

## LA835 950404 HOW TO BE INTUITIVE # 15

**Intuition actually keeps you very balance, very positive, very bound to practical roots. You become you, deep you. Very majestic, very imperial**

We have been teaching series of classes very different. Actually what we are trying to prepare people for their own tomorrow. Man without intuition is a man in the dark. You can have a candle, if it's not lit, it doesn't mean a thing. I understand there are millions and millions of therapies and paths and religion and realities and individuals, but there is only one and one individual. That is you. There cannot be any other individual. And it doesn't matter where you go and what you do, it shall not solve the problem. Because you must understand consciousness has no emotions, no feeling, no desire. Consciousness is a universal Infinity. And that you can only get if you process your own life for emotion, or that way but if you just get to intuitive tomorrow.

If you know what is tomorrow, in your life there should be no sorrow. Without tomorrow you make no sense. Because there is always a constant fear of tomorrow. Actually tomorrow doesn't exist. Tomorrow becomes today when it faces you, so why you are so upset about tomorrow? When it become today you dealt today, you will deal it with every today. It's your normal routine. It's not difficult, but you have been brainwashed for years and years and years and you have been told and taught wrong things. You do not believe in three words. Those three words are the trinity of the universe, that's 'Ek ong kaar.' There is a one God, one creation and every creature is a part of that creation. 'Ek ong kaar.' Creation, the creature and the one which is responsible for it. So this planet or many other planets like this belong to somebody. They are the property of somebody. You are the property of somebody. I mean you are a dog on the leach, but you will never recognize it.

**When you utter the word, let it be word of knowledge, then it will be "Vaak Siddhi", then whatever you say shall happen**

What is a breath of life? Any minute it not come you are gone and dead. So your planning and your life and your emotions and your feeling and your desire and your calculation are not coherent with you. It's not..... That is what Dharma is. Dharma is above you. Dharma is not a religion. Dharma is a reality, the strength, which you can do for others above you. Rest is Karma, action and reaction. Good action, bad action, right action, wrong action, all action. Christian action, Jewish action, actions are actions. Brand them anything. but when it comes to Dharma, then it will not be action. Not at all. It will be sacrifice activity. When you rise above yourself and do something for somebody. Not maybe a man or it can be a bird, but you will rise above you rise to the occasion, you rise above your limits and by doing so you will have little experience. That experience is your little, you did little better than you. How you, you will find your better? You will only find your better which you do little better than you. If there is a temptation I want to go and naked dance tonight, that's my temptation tonight, right? And I say, "No, I am not going to go, I am going to go to sleep." I won. It is that

"Jinee naam dhiaa-aa gai maskat gal

those who meditated on their identity and did that hard labor, fighting mentally with your weakness is, is a hard labor. But it has a bounty in it. Because when you are child, if you are not innocent you are cursed, if you are adult you are disciplined you are cursed. If you are old age, gray hair, you are not wise you are cursed. So curse is there, either you live under the curse and your own caused curse. That curse is you didn't develop to it. You did not develop yourself to it. So what you developed? You developed money, you develop home, you develop real estate, you develop this, you develop..... You developed everything but you did not develop at that moment what you need. When you are young and youthful

you didn't develop discipline, when you are old you will never have the wisdom. Isn't amazing? All books and libraries in the world cannot save you. All therapies cannot save you. All procedures and systems cannot save you. The only thing which can save you is you. That's the only thing which can save you is you. No outside power is powerful enough to save you. You are very mistaken. When you start searching outside you something, you just lose time. You waste time. Because, within you, it's all what it is.

Somebody was telling me yesterday.

"I love these are so much, I cannot even close my eyes."

I say, "Don't. Don't close your eyes. What do I lose? Don't close your eyes, keep on looking. And just tell me when you close your eyes." I said, "What a life you are living? You may have commotional insanity you call it a love?"

" how can I live without her?"

" don't. Is anyone send you a letter to live? Kill yourself right now on the telephone so I may know in this side you have done."

These are all expressions. "I love you." expression. When somebody ask you "I love you," you want to test it out? Tell him what for. See what the they won't have even a answer in second thing to say. Just shake their boots. See what they say. If somebody say,

"I love you,"

Say, "What for? I mean what for you are loving me? I mean to say I am fine."

People say you are very beautiful, when you were ugly. These are all hookers' language. And we love to hear it. This is the Shabad, this is the word, this is the sound which another person uses to get into our psyche. And then there are tons of holes and we like a tire go and six nails in it. Then we make, don't make journey in life. There is no journey in life. Nowhere we can gather.

"I love you , I can't live without you, please write to me, please see me."

There was a one very wonderful thing I have to tell you that. One person was very nicely satisfied sitting home. A friend came, he said,

"Hey, I am very hungry, I want to go eat."

He say, "I am full, I just want to sit and relax and nap."

He say, "No, I want to go to eat. And you got to go with me and you got to eat, I can't eat alone, you got to go and eat."

So somehow he carried him. So they went to a restaurant. So this guy ordered every junk in the planet. "Get me this, get me that, get me this....." And he ate and he said something little for me, eat from this little, little, little, little..... This little, little, guy when he came home because he didn't rest he was all full, he came home and started vomiting. He was very upset, his stomach was very upset, terrible junk food and this friend said,

"Chi, you are no good friend. You are no good company. Now vomit, bye."

And he took off. This guy realized out of the blue what friendship is this.

You know the only friend you have got is your body and its biorhythm. You don't know the word even. The only friend you have is your body and your biorhythm. Body will tell you what to do. And that is you must do. That's the only friendship you have. Your only strength in the world is your discipline. The only power you have is your wisdom. And the only royalty you have is your commitment. This is the law.

Somebody was telling me that day,

"I don't think that, you know?"

I say, "What do you mean? What do I know?"

"I told if I teach just in disguise." He said.

I say, "What do you mean disguise? You want to become a transvestite? What disguise? What disguise? What disguise you are talking about?"

"I mean to say I can reach lot of people."

I say, "People are not reach what you look at or look like. People don't care, people care what you teach."

These days thousands and thousands of people being smuggled into one orbit. A new dimension that we'll give you success. I don't know from where they will bring it and how they are going to deliver it. Yes, I can inspire you, that's good. But if you cannot inspire yourself, my inspiration will work how long?

So folks, this is the Age of Aquarius, this Age of Aquarius is for people who know. Not those who want to know. So let us tonight work on ourself and accelerate our intuitive intelligence, see how much we can make it. Come on, let's do it. I have to teach today and tomorrow. Two days this week, in a row. Are you with me? You feel like you are coming from some football match and you are all relaxed and.... Umm? Was it a hard day today? Umm? Looks like. But this will be very soft if it, you take it that way. Well.

Our brain has two hemispheres. Right? Left and right. Negative and positive, moon and sun. Everything in this body is a balance and there is a imbalance of twenty percent. There is?

Students: Imbalance of twenty percent.

YB: Within that twenty percent we can survive. Within forty percent our ego carries us. But when that within forty percent our ego carries us, our life becomes miserable, phony, shallow and ruthlessly useless, though sixty percent is in balance. Try to understand. And then when you are into that forty percent, then you get, start getting names.

"Oh, he is a rat, oh he is a fox, oh he is a stupid, oh he is....."

Then you will have a cranky name. From your friends. They will not, they will, they will brand you with something what you are not. You think you are not, but according to them you are. And that is only the extra twenty percent you are off. Gone off.

Intuition actually keeps you very balance, very positive, very bound to practical roots. You become you, deep you. Very majestic, very imperial. I tell you the imperial way of life. Somebody came to somebody and say,

"I have to tell you something."

He say, "Okay. Go ahead."

And this guy sat down for two hours and was abusing and telling every ugly, dirty, nonsense whatever you can garbage. When this whole thing finished he said,

"You have any comments?"

He said, "No."

"Did you hear what I said?"

He said, "Yes."

"You have any advice for me?"

He say, "Yes."

"What's that?"

He say, "You should go home, sit in your room, face the wall and talk to the wall. That may listen better than what I have heard."

"I am I want to talk to you."

He say, "Yeah. My friend, when you have to talk the garbage, talk to the walls. When you are talk wisdom talk to people."

Repeat it.

Students: When you have to talk garbage, talk to the walls. When you talk wisdom talk to the people.

YB: Isn't good thing? Does it sound good at least? Ah? Talk you must. You are not going to stop talking. Talk to the walls. Because what is not wisdom is not worth uttering your going out of your lips. So, let's do it. These two hands of mine, they go backward like this. It is called my balance. It's a very, two shoulder blades will start hurting like in hell, but it will open up all the communication with the top and the bottom. You know these two hands? Not on the side, honey, not this way. Just straight like this. Put them back, just back, just back, just back, loose back. Just back, okay? And please close your eyes.

**1° Kriya 11 mnutes:** Now the, the elbows are on the side, no, elbows are in front, the hands are in back. Aha, you want too wide that I know. **Pressure center nerve system in the armpit**, that's where we want the pressure. So don't make, the, most of you are doing like this. You know like this? Now. Put hands here, put, put like this. All right? Like this. Like this, right . Now take them back from me, that's all. Little painful, I know. You know I, first of all I revised these and test on myself. I understand what one goes through. It's not I come, sit down, let's do it.... No. All right, put it back that hand.

**Back input, pressure will be on the shoulder blades**, better you will be. It will hurt, but your head will become lighter. Aha, yeah. Now **CLOSE YOUR EYES. AND MAKE A 'O' OF YOUR MOUTH AND BREATHE IN DEEP, AND BREATHE OUT AND CONTINUE PLEASE.**



**Back input, pressure will be on the shoulder blades**, better you will be. It will hurt, but your head will become lighter. Aha, yeah. Now **CLOSE YOUR EYES. AND MAKE A 'O' OF YOUR MOUTH AND BREATHE IN DEEP, AND BREATHE OUT AND CONTINUE PLEASE.**

If you correctly put your elbows in front of you, you will win.

**Breathe through the 'O'.** 'O' in and 'O' out. If you do this exercise correctly you know in hospital when one gets sick one has an 'O' condition? You will save that now. Yeah, yeah. Open your mouth into the 'O' and keep it open. Breathe in, breathe out with that 'O'. Breathe in deep and long and breathe out deep and long, that's all you have to do. Consciously.

Hey put those old tapes. Once twenty two years we used to have some songs, something like that.

O, O, whistle nahi, O. **Breathe in through 'O', breathe out through O.** (A tape is being played).

YB (talks over tape): ..... elbows in front. Don't cheat..... Do it, do it, do it.... Do it, do it, break the grid lock, conquer yourself. Is it shameful to get defeated by your own self?..... experience one step ahead of us. And I must win..... You are all western education, educated, very civilized people, you don't know how to make a 'O' of your mouth? Only you will make in the hospital, not here? Breathe through the 'O' and put your hand back, it's a simple exercise, rest it will do it so. 'O' and put your hand back, it's a simple exercise, rest it will do it so. It hurts, then what? Everybody should know and knows that it hurts. But also it open up the balance which is very that's what it is hurting because there is a imbalance..... Conquer with your capacity. Become a conqueror, not a (The tape continues). YB (talks over tape): ..... Breathe deep. Your mouth open in the 'O' form. Try to experience. Be the conqueror, not the conquered....

**2° kriya 3 minutes:** Put your both hands on the navel point, see how you like me now . And keep on breathing. **On navel point, navel point. Press the navel hard and breathe that way.....**

**3° kriya 3 minutes:** Put your both hand on the chest, press hard, breathe same way



**...(to end)... Please put your hands up straight, make a fist, inhale deep and hold and squeeze your body totally.** (The tape stops). YB: Totally. Pull up your body as ribcage you can. It's worthwhile. With a cannon fire breathe out. Breathe in again, pull up, and tighten your fist and totally dash your every fiber. Get into it. Breathe out. Once more, breathe in deep, deep, deep, deep, this time really we are going to do it, deep. And now go. With all double barrel. Make the fist tight, pull the body up, tight, go. **Relax.**



Well, once a while you need the energy to renew yourself. Little bit. If the God is God, and God is perfect and we take it as it is, and the perfect God has created you, then the purpose is perfect. So if immediately you can learn what the purpose is, for our creation creature, matter is solved. Then in that, there are two, three things start working, the nature start working for us, then the heaven starts coming through, earth creates a space very graceful and wonderful. And everything is effective. The problem which is not possible you understand is, it doesn't matter what you say. If other person is not affected by it, what is the use? Your word must have a penetrating effect. You think you spoke four hours, doesn't make any difference. You spoke four hours. You wasted four hours. You quacked four hours. You ducked four hours, you crowed four hours. What is four hours?

You use words to express your feelings, emotions, your commotions, your desires. It is so waste of words. Words are meant to only express your wisdom. Nothing else. Never use the word until you have to express your wisdom. Word and wisdom, wisdom and word go together. You don't have to learn anything, this is the only thing you have to learn. Word and wisdom, wisdom and word. When you express the word, express the wisdom. Otherwise, shut up, keep silent. If you started expressing your feelings, your emotions, your desire, your this, this through the words, you pollute your capacity of a word. and when the capacity of your word is polluted, it is you have become ineffective. You won't penetrate. That's the way people defeat them self. That's why we have Shabad Guru. Why we have Shabad Guru? The words are very penetrating. Precisely, computerized. Combination and permutation is complete. And when we utter, effective. And that gives us the practice.

'Care not for the word, let the Mother Nature care for you.'

See how effective this word is. This statement is. You need to learn three things. Be a statesman, make a statement and have a status.

Well, we have to teach tomorrow, discuss something else tomorrow, we'll leave it for that, right? You can't become wise overnight, right?

Never use words if you are not going to express your wisdom. This will give you prosperity, beauty, bounty, wisdom and everything in the world you want. Anybody who practices, vaak-gian, they call it, the person gets 'Vaak Siddhi.' When you utter the word, let it be word of knowledge, then it will be Vaak Siddhi, then whatever you say shall happen. Simple, no complication, nothing to bother, but for now, may the long time.....

(The class sings, "May the long time.....").

Blessed God, live in us, prevail through our words, give us grace, give us dignity, divinity and power to serve to all. Give us the sight to see Thee in total existence. In that totality may we be blessed with the great reality which is Thou. Sat Nam.

Okay, tomorrow eight o'clock?

Student: (-----).

YB: There is pears and nuts tonight. Nuts we need, pears are to spare, those who take pears.....