

LA589 890412 the Golden Grain Meditation

When Balance the sugar point, the chi energy or the kidney energy starts working in the functional way and when that starts working then adrenal then if your adrenal then gonad and if you are sexual then all that other stuff and pituitary and pineal connect.

There is a very popular saying. If you make all good things you will go to heaven, if not you will go to hell but anyway you will go somewhere. So don't be very serious about life. Because you have not understood one concept. Life is not what you think it is. Life is seventy percent free of you. That is one thing you cannot adjust. I am not against ego. It is a good thing to keep you identified. I have my identity. This is my car. This is my home. This is my wife. And this is my baby, this is my child and this is my uncle and this is my niece. All that stuff is fine. I am not upset with it. But that is it. Everybody doesn't become your uncle. Every baby is not your baby. Every wife is not your wife. We are very limited by our concept. So we think wife is that which is this, this, this. We precisely put a duty on it and we precisely put a duty on a relationship. Relationship has a duty, duty has a relationship and I love you, you hate me, I hate you you love me. This is not a concept. Concept is very simple. How many of you know the meaning of love tonight. Do you have any idea what love means? Yeah. Say it come on what is love. Sacrifice. Sacrifice and love, forget it. I won't sacrifice a penny for love, forget it. Feelings, feelings and emotions and commotions and desire is an automatic body system on which you have no control. If you become a yogi or a saint or a godly person still they are there and you have no control. Simply you are on a boat you can go over the waves. That doesn't mean there are no waves and if anybody is selling you the bill of goods once you do this you will become this. It is a bunch of lies. No truth in it, absolutely no truth in it. You are going to tell me Jesus Christ never went to urinate and Guru Nanak never went to bathroom. Are you kidding? It is there, it is there. Biological and mental equilibrium always creates itself and it is there. It has nothing to do with it. What is love. Come on quick. Grace, infinity, love you pick up from a lecture doesn't sound right. It is too much it is totally sexual. I understand. You might be horny, I don't understand. That is okay. Sometimes everybody gets horny. You have the privilege that is okay. I think we should start finding husband for you. That is okay. Love is a trust. Trust is a fiber of love. It is not love itself. Without trust there is no love. Love is blind. Trust makes you blind. Simple thing. They call it blind trust even. Absolutely I am a Catholic so we can understand. It is a Catholic version of love. I agree with you. I have been to Sacred Heart you know. It is forever. Good, but good commercial, putting another person before you and then doing what. Putting before you and then what. This is Los Angeles honey, be careful what you say. It is a very serious community. State of being. That sounds metaphysically correct. Now look twenty years I have taught you love, I have spoken about it. I have said it many, many times and here I am sitting tonight and asking you to define one thing which I believe in. When you touch your soul. You can touch it with a fork too. Love is love. That is the best way to say it, I agree but we need to define it. Love is an experience of selflessness within oneself. But you never understood it so why should I believe it. It is true. Love is an experience of self within oneself, but what it is. What love is as a physical identity. What love is. Do you ever understood. No, no, no, you accept without love also. If there is a buck we accept quicker. Compassion is a human angelic nature. Compassion and kindness are not human. That is the angelic part of you. To serve and save a person is a human part. To exploit and play is the animalistic part. You have three parts in you. And they cannot be separate. They play their role. Love. Am I in love tonight. Anybody can tell me what love is. You know there was a, first let us hear her. Trusting and believing. That is a good religious idea. But that is not love. When I came in United States and I went to Tucson and there was a huge gathering. We used to have a free kitchen feeding all the people and we were very well known in the community and I went there and there was my first meeting, open meeting with people and there was a one young man, he said, "Are you a yogi?" I said, "Internationally recognized, personally experienced and for you to just acknowledge." He said, "Okay have you found God?" I said, "Yes." He said, "Where?" I said, "In English dictionary." And I still make joke about it and it is true. That is the only one place you have to find word God. Nowhere else. Everywhere else God won't exist alone. God is this and God is that. It is all a faculty. Okay what is love. No anger and no fear. No, no, that is one part. Okay love is a force. Love is a creative force within a human which makes the impossible possible. Infinite as finite. That is what I wanted to tell you. Which nobody will tell you. It is only the focus, magnitude of the magnetic force of the love of a little human being that God appears. The unknown is experienced, the infinity is acknowledged. Do you understand what I am saying? Now this cannot be accepted religiously. If this is accepted religiously then the commercial part of the religion is over. Bucket won't have the money, priest won't have the pay, church won't have the huge building. Therefore religiously it is not acceptable or tolerable to say love is a magnetic force to create the experience of infinity into finite. It means it brings God to earth. It is not acceptable. So much is the gimmick of the religion and so much is the power of the religion that it won't let you think that way. Because the whole thing is at stake then every Tom, Dick and Harry will say, "Well I am in love therefore God is with me, why to go to church. Why to pray. Why to do this. Why to do that. So basically because it can be used by the lunatics, the religion stood very strongly against defined love. So when things are defined in a human concept they are not organic. Branded cow is not a free cow. Branded stock belongs to the ranch. Do you understand what I am saying. If human does not understand the beauty of the freedom and expansion and totality how can human grasp infinity and what is the idea to be human then. Then idea to be human is to grasp infinity in finite. And there is only one force which can do it

and that is love. Love is not how you made sex. That is a sex. How you slept well, that is not. How many nights you, how many times a night you did love. That you make love. That is your problem. That is your juice. It has nothing to do with the love we talk about. Love is a creative force in every living human being. Which can manifest, manifest the experience of infinity in the finite five senses. You understand or it is all alien to you. "Sach kahoo", this is Guru Gobind Singh in his own words. "Sach kahoo sun laoo sabhe jaan jin prem keo tin he prabh paoo." He describes all faculties of all worships from top to bottom and this is his last line. "Sach kaoo sun laoo sabhe jaan." Truth I am speaking that every human being hear it, "sach kahoo sun laoo sabhe jaan." Here you all people. If we talk on the sermon language it will be, here you all people behold and hear me my people. Those who have loved have found God. "Jin prem keo tin hee prabh paoo." Those who have love they are the only ones who have found God. Others can't. There is no other way. Because when you are in love you will have no question. When you are in love you will have no question, you don't need an answer. When you have no answer, you have no question. One thing will happen, the mother nature will start serving you. That is the law. That is how the prosperity, richness, gifts and "tel mehl tan ko meleh, jeh peh sant" Services and palaces are the disposal of those where saints have given their blessing. What is a blessing? Blessing is nothing but a state of bliss in which pain is there but it becomes pleasure. You know. You go and the doctor puts that thing on your nose and after that he opens his eyes he says, "Well he is in place. He is gone. He is not here." And you cut the arm, you cut the leg you stitch it up, you do the whole thing and few hours later when this guys gets up, he says, "Ah, ah, what happened?" You know same guy who didn't even move. You understand. Bliss and no bliss is like that. When you are in bliss no temptation can get you. **When you are in bliss no temptation gets you. When you are in bliss no temptation will get you.** Nothing can hit you hard enough that you have to cow down or bow down. Nothing can break it. Nothing. I mean nothing. You know what I mean when I say nothing. It means God itself can't do it. That is why they say. "Ram kee bandhee bagat chudae,....." A knot given by God can be unknotted by a man of God, but knot given by a man of God cannot be unknotted by God because the authority must. Let us put it in a simple political science. D gero must exist to cover d fecto, d fecto must cover d gero to exist. It is a law. If you ever read political economy or political science as a subject. Legal identity must cover the force behind it, force must cover legal identity. That is why when you feel when there is a revolt, if people revolt if the military doesn't revolt, revolt is not there. But if the military revolts, people may never revolt, things get toppled up. What is the happiness? Do you know what is the happiness? That is a long order. Don't work on this it will take you lifetimes to reach. I want you to go straight to it. Absolutely not. What is the question? You answer has made me forget even the question. Do you remember what was the question? What is happiness? Today I am teaching thing which I normally do not teach. That is why you will forgive me. You are little bit graded up without being notice. What is happiness? Every stone is contented never changes. Service. Gives you a side of happiness for the exchange of service. True. That is not total happiness. Then you cannot have happiness. You become God. And God doesn't know happiness and unhappiness at all. I talked to him all the time. One thing God doesn't know. God doesn't know two sides of the polarity s if you are looking for one side it has another side then love doesn't come in that. Yeah. Happiness runs in a circular motion. Life is like a little boat upon the sea. I have forgotten everything. I mean we have started with this. I did not like America I would not have stayed here. No way Jose. Forget it. I mean to say I saw here. It is true we are very rich and extremely empty. We have everything and we are starving. We have walk in closet and we are freezing. Kind of people we can't believe. You said something. What was it you? Sat Bachan come on. Say it. Inside outside problem is there. That is the problem. That is what I said we are talking now proportionate happiness. Everything is ratio proportionate. Relevant to a situation. Relevant to action. And you said it. "Chakar chain har baran jaat har paat nahen jeh." What are you talking. She has been reading that shabd for what? Twenty years and you said you don't know the meaning of happiness. And you are my granthi. And you are my minister. Granthi is the only one which is my minister is only my minister. Everybody else is your congregation. Stand up. Wait, wait, wait, let us nail her down. That is what they did to Jesus. Why not she is no above that. Come on. Read that shabad loud and clear. Not that, no music here and no tabla business. Read it loud. They want to hear it. They don't understand this language at all, I know. What is the English translation of it. Anybody has a peace lagoon. You are from where. Columbus Ohio, you will have a Peace Lagoon. That is the difference, people in the court of the kings, they always come without underwear's. You will have it. None of you have. Do you see this. You must be outside Los Angeles. Am I guessing it right? See. Outposts are faithful. You know distance. I am coming to Los Angeles. I will keep my Peace Lagoon. Siri Singh Sahib asked for it. Here it is. Sorry. It normally happens. That is how religion deteriorate. Because practices become weak. Faith becomes shallow and in shallow port no ship lands. No commerce takes place. Just remember. The strength of man is in depth. Stand up. (Sat Kirm Kaur stands up) So what is happiness. When life is experienced beyond ratio and proportion. Uncomparative, uncomparative is happiness. It has to be. "Atta, aga, asa, aseh, seh, seh, sa, na, seh seh sa na seh seh heh." Learn language. God you people are just limited like little frogs living a little life and you can't even see. Just get to imagination. It is not reality. Everything is proportionately in ratio and ratio in proportion. What they call those two words. We compute and comparative and everything is subject to what my values are, what my gains are, what my loss is, what my emotions are, what my feelings are and there is a combination in ratio and proportion. This means this to us, that means that to us. That is the way we learn. A is apple, B is book, C is cat, D is dog. Not A is apple neither you find apple but you learn A. And when you see apple you think of A. That

is how you learn. This is a mother, this is a father. All emotions, feelings are defined, proportionate to need and supply and demand. The world is based on supply and demand. Los Angeles cannot go to ocean, cannot go over mountains, the price of the land jump up. Woman is in a teen age, nobody will like to marry. Oh she is not experienced. Woman is in a forty, oh she is too experienced for the job. Nobody wants to marry her either. When she should get married. Nobody knows. Because everything is relevant. I asked somebody I said, "You are marrying this woman. She is ten years older than you." He said, "Yeah, I am in love with her." I said, "Just you are missing one point you should have married your mother not her but I forgive you. I don't mind." We are nothing but a bunch of psychosomatics. Religious people are more crazy than others. Because religious people are crazy because they know what is crazy and they still do it so they are a little more crazy. If you don't know anything you are innocent but if you know something and you do the same you are a little advanced. I was a religious person getting angry, but the one point you should get angry. Religious person has a right to get angry if it saves life. Mother has the right to yell at child when he is going to take a burning wood and he says, "John, don't do it. I understand that." But everyday she starts yelling, "John drink milk. John do this." John will go crazy. John cannot go even to John. Today is a very good day. I am going to teach a good class. I am very. I did not move from bed today, morning till now. Couldn't sleep last night, worked whole night and worked whole day. Did it right on the bed. I thought I will go in the evening to teach a class. It called minding the mind and the gold grain. That is what it is all about. It is a very mysterious class. On this class is based Cabbalah. On this class is based the knowledge of the vedas, on this class is based the entire spirituality. You understand. Why we love gold. Because it is yellow in color. No. Because it has a gravity. It is heavy and it doesn't rust. It has that among the metals it has the infinity. Why it has a yellow color? That orange color of the gold represents the sun power. That is why? And the difference is that if you take a gold in your hand you will feel it though the platinum is heavier. You take two ounces of platinum and two ounces of gold and feel it, you will like gold. Now platinum to platinum is costlier. Because platinum reach the point of all what gold gives but total subtlety. Gold represents reality. Silver represents the beginning. Because silver tarnishes. Just bad wind silver goes black. Silver is the living sensitivity. That is why we had a fun in class yesterday. I mean you went through pain I understand. Today you will go to hell, it is not big deal. You don't come here to say (kiss, kiss, kiss) I know what kind of enlightenment you need. You need enlightenment, you should invite it to a lunch and you should serve spaghetti and you should roll it so your kundalini should rise when you roll spaghetti and when you put it in he mouth then you should be enlightened. More than that you can't work so I know you. **But tonight is mining the gold grain.** Where? In your mind. So we have got to work hard and we have got to reach because mining the gold is very difficult, you know that. Homeopathic has a very simple solution. Aromat X _ pure gold right into the body. Takes care of it. It was developed by homeopathic people when they found out there is nothing they can do so they said, "We have got to do something." So they turned gold into a total potency of a subtle energy and you understand what aromat 6x can do and what aromat 10 can do. I won't even discuss it. That is medical opinion but I am just explaining to you man has converted everything into energy and everything in energy into matter. Two things can happen. Matter can be into energy, energy can be into matter. It does not mean anything. My gain is your loss, you lost ten dollars enter here, that was mine. Correct and after I finish my teaching it is my loss it is gone. It is no more mine. You are not willing to accept in principle or the reality that somebody's gain is somebody's loss, but in the end neither there is gain nor there is loss. Are you willing to accept that? No, with all your PhD's with all your spirituality, with all your love and affection, everything, you cannot as a human accept one thing, that there is no loss and no gain. Why? I mean there is no wise man and no idiot. Can you accept it? No. Fact is it is true. This is the only truth. It takes five hundred idiots to prove there is one wise man. That is why there are more idiots than wise man. But actually there is no wise man. It is the five hundred idiots which makes it. Hey wait a minute, did I say something wrong? You don't believe that. You don't. Yeah, there is no wise man. Wise man is wise man because there are five hundred idiot men. And wise man cannot be a wise man if there are not five hundred idiot men. It is the five hundred idiot men which have put the whole thing together to make that man wise man. and what is the wisdom. What is the quality of a wise man? Anybody. One who goes to UCLA or USC? Wise man is that who does not speak personal truth. Who does not speak geographical truth. He speaks infinite truth and speaks it again and again and again. j Lunatic, a philosopher and a wise man belong to the same category because they have the power of repeat. It is called jappa. "Jap, taap, sanjam, taran ni kamaia, seva....."

A truth if you are hesitant to repeat it, you are no wise. While speaking truth if you are influenced by the other person or by yourself then it is a polluted truth, it is a shaded truth. It is not the truth. There are three truths. One which you know, I don't know. One which you know, I know. We can't do anything about it. One which is there, you may not know it, I may not know it, I may know it, you may know it. It is not going to change. Mount Everest is Mount Everest it is a geographical truth. You like it, you hate it, you love it, you don't love it, Mount Everest remains Mount Everest. But if you know some other mountain which is beautiful, better than your truth it is not mine. I don't know. But infinite truth is if you ever go on the top of the mountain, Mount Everest you will freeze to death. Doesn't make any sense. But still people go, spend thousands of dollars, die, do the whole thing, bring avalanche but they just pursue that height. To pursue the height is to pursue the beauty. To pursue the beauty is to pursue it is a love. There are two things. Infinite addiction is love and addiction is habit. But your life runs by addiction. You are all addicted to

one thing or another. That is why you repeat the mistakes sometimes. Because it is addiction. Anything in which your senses do not make sense and you do it is the outcome of addiction. And everyone is addicted. Politician is addicted to politics. ; holy man is addicted to religion. ; man of God is addicted with God. And a thief is addicted to thievery. I was seeing a show today that brought professional prostitutes on the scene. This guy whose nose got broken. Today his show was on anonymous prostitutes. And he asked very insulting question to this lady who was a madame prostitute and she has run the whole thing and she said, "Is it some?" Some word he used and the pimp who was there he said,

"I have seen you somewhere when I was active." He got him. And she came to save him and she said, "Well you know. We have also a way to express our self respect when attacked." And he said, "Why you ladies do it?" And she said, "When you go about three thousand men a month you don't even know why you are doing it. It is an addiction. As you drink coffee, as you drink alcohol so you are prostitute. Big deal." And he was trying to feel terrible about it and I was watching that show and I said, "Hey mister, had they not been prostitute you would not have a show today. It took these three, four, courageous people and that hundred, two hundred people who came to the show to make up the show." Nobody is good, nobody is bad, thinking makes it so. And I tell you about spirituality. If a Muslim eats pork, pig he goes to hell. If a Hindu eats cow or beef he goes to hell. Christian eats both and he thinks he is going to heaven. Do you understand what is heaven and hell. It is decided who eats who. It is a very funny word. Actually to be very honest with you people have no experience if knowledge. They can only talk about it. Therefore they cannot repeat the truth. Once you have experience then you are with it, then there is nothing anybody can change you. Then they can shred you. But you will still say the same thing. When Monsieur was put on a cross, his only crime was he said, "I am God, I am the God." And they said, "You can't be God." He said, "I am the God." They said, "Kill him." Till his last breath all he said, "I am the God." Nobody believed then, nobody believes now, but he did believe because all the torture and the pain in the world could not make him say, "I am not God." And that torture and pain what he went through, only God can stand. Man can't. **Life is nothing but a state of consciousness and the proportionate angle thereof. The simple geometric. So tonight we are going to in our depth through the route of the gold grain.** All right. Ready. All right. Okay. Let us work it out. We will prefer you to **sit in a formal**



looking pretending to be a yogi. We don't expect you perfect but little imperfection but more little effort can put it together. You know this ring finger. And you know the Christian blessing of the Pope like that. Have you seen that? Can you just take it like this and hail Hitler but simply ring finger is bent. You know that hail. You see that. That is what brought the whole thing. I mean Germans didn't drink special coca cola in the morning to do all that. It was that hail. **You know. Like this and thank God they did only with one hand. If they would have done with two hands hail Hitler, you would have cut that soldier into three pieces, if should have been walking. You do not know what it can do. So now sit straight with a straight spine. Lock your ring finger and put your hand straight, all the three fingers straight like this and do that hail Hitler business. Hail Caesar or Hail God or hail Moses or hail Jesus.** Whatever you believe. For me it is all one and the same thing. **11 minutes: Now close your eyes and start concentrating on third eye point.** Giving you cookie. Hey mischief. Fateh since you have become temporary better. Oh it is Sada Sat, my God. It is okay. You can be all right. Watch out. It is the first meditator. You follow this guy. First saint in the kingdom of God. When the moon comes, it will say Hooooo. That is beautiful. Thank you. Come on, come on now you howl it too. After a while you will

start doing it anyway. Keep your hands up not down. Not sixty degrees from your shoulder pit. It is a real experience. I am not willing to tell you it will work or not, but I have been told it works. So I share with you that if you are honest enough and can go through it, it shall work. It is going to work on your nervous system and I know our nervous system is not very topmost in spite of all the healthy vitamins and everything else. But you know the problem is, we don't care. Tonight we are going to experience and one night we can spare in the name of our own health and happiness. Okay. Come on, sit tight, become uptight doesn't matter. And please hail the infinite. Now I am talking sense, right. Preserving your life-force within your id. Thumbs represents the Id. Ring finger represents the life force. It is also called sun finger. Keep going. Keep going. You will feel weak, you will feel pain, you will feel give up. You will feel lot of things. Whatever you go in the stigma of life you will go through it. You will feel paranoid, you will feel afraid, you want to give up. You want to jump your hands say, hell with it. All that will happen to it. You are on a circularly force of your mind in action and the cleaning process is that it must repeat now. But the only beauty is it is repeating so fast. If you just stick around it will pass. That is the only difference. If you put the blood of the lamb on the door it shall pass. You are practicing Passover in a very practical way. Later on you can eat the bitter herbs and the bread. Strength is needed. Today gold, gold, strength is needed. Penetrate. Project, get going. Spine straight and move forward in the sense you are achieving. I am achieving. **Put the tape on, maybe that can help. I am beautiful, bountiful.** That will work. Somewhere they have to be inspired,

isn't it? Kiss me, hug me, won't work. Will that work. What American's like, kiss, hug. Tell me anything. I will play anything. Doesn't matter. All I want them to succeed. I don't care. Okay please put beautiful, come on lets do it. Now you have got to stick the shoulder blades. That is called the Golden Meridian Point. Now stick around with grit. Go through the pain. Pain is nothing to beat up the Golden Meridian Point. Cover yourself from the disease forever. Hey I do it everyday. Come on. Thou shall heal thee. Adjust your lower back, it will hurt less. If you have a crunchy & lower back it will hurt a lot. Come on, you are strong. Consider the pain as Gurprasad. Come on folks, give the spirit chance. Loud and clear. Get drunk with ecstasy. Saints are marching on. Come on. Pick up the spirit behind you. Lot of energy. Hold your elbows straight. We have got to break the disease. I understand the pain. Balance the chakras, balance the chakras. **Loud and clear.** Hallelujah, come on. **Break the disease, thou shall heal.** Try it again, try it again. Don't worry. 55,10 **Lift up your hands little more angle.** Hold there, let it work. You must break the disease at its own game. You must conquer pain. And do it now. Straighten out the elbow. Hold on, hold on, 56,13 **come down, come down, come down. Put your hands down, no big deal.** We are not in a hurry whole night. Let me tell you the science of it. Body does work. It doesn't work because you wind it, it doesn't work because you give it a food. It has a habit to work. **It is addicted to work,** but while working body does develop certain things in the human system and some not so it creates an activity and non activity at the same time. So there comes a state where you get sick or diseased, whatever you want to call it. And the SO" is that you are sick is that you get pain. Pain is nothing but a signal that you are not well. Disease doesn't mean, it means 'dis-ease'. You are uneasy about life. As simple. Now there are seven chakras they have lot. Shirley Maclaine can explain to you, I don't have time for that. But, my problem is today we shall not leave this place without balancing them and we will go to the hell of it. And that is the business. It is a serious business and behind these shoulders which have the right to carry the weight is **called the golden meridian. Normally in acupuncture they call it sugar point. You know spirituality has to just flat it up like a big, big. I tell you these spiritual guys must be crazy, it is the same damn meridian point, it is no big deal.** But anyway naturally when sugar is up and down you go berserk and once that is straightened out **then the chi energy or the kidney energy starts working in the functional way and when that starts working then adrenal then if your adrenal then gonad and if you are sexual then all that other stuff and pituitary and pineal connect. Connect.** Now, how can we do it spiritually. Saints are marching on, it is a crusade we are going and we have got to go this way and this is the way to look at it. Imagine there is a huge burning bush in front of you and it is going to give you messages. Or there is a God coming down, what you can imagine. Good and right pass, imagine something huge and just see, make a concept, **doesn't matter what you are not going to fail. Once you computerize on your computer in brain. That I shall not fail.** Thou shall heal thee, the music is very right with it. You understand. Then the neurons have to change their pattern. Once you change the pattern. Disease is a self neuron pattern in your own brain and today we are going to break it. It is pain now or pain from here onward. Got me. Pain is a personal problem. Some will have more. The first day I did this kriya. I had to do this in silver first and then I did the other. And when I did the platinum kriya. I my God, went through sweat. That sheepskin under me was almost wet. Now I am supposed to having a heart attack and must have failed by that nothing happened. Because that day was my day, it was not the disease day. So today is your day it is not the pains day. So please open up as you can open up. Sing, go into ecstasy, put your eyes up and go freaky whatever, but don't give an inch and once the neurons colorization in the computerization sets up a message and the pain says act this way, you say no, say yes, no, yes, no, yes, no. Once you say yes it comes along with you you will immediately have a effective no pain. For that moment wait. There is no spiritual gimmick, who will touch it, no that person gets emotional, set it up. This is scientifically we are doing it, that is a commotional way of doing. Here you are already paid, there you will pay later. You understand what I mean. Same thing. Come on, lets do it. You understand what I mean. Fix this finger really hard. Don't let it go. If this finger slips, it is a problem. Sit tight and if you just want to don't hurt just get your pain this lower back is bent and normally we sit like this and our back, neck becomes flat, but just little bent like this, watch me. I can show you. All I do is I pull my shoulders out, they can't hurt. I mean there is a catch 2_ in it. So I just want to. Otherwise if you do it normally you will hurt. If you do it the way I do this, after that I will start doing like this. It won't work. The easiest way is do like this and pull this and pull this and stretch it like this. Now it is straight. Now it is balanced. **Now I can only hurt in rib cage area.** I have to hurt somewhere. Why not tell me why not. **Ribcage must hurt because**



there is the energy of yin and yang. It is the ribs on which you wear the bib, remember.1:02,42 **6 minute more: All right. Set, come on. Set yourself, stretch out a little bit, shoulder, lock your shoulder, shoulder. Once it is locked you won't feel the pain after that. All right now close the eyes and meditate and stick with it. Come on.** (Bountiful, blissful and beautiful is played) **I am blissful, I am happy and joyous. Music is heard throughout everyone. Let us praise the Lord. Sayeth Nanak we are in bliss. No pain day. Hallelujah. Keep up. Keep up, keep up. Hail, hail the health. Keep up, keep up. Only grit will work. Keep going. Keep going. Keep going. Walk tall, walk tall.** 1:09;02 Inhale deep, inhale deep, deep, deep. Now

stretch out. Angle forward. Lower spine angled forward and raise your hands and keep the balance at sixty degrees. Don't let them go straight. Stretch forward, stretch forward and balance it. Balance yourself. Exhale. Inhale deep again, deep, deep, deep. Stretch forward. Keep the angle right. Stretch right. Pull it from the shoulders. Make it like steel tight. Let it go. Inhale once again. Hold. Stretch, stretch with your maximum strength. 1:10;15 Relax. You are really very good. I am sorry to tell you that. You did a wonderful job and it was beautiful to watch you doing it. And I am honestly right from my heart I am very proud of you. It is a very painful kriya. But you reduced it to nothing. This wisdoms of the ancients are not a joke. People have spent their life to research. They have put everything on it and found out and left for us because man is always ready not to be sick or diseased or something. It is always desire to be healthy. There is always a desire to be happy and there is always desire to be holy and anybody who has nine holes and say he cannot be holy, I don't agree. There is no godliness and saintliness or holiness. It is a simple thing. What comes out of these nine holes should be under your conscious control. What goes out comes in. It is very funny. I tell you my own story. Once we were going somewhere and there was a water there and then there was a sign that we won't have water say about forty miles so we put our horses on the side and we sat down and I sat down and I told everybody, I said, "Please wait, I am going to ease myself." I went, I eased myself, I came, use water, matter ended. They said, "How can you do it?" I said, "It is difficult?" "We don't know. Yet is not the time." I said, "I know. But look we are going on a mission, we may not get water anywhere and we will be in trouble. We can't wait." "We want to do it too." I said, "Come behind the bush, I will show you all." They came and sat down in the crow pose and I told them how to move the navel point and they all moved and they didn't know ever how they had done it and they cleaned themselves in seconds. This body is given to you to take care of it and it has in it all the faculties to take care of itself. When it comes to doing it. That is why he go to a doctor. He diagnoses. Because we believe he knows the science. Then he gives us the medicine, he give us the exercise. We call it therapy. What is that? But exactly in our brain, our work abilities on the patterns of the neurons. We are neuro magnetic psycho somatic personalities. And not personalities is a big word, identity. That is what we all are and our disease has a pattern. If that pattern is broken, disease is broken. If pattern exists, do whatever you want t do, it shall not work. Just understand, it is a fundamental law. How many of you get cold sores in your lifetime. Lot of you. Have you ever tried this exercise. This is the a frog does it and frog never gets cold sores. Have you seen any frog with cold sores? I mean normally cold sore is the problem with the stomach. It is imbalance of the stomach. You get cold sore, no big deal. But it is very funny today. Today I had a hard day for work and somebody who was working with me she said, "You know my stomach is hurting." I said, "Hold on." So I took that spirit of GRD and just put it in.

I said, "Put it in." And three minutes later there was nothing something called hurt. "What was it?" I said, "We will discuss it later. Let's work now." That will be another waste of time. Idea is not what you are going through. Idea is what you can do about yourself. Idea is not what your pain is, whether you are ready for a pleasure and happiness and joy or not. Just understand. It is not that you are defeated. Question is do you want to succeed or not. Question is not your death. Do you want to live forever or not? Make a choice. Question is do you want to be small or you want to be all? Do you want to take or you want to give? And once make choice and then stick with it. You will become specialists. Your rate will go up. And once they cannot shake you and they cannot make you they will worship you. That is where worship comes in. Worship is not respect or a gimmick or a play or a game. Nobody can get worshipped. No man is worthy of worship but if a person develops the personality that you can't make that person and shake that person then you have no other alternative but to worship him. Worship is an earned capacity. It is not a learned capacity. Learning can give you wisdom, it won't give you worship. Am I right? Little bit. What is a worship? When all things come to you. And you go to nothing. Relationship is simple, when you go to nothing, everything will come to you. When you go everything, nothing will come to you. You will go crazy. There are certain rules which are very simple. I remember a man. I met him in his life. He was so simple, and he used to have boiled wheat grain, berries. Wheat berries. Now is the wheat berry a special high technical diet or is the wheat berry something which you heal must. Or is a wheat berry something which nobody knows. Everybody knows wheat berries and what he will do. Take the wood, burn the fire, put the pot, put the wheat berries, boil them, the throw away the water and massage them with his hands, every berry of it and then put them in another water. And boil it again and he will do it three times and then throw away the water, take the berries put it in a pot and carry with him. He will do it in village ; then go to Village B and there will be a line of people who are sick and to some he will give two berries, some he will give three berries. That is all. Never gave anybody. Nobody on this earth can say he gave me four berries. Never and nobody on the planet say he was not here either. What wheat berry has to do with toothache. Somebody had a terrible toothache. Terrible toothache. So this Baba went, he said, "What is wrong with you my son?" He said, "I have a terrible toothache." "If you take this tool and put it under the teeth and try it." I think he just touched the tooth and he must have pressed it and puck and the tooth came out. You think it is a miracle.

Is it? No. It is your body which obeyed your command not to be in pain. When your body obeys you. You want the whole world to obey you. That is no good. Let your body obey you. That is why God gave you the body. "Jo har pinde so bar mande" What is in the body, that is in God. It is the same thing. Once your own body obeys you, your God shall obey you. Identity is to conquer the infinity. Infinity gives you the identity. Law of balance. Are you set? **One more. Now we have. No**



more pain. No, no. Put these hands please like this and move them in and move them out, move them in and move them out.



But they have to be just like a piece of metal. They have to do. Look at them when the palm come inside and then turn it outside. **I am just making a meridian point in the elbow to me. Try to understand the science of it. There is no nonsense.** These are all things when religiously are done just to keep the fool going. These are tools for the fool. And wise men find it, that is how they taught me. I don't know how I should teach you. Move the point in the elbow and move it really good. Bring it to this and then go like this. This, this. here is something which is is happening. Here, here, here in

the elbow. Keep going. It will look crazy, it is a good thing to do that. To look crazy is enough, to be crazy is very painful. Come on move, move, move. It will not give you pain it will give you easement. You will feel little easy. As you will do it you will feel little easier, little easier and as much easy you will feel that much disease in your body you have conquered. It is a thermometer. Good, good, good. Do it like a mirror, it must touch your sight. Inside palm of the hand you must look at otherwise that trip is empty. You can't give a look, you can't hypnotize it, it won't do the work. Enough, enough, feel comfortable. 1:23;14 **Move your shoulders.**

Stretch your hands. Move your lower back and all that stuff. Come on, come on, we have got to heal ourself. Come on, please. It is just a preparation for the course which I am going to teach next week. It is nothing to do with the course. It is just an advance taste. Listen, in this course when it used to be taught. In the days it used to be taught. All people who were not well would come. And they shall not leave without healing. That is how on the spot this stuff is. And once you are healthy you must become prosperous to be happy and once you become happy, you must become courageous to be holy. Once you become holy then you



must be worshipped because you are beauty and that is the way God is. If you don't believe me then look at the flower. Before the stem comes then the bud comes then it bursts and blossoms, fragrance comes, it is complete. **1:24;49 All right, I said him and you get into posture. Same thing, remember it. Out, out shoulders out. (Bountiful, blissful and beautiful is played)** Out of my compassion I have given you rest. I have talked to you, I have charmed you, now do it. Strong. Stretch out, stretch out solid. Now. You are, keep up. **1:34;02** Relax, relax, relax. We are not here to punish you. Relax. No problem just relax. Just don't get into too much. Just stay cool. It is okay. How about next time when you do you totally stretch and make the whole hand just like a steel accenting the stroke of the sun when the energy hits the meridians and the

meridians pass on the energy in not symbolic way but in a practical way, the neurons become regenerated and new just like that of a baby. No abortion. Yeah, save the child. There is a little child in your brain. Let's save it, let's do it. Let's hit it hard. Let us tell it I am the master. I am the master. My body, my soul, you are mine and you must stay healthy. Once in a life, telling this. What it tells you all the time. Feed me, massage me, do this me and paint me. All this nonsense. Just today tell it, wait a minute. Hey, this is me baby. Just follow the orders. Just today. (Bountiful, blissful, beautiful) Today become your own masters. Stretch out, watch out and stretch out now. Inhale deep, hold tight and lock your back molars and stretch out like anything can do. Stretch in every way you have the strength. Exhale. Inhale once more. Hold it tight and pull out, stretch. Go after it. Exhale and now the last chance is exhale deep. Inhale, exhale. Inhale, exhale, inhale, exhale deep, deep and hold out. Hold out, pull the navel in and push yourself up. Stretch. Let it go. Okay. We did it. May the long time sun shine upon you, all love surround you and go home, it is a long night. Hey you forgot to sing, let's try it. Blessed is the God within you, blessed is the peace within you, blessed is the courage within you and you are blessed within you. In that height, sight, sense, may you always be in the loftiness of God, surrounded, understood and adhered to. May today bring you the health, happiness, prosperity and wealth so that you can reside and rejoice in his very grace. Thank you. We have only two days this week and we will ask for an apology but next week Monday, Tuesday, Wednesday we will meet about 7:30 or quarter to eight and session will go up to 1± o'clock something like that. And what we are going to do then is we are going to do to do. It is not I hurt, I don't hurt, may I, may I not. No, yo-yo business. It is going to be I am going to straighten myself out, nw, here and right now. And we will manifest enough energy to go through the hell of it but we will come victorious because you have shown pretty good grit. You can stand on your own feet and don't feel sad about it. I tell you something. Should I say something very openly and honestly. You are ready to hear. It won't shock you. Okay. You know sometimes I know it is a problem. All that what has been so far told and taught in spirituality is nothing but commercial. And religion is nothing but a bogacity to control the man. It has no other purpose. If religion cannot give you experience, you have nothing in you. First quality of the religion is to make you stand out and stand up. That means you are alive. If a religion doesn't make you stand up and stand out, never practice that religion. It doesn't mean a thing. If you want to belong to a common lot you have a lot to learn. So what I mean to say is that there is only one way to go. Go the platinum way and we will build ourself to it in those three days and we will have time and courage and commitment. I will be polite as much as I can but within the rules, you understand I am also a servant, I also obey a code. It is not that I can come and talk and charm you up. That kind of sleeping lecture I never give. Have you seen.

Once I went to a great Yogi's lecture and it was just like a. And somebody asked me what is happening, I said, "The person is in bliss." After all what is the idea to listen to a yogi, just to relax. But if you more than relax you can sleep that is the fantastic thing. Isn't it? Who cares what he says, he says what he says. That is his problem but blessed are those who can sleep. They went there to listen. And they went into ecstasy. So what I mean to say is that we are going to do Monday, Tuesday and Wednesday a real, real, workshop and bring those who have never done it before. Bring those who do not know what is happening with them. Bring those who have no mind of their own. Bring those who think they are wedded and their married to misfortune ad misery and God knows. Come all. We shall win. Do you know what I mean? Right? Okay. Today is no birthday, no cake, have fun. Thank you very much. I will meet you Monday. Right. Here again. Listen I tried to get one day but they didn't agree so Monday. Welcome to the City of Angels and it welcomes you through its tears of joy today. How many people are from outside. Stand up. We have quite a family. Very good, very good. Welcome one way or the other. Okay we go.