

## LA516 860415 Life in itself is nothing but God,

### Why do we play the game of death when it is the beautiful altar on which we have to surrender our egos

Today we are talking to you about the face and the speed which makes us to deal with the cycle of life. Confronting the life is not necessary. It will create friction. Flowing with the life is a serious mistake without knowing the direction and the destination. Being in the life and not enjoying it is a blunder because it is a waste of the most beautiful opportunity. Life in itself is nothing but God. Searching God around it is a foolish man's paradise, and it is a false glittering gold which has nothing to do with reality. As we live, we live by the Will of God. As we act, we falsify the Will of God by our own egos. And we create a cumbersomeness around us under which weight we give ourselves and our surroundings pain. It is so impure to have the pure joy of life, and feel even for a chance or imagination that we can hurt somebody. We, who have been kicked out of the heavens just to go back home, how can we avoid tying down ourselves with the bundle of dirt and dust? Have we not seen that people who bring dirt into the living rooms of their best friends are not welcomed? We can ask, take things, in friendship people will go because they trust us. Then when not know there is mismanagement of the things given in trust, once they are damaged, not only the use of things is stopped, but our trust is gone. Anybody and everybody **in the flow of life knows the touch of God.** Touch of God is not a graduation, it comes through the test of life. When you see the enemies and relate to the souls and its friendship, when you see the weak and extend to uplift them, when you see the poor and share your wealth to make their day, when you get the opportunity and refuse to exploit it, when you advise others as you would do to yourself, and as you walk with pride that you are really the son or daughter of God, don't you understand that without this nobody knows what God is? The realism which we follow and which we face should not be based on our built- up wisdom **but we should give the flow of God's wisdom to flow through us.** Because the understanding is right within our hearts that God is everywhere and wherever we go. Nothing is matter to us and nothing will go to us. Everything is nothing but a false mirage except our own reality. When we learn to carry ourselves into safest conclusion that we are walking home and meeting the most beautiful beloved divine, and we want to sit under the shadow and shelter of the Infinite God... **Don't we know the purpose of life is to give back the chance to our soul the pride of the prostitution and the persecution of the time and space, reach it back intact to its own holy home, the realm of God, the Kingdom of Divine and to the city of the Raj Yog.** In essence we are essentially a part of that divine game and play. **Do we not have to play to grace humor and harmony so that our lives can be lived as a memory for those who follow us? Do we have to leave behind a stinking snobbish memory of our ugliness which we do carry for the sake of our egos? Can we not avoid clashes, wars? Why do we play the game of death when it is the beautiful altar on which we have to surrender our egos. And beyond that God shall take us everywhere on the most beautiful red carpet in welcome and a majestic ground to show us what a bountiful and beautiful spring is. Where everything grows in colors and creates the joy for us. The rainbow of that solidity which happens on the sky so we can see it above us. It happens on the earth; we can feel it and live with it. It happens under the sea in the colorful things which we can not even believe exist. Look at the tropical fish; it tells you that there is no ugliness. Look at the birds flying high; they tell you height has all the meanings to it. Look at yourself; who are the conquerors of consciousness, but who cannot even relate to it.**

... Let us understand once and for all that in our own flame of life is the purity and the blueness, and in the center of us is the darkness which is the symbol and significance with us that even the darkness has a place of grace with us. Let us pick the lowly and give them the openness of our hearts. Warmth, our beat of heart, to make it a music and fun for them and let us give the pulse as the song of the Divine so that each one who has no place to go has a place to go, who has nothing to eat, have the choicest foods to eat. Who has no respect and trust, finds you as vast as God is. So that you can live to the Third Guru's word, (GM #23B) Nathania nethaa(n), neotaa neot, neaasaa.... dhan, dhan Guru Amar Das. We will be come the shelter of the shelterless, a place for those who have no place. Comfort for those who do not know that they can even dream of it. And grace for those who are hurt, injured, exploited and abused. Isn't all this for you? And life is nothing but just a chance to fulfill this dream in reality and action to let God know God is everywhere but lives in you. Sat Nam.

Go home and think about it.

We have a meditation we should do. Are you ready. Okay. Sit down properly as yogis. It is a very funny meditation. You will like it.

Somebody told me that Sikh Dharma should be proud our Siri Dharma Kaur is coming very well dressed up today, and I have to take her out for a dinner. But I will take her to dinner any way she looks, it doesn't matter- - lost her cloths to the laundry. It is nice, anyway.

**1° Kriya 11 minutes** Sit properly and keep your spine straight. I will request you to cover your head because this can put you in a great headache. It is a kind of a Tantric Kriya too, but... Please cover your heads in case. I don't want to spoil your hair do, but I don't want to run the risk. Cover your sun chakra so that... This is the left hand. Take the sun finger and make the sun kriya just like that, and put it on the side and right hand nostril goes with the index finger. Take these three fingers and put them on these three mounts and close them in and lock them with this. Tighten it as much as you can and put this and lock your left nostril. Breathe in and out powerfully through your left nostril. Now breathe through the left nostril and play that "Sat Nam Ji" of Singh Kaur's, and move the navel and the left nostril with that. Play it loud.



Oh! You are here Hari Kaur! Yesterday was your birthday. I was waiting for the cookies. (music is played) Go! rhythmically! In each beat there are three breaths to go. Go by the beat, the beat is of the navel. Navel and the breath must move my dear. Today! Experience! But it depends upon your heart. Breathe, breathe, breathe! Beat and the rhythm is totally... it should be one. Happiest breath of fire will give you something. Left nostril must become like a fire pipe. That is what breath of fire has to do. Interchange is cooling effect to a heat. The body shall be cured on the spot. Experience will be received, the work you have to do. Babaji, it is the best chemotherapy. It works with bacteria and viruses of the future. Hit the navel! Make your day. If you won't put in, you won't get out. Let us see whether you put in or you get out or not. That's the question. Answer it yourself. Be aware of the steel of the sun. It is on your hand may slip. Be careful. Bravo, bravo, come up, don't slow down. Rise, rise, rise as the experience goes on. Let us see if what they write in the books is for real. To whom we worship and bow called Holy Scriptures. (#204B) Don't show your weakness. Normally it happens, but use your strength and will.

(#274B)



Inhale deep. Take your hands and lock them like this and hold the breath. Hold! Hold, lock them and try to break the lock without letting the lock be broken. Pull out. Pull outward. There will be a tremendous pressure on the fingers. It will exalt all the five and ten parts of the brain. Try to break it without letting it break. Put all your force! Exhale, not enough. Inhale deep! DEEP! Pull out! PULL OUT!! Exhale. Inhale again, pull deep. Pull!!! Pull!!!! The hidden talents, pull!!!! bring them to the surface. It is your birth right. Let it go. Bless you.