventano così potenti che non si può penetrare in esse, resti **isolato** in te stesso e la tua vita diventa irreale e dolorosa.

Oggi stiamo andando a giocare per toccare questa maschera.

[liberamente tradotto dalle parole di Yogi Bhajan]

5 ½ minutes Self observation è la più elevata integrità dell'individuo allora fate questo con le mani a pugno allungate alternativamente le braccia come uno sciatore o un lottatore, ed ispirate attraverso la bocca con potenza "Canon fire". Questo esercizio è molto potente, avanti energizzate voi stessi, penso che state colpendo il vostro ego alternativo. Parlate ELEVATI e vivete ELEVATI. Producete risultati non mi dovrete più parlare dei vostri fallimenti, me lo dice la vostra AURA non vi preoccupate.



11minuti: portate le braccia dietro la schiena chiudete gli occhi e guardate il terzo occhio concentratvi al 3° occhio

Inspirate profondo. **½ minuto:** Portate le mani di fronte al viso, aprite gli occhi guardando le mani e piano piano riportate voi stessi nella luce





2 ½ minuti: Adesso chiudete il pollice nel pugno, e ruotate le braccia ed per effetto della rotazione delle braccia scrollate il corpo buttando via tutte le tensioni, create un punto di energia esattamente in ogni spalla, perché l'energia deve coincidere con il flusso e l'esistenza, è ciò che normalmente definiamo attaccamento e quando noi lo rompiamo, il corpo rifiuta di obbedirvi



1 ½ minuti Ora stirate le braccia su, stirate bene quanto più potete fino a sollevarvi da terra, stirate continuando a respirare, stirate senza trattenere il respiro, volate, immaginate di andare su,

Ispirate profondamente ed espirate, tre volte. E rilassate.

Ora parlate, parlate non meditate

Questi esercizi che stiamo facendo sono molto pesanti. sono pesanti perché accordano l'energia del corpo con quella del campo psico-elettromagnetico del corpo. È un processo, che talvolta può essere necessario per rilassarsi dopo la classe un po' più profondamente del solito. Per pulire i vostri sensi in una maniera più veloce, migliore e più profonda che in qualsiasi altro modo. Per costruire una forza profonda di riconoscimento, **il riconoscimento del sé**. La mia preghiera è che in questa maniera si romperà la maschera per diventare liberi. Per fare che il calibro e la forza della personalità si sviluppino in modo tale che trovino una presa sulla vostra vita. È molto importante. E 'molto doloroso sapere che con tutte le conoscenze a nostra disposizione non siamo ancora liberi. Ed è sbagliato non capirlo da noi stessi.

Se non sono in grado di dipendere da me, chi potrà contare su di me?

Sat Nam

LA667 901107 We are going to play to touch your mask today

Self observation is the highest integrity of an individual

I have got Gurudev Singh healer in the town. He is working whole night. That is a good thing. My senses. I am a constituent of five tattvas. Now what I am teaching has nothing to do with any religion and please don't feel offended. I would like to lay it forefront because what I am discussing is a total science. It hurts me to discuss this thing exactly as it will hurt anybody's feelings but this is a truth which you must learn. We are five tattvas. Five tattvas it means five elements. Five elements must have five rasas, five juices and those juices are "kam, krodh, lobh, moh, aungkar". You know them very well. "Kam" what do you mean "Kam" lust. "Krodh" means anger. "Kam, krodh, lob" means greed. "Moh" means attachment. "Aungkar" means pride right. Now these are the five juices of five tattvas, ether, air, fire, water, earth. Now the teachings are, that God save me from "Kam, krodh, lobh, moh, aungkar". Attachment, greed, bah, bah, bah, save me from that. Save you from what? These are the juices of those elements. How can you have an element. How you can eat an apple and say save me from the apple juice. There is so much discussion against sex and sexuality and all that. But everybody does it. Everybody is a product of it. So what is the reality actually. What actually is the message. Human life has only one message. To preserve. I have the right to preserve myself. I have the right to observe myself. I have the right to preserve myself. These are the two fundamental rights. You must preside over your own identity. In me is within me. In me there is a

little within me. And that within me is still innocent like a child. You give a toy to a child, costly, beautiful, he will play it for a while, make it run but then he wanted to open it up. Take the sprint out, take the wheels separate, do the whole thing. Mess it up. The toy will be gone. Exactly, that is human. Nobody is above this law. If you ever seen that you can wipe out people sexuality and everybody will become sex sensitive to the fact that they become absolutely without sex. It is very



easy. It will take seventy five years to eliminate the human race. If everybody decides today that they shall be celibate from seventy five years from now onward there will be no human race, no child born. Does it mean, "kam" means "kamana", lust, attachment, sexuality, sensuality. We should totally eliminate it from our life now. Just understand something very physical. I have a daughter. You take my daughter, persuade her, seduce her and intercourse with her, I will cry you raped her. Same daughter, I will engage, make a party, spend the money, marry with you and give dowry and presents and every relative will come and we will send you in a car for a honeymoon. Now what happens in honeymoon, same thing. But that has a social consent. Other doesn't have a social consent. Yesterday there was a case in which the Supreme Court has decided that it was a consent, love between two adults, therefore it cannot be charged as a sexual seduction. It is a landmark case. What is in a consent. And today there is a woman with sixteen personality and in her statement one personality agreed to have sex, the other personality denied to have the sex. Now what fourteen other personality are going to say we do not know yet. Actually the law says two adults when decide between themselves it is in between them and God. When three people decide between themselves it is between them and the law. When four people decide between themselves it is between themselves and the general crowd. There is nothing to it. However what is in me which makes me unhappy, depressed, poor, lazy, liar, thief. What is in me makes me afraid, scared, phobic, coward? What is in me that I take drugs. What is in me that I drink and I want to go high? What is in me? Knowingly in me there is a powerful tendency that I must give consent to myself and feel different. It is a face which I have put up on me. It is a facade. It is a mask. Every individual has developed a mask, not the Muslim mask where you go five times to give the prayer. But it is mask, an individual mask. It is such a strong mask my friend that you cannot penetrate in your own mask. Do you know the tragedy where life becomes tragic. You have any idea? Where your pain starts? Pain doesn't start in vain. When your masks becomes so powerful that even you cannot penetrate in it your life becomes painful. We are going to play to touch that mask today. It may shake you in certain ways. It is a heavy class tonight. Your participation is requested voluntarily because I will not like to exert too much. Actually before coming to the class I was going to send the message, please meditate and enjoy yourself but then I decided let me go so I am here. You know I am a freelance these days. But somehow I come through because of old habits not that I want to do anything. I have reached a state of mind where to me it doesn't matter. Not that I am arrogantly saying it or insensitively saying it. I know too much and when you have too much knowledge it doesn't matter. Too much knowledge only leads you to one conclusion. It is happening. And you can only watch. As you can only see time at your time so you can watch it happening. You are to observe. **Self observation is the highest integrity of an individual. So make the fist and go like this, outward. Canon fire. (Breathing in and out through the mouth, forceful exhale.)** 5 ½ minutes You are going to grow up one day very big. These exercises will help you. Oh yeah. **Power punch,**



power punch. You know just like wrestlers. It is a very heavy exercise. Do it very indulgently. Come on, come on, **energize yourself.** Just think you have your alternative ego and you are **punching the alternate ego.** Speak high and live high. Come on try, try you have a minute and a half, something like that left. We have got to produce results. You don't have to tell me you are doing right or wrong your aura will tell me, don't worry. People do not speak the truth. Aura never lies. Punch, punch, punch, punch.

Inhale deep. Lock your hand in the back of you.

11 minutes: Close your eyes and breathe out. Keep your eyes closed and look at the frontal screen of your forehead. Concentrate on the screen of your forehead. You have two more minutes. Inhale deep.

½ minutes: Take your hand and put it before your face. Open your eyes remove yourself to the light.



between your hands and slowly

2 ½ minutes: Now bring your hands like this as you made a fist and **move the body, shackle the body, shake the body with that movement,** whole body. Strongly and tensely and not very fast but grind it, grind it to the self. **Create a zone of energy right there on your each shoulder.** See we can do lot of things but when we are told to do something little bit we can't do it **because energy has to coincide with the flow and the existence.** That is what is called is attachment. We can't break through it. Our own body refuses to obey us. Forget about the friends.



Now stretch your body please. Put your hands up and stretch. For God's sake stretch as much you can. 1 ½ minutes: Become couple inches taller while sitting. **Stretch. Stretch. Breathe, don't bother, hold breath but stretch. Stretch without holding the breath.** Try to fly like that Maharishi's meditation. Go up and up. Up, presume you are going up and up. You have forty five more seconds to go totally stretch and remain in one stretch. Stretch, stretch, stretch. Come on, twenty more seconds. Keep stretched. It is good for you. Inhale deep. Exhale. Inhale deep. Exhale. Inhale deep. Relax. Now talk. Talk, talk. No, no, don't meditate, talk to each other. Please socialize and normalize. Hello. Everybody feels normal. No you don't. Little talk too much. Yeah, but talk more. These exercises which we are doing are very heavy. They qualify as heavy because they do deal with the energy of the body and the psycho-electromagnetic field of the body. It is a process. But on the other hand they may sometimes need more reservation of your part to relax after the class little more rather than normally you like to. That is why we just give you a little leaving time after this. Your senses they cleanse you more faster and better and deeper than anything we do otherwise. But these kind of classes we cannot continue indefinitely. Do, it, leave it for a while. Touch other subjects, then do it again. But ultimately you will graduate and you will build a deep strength of acknowledgement, self acknowledgment. My prayer is that you will break your mask by your own hammer so that you can be free. Without that freedom neither God means anything nor the universe itself. It is such a vicious circle of duality and man is caught in it and ripped by it all the time. We exist. We don't live but once somehow through this stuff. My intention is next when I come back from the tour if I come healthy, which I hope to but it all depends on the environment, circumstances. There is nothing to be sure about. But next year I would like to teach classes in a very deep style. Start like step A, B, C and then gradually go to Z. In between we will say well this weekend will be nothing but be a fun class. Come on and just laugh and go away it doesn't matter. So that we can gage the strength and the strength of the personality to develop in such a way that you can find a grip on your own life. It is very important. A particular purpose of life is that our own subjects, our own self, our own subjection should not imprison ourself. It is very painful to know that with all the knowledge at our command we are still not free, not only that there is any thing wrong with interdependency. But it is very wrong not to know by ourself. If I am not in a position to depend on myself who can depend on me? That is the question we will touch next week for a day or so. Till then I will ask your prayers and best wishes to go on this long, very tiring tour but I have to. I have obligations. I will return back to Miami or Orlando, whatever the case may be to meet you at Winter Solstice. Many of you might be coming out then we will be here. And then I would like to take a series of classes for serious students who just make it possible so we can psychologically and sociologically bifurcate our personality to clean ourself. It is a good thing to do. I want people to love me. I want people to depend on me. I want people to trust me. I want people to be my friends. But if I do not know I am my friend or not what do I know about people. Thank you for a good night. May the long time sun shine upon you all love surround you and the pure light within you guide your way on.

Prayers, prayers, prayer for those who face the front lines. Prayers and prayers for their upkeep, their morale and their strength, their dignity and their integrity. They are there by the will of God. They face the life with the will of God. Our prayers for the peace, tranquility, safety. Our prayer is the drums of war may come to sing the songs of peace. Our prayer is that mankind may love and live and understand to enjoy the ecstasy in the planet earth. For the peace, tranquility, dignity and integrity of the man we pray for thee o God. Come and help us so that we can be successful in Thy Name, in Thy Image. Sat Nam.

Well hopefully next Monday, next Monday we will meet again. That is it. And that is it. Thank you very much and good night and many, many blessings.