

**LA833 950327 to balance the lower of the gray matter**  
**HOW TO BE INTUITIVE # 13**

..... That's what we are, that's what we were having a party?

Student: Yeah.

YB: Having party there, having party here? Okay, that's a good news. Nothing. .

Wow. , very colorful. Okay, this is this, this is , and we'll start the class. You have done a great sacrifice, right?

It's very amazing human has never learned the essential values. They always learn what we need for our success, what we need for our happiness two, what we need our protection three, what we need our expansion four. But the most important fifth thing is what we need for ourself that is never the importance of the human. Self is never priority. Isn't that amazing? And you know, when you are young, there, there are three sets of life of yours when you are child, if you are crying and tantrum and those kind of things, you don't have innocence you are a terrible child. That's .

When you are young, you don't have discipline, manners, discipline, you will not have a grip, you have lost. And when you come to the old age, you do not have grace wisdom, compassion, you have lost. These are the things for self. And you know, what is going to happen now is very sooner or later you do not understand. The, I understand there are teachings, yes, yes. Lot of ways to teach, lot of ways to learn, lot of things, but the information will be so much that, that man's brain will be fatigued. It is that fatigue in the head which will make a person incoherent, senile, and then self will be lost. It's amazing.

We sometime get up in the morning, at about three, four o'clock with a nightmare. When we realize it, then if there is a partner, in the bed or the next to you, "Oh, you have a bad dream." Do you know your while life is full of bad dreams? Which we notice sometime and you don't. That is how, coerciveness on life is. Life is very, life is very neither it is loving, nor it is hating, life is just indifferent, because everything in life is in balance. It's amazing.

There was a joke that day, somebody said, well, just asked a direct question,

"Do you like black people?"

"Me."

I was sitting on a chair and nibbling on something,

"Do you like black people?"

I say, "You mean Negro?"

I thought let me make worst of it, see what the person says. I mean, Negro means black, there is nothing, nothing so bad, but I know it's a so I said,

"I mean, you mean to say Negro. Black, black, right? You are talking to people or you are talking to color or you are talking to black."

He say, "No, black people."

I said, "Do you know the black people do not like blonde people at all?"

"How you know?"

I say, " you know, so I know."

"I don't understand."

I say, "I don't understand what you are saying."

What is black and what is blonde? You are going away from the fundamental of people. You are branding people. And that is not people. Black, brown, blonde, fat, skinny. Whenever you brand somebody, you are not a person yourself. You are on escape route. Do you know something, if you do not just disturb yourself the entire nature will serve you. And if you just don't brand anybody black, brown, yellow pink, hippie, crooked square, round, you know. Do you know how many things you say and you do and you mean? You know what that is? That's actually your own smallness. Shallowness. Person started apologizing,

" I was just asking a wrong question."

I say, "No, no, no, it's nothing, what's wrong about it? You asked me a question, I am trying to reply to you."

Whenever a person put himself in a box, whether it's a black box or a blonde box or a white box or red box or pink box, or it's a boy or it's a girl or it's a rich or a poor or it's right or it's wrong, it's a box. You know, you can get into a box but you cannot come out of a box. You pay a very heavy cost for it. Because you reduce yourself to that level. It's very important that you are very important. If you are very important that's a fact, then you must not say anything negative. And you must not box yourself. It's important. Black is not important. Blonde is not important. Right is not important, wrong is not important. What is important in this world is you. And how you use your life. Oh, you move. How you move in this world of yours? And if you are fatigued, which you are.

This is funny food, coming out of the nose. Separate path.

If you do not know how to conduct yourself, nobody will. First quality of a human is based on these four things: Honor; grace; divinity; and dignity. Repeat it.

Students: Honor, grace, divinity and dignity.

YB: Black can have it, yellow can have it, pink can have it, idiot can have it and wise can have it. These are the four aspects. Can you repeat it again?

Students repeat the four words.

YB: Every day, every day you should learn this. Every day. Every day ask yourself. I have honor, I have grace, I have divinity, I have dignity. Don't go anywhere, don't learn, don't just bother yourself, it's not going to work. I can tell you you have honor, you have dignity, divinity, grace, it's not going to work. I can promise you, I'll give you dignity, do-do-do-do-do, self-esteem, bah, bah, bah, bah bah, all these courses. It's not going to work. There is nothing going to work if you do not know how to hypnotize your own self in these four aspects which are your essentials and keep them very precious, dear to your heart and your head should know. So long you are dealing with emotion, feeling, commotions, drama, trauma, this my thoughts, my this, this is nightmares. Day mares, nightmares, whether they are horses or mares, that is your problem. What is you are riding on is your problem. But it will never ever be you. You use three percent of your brain, you are so fatigued to hear. It will not know your neurons, they just neurological system go stale. So what do you do? Specialize yourself, live a routine life, rout. The postman rout. Workers rout, specialists rout, judge rout, president routine, have you found any one person who has not a rout? You know where you will find out the person is, the fish is out of water? When these people retire. When they are out of their rout and routine, just see how miserably they die. Because they were just slave of that rout and routine, they were never people. They were never people.

One day my teacher asked me, he say,

“What do you like to do for me? If your answer is you will like to honor me.”

I say, “What is this question sir? I mean what should I do for me and why like to honor me? Every student likes to honor a student, if there is a student.”

He say, “No, I have a different question.”

I say, “What is that?”

He say, “Honor me or not, that's your honor. But never dishonor me.”

I say, “You are not talking in state language today. How can I dishonor you?”

He say, “You will dishonor me if you teach something which is not truth.”

I got a kick out of it, I say, “Okay, explain me what are those teaching which are not true.”

He say, “When you teach to develop your personality, you teach when you want to impress people you want to teach people to be popular, when you teach people to be liked or loved,”

I mean to say he went on and on, I say,

“I cannot remember this long list. It's too much.”

He say, “That's it. Teach for the sake of teaching. That is teaching. If one person comes, teach, if millions comes, teach. But teach teaching. Do not teach, there is no such thing as teaching, which suits the students. Because students have to suit to teaching. A stone does not suit the chisel. And chisel does not suit the stone. They do the work, teacher chisels the student to become a teacher of tomorrow. Because there is a fight between two teachers. Teacher who has the spirit of God and teacher which is time. They will never meet. So those teacher who serves the time are serving the time. Like as you serve the time. There are very popular teachers. Great teachers carry masses with them. Inspire, console, elevate.... No, teacher carves the student to be the future. Thus the golden rule is established. Simply they are surprised to human. Human keeps his dignity, divinity, grace and honor. Everything else doesn't have any value. And there is a catch-22 in it. When you take these four things, then Mother Nature from four corners comes and serves you. That's the rule of the thumb. Now question is, you have one friend or ten friends powerful, etcetera, bah, bah, bah. Just think of when the whole universe is your friend, how great that will be. But you know if things are beautiful, if the four walls of the house are very attractive, great people will like to come. Similarly, when your divinity and dignity, grace and honor is intact, all goodness of the Mother will come. Mother Nature loves to wait to visit that house, that man, that person who has that faculty, that quality. You can never find a God, but God can always find you. Never worship God. Let God worship you. Have you seen a mother worshipping child? You see her? You can't take it, because you separate yourself and God. Mother takes the child, “Oh my little one, oh my, you are my angel, .” See. The guy even doesn't know what she is talking about. Ha, he doesn't know, he doesn't, he doesn't hear or she doesn't, the baby doesn't hear one word what the hell she is talking about and she say oh you are this, oh you are that.... Thus when a God worships a human,

“Teהל meהל tankoo miley jaypay sant.....”

All services and palaces, the bounty and beauty of the universe shall be the service of that where a saintliness of a man is established within your heart. Otherwise life become joke. Ten days you can be all right, eleventh day, don't. That's not the criteria we live for. You want to worship God, you can make an altar, you can worship, you can , that is a training. You go to church or synagogue or to the gurudwara, to the temple whatever you want to call it, that's a training, that's not worship. Worship is when in life you live and you practice honor, grace, dignity and divinity. Those are the four vows in which you sit as a dignified human being. That is your titlement. Because so long, if a person doesn't have a dignity, there will be a bigotry. A person does not have divinity there will be a duality. A person who will not have a grace will be racist. A person who will not have a honor shall never ever know, will be a conman. Liar. And a tragedy of all this he will never know it. Till the end of the day. Patience pays. Admit to yourself this planet belongs to God and He created the creation and you are a part of that creation and you are one God, one creation and you are one creature. Simple. This is the trinity which is called 'Ek ong kaar.' One God, one creation and one creature. Give the ownership to God, see how beneficially it will be. Take the ownership and suffer. But how you can achieve it? You can achieve it by this intuitive self. You know old age people used to go to their teacher through their gurus, "I am tired my lord, I am just tired, ." You will bow, the guy will put his hand on head, change his whole neurological fatigue, set him all up and just in that one little touch just there and say, "Okay, go home. You are fine now." And people will say, "What happened to you?" "Oh, I am fine."

At the very sight of it. Yes, the candle is burning, every side of it is all bright. What is bright is beautiful and bountiful. Rest is a rigmarole. People get tired, and they don't know it. I remember, in Washington D.C, I met a doctor and he was a friend of mine for many years, ten I had to visit him. And I thought it was very special to go to his house, because once a while you know, when we were just starting and we didn't have anybody, he used to help. And he was a expert in those days of cancer. The early days. I am talking of twenty two years ago. And he found out he has a cancer. And as a doctor you tell everybody you have to get rid of cancer and you got cancer. He say, "Cancer is not in the books. Cancer is in the food. I was a doctor of cancer, I was talking to everybody but I was eating wrong. Look what has happened to me."

It doesn't matter that you know everything. Question is do you practice. And all of you who are tonight, you just start doing one thing. Just practice, there is a one God, Creator, one creation and you are just one creature. And that is your trinity. And you will be surprised how prosperous you can be. Just doing this. Because all the energy which goes through your neurosis will be yours and you can be so benefited, **but tonight we are trying to balance the lower, lower of the gray matter.** Isn't funny you can do it without surgery? Let's try, see how it happens.

You know this is my left hand. See I put it here and this is my right hand, I put it here. Eight stroke, move it eight stroke and move out eight stroke. Don't do anything else. See what happens. I know you have not done it because I never taught you so it's all right. Eight stroke breathe, and move your hand alternatively with each stroke. You will find right here your liver, your navel point, your whole area here will be actively move, your spleen and your lymph area will start activated within three minutes your brain will start having a new supply and the serum in the spine start moving and you will have a new day. Eight stroke breath we all know in a Kundalini yoga whosoever has done it even once knows. Eight stroke in, eight stroke out. Like one, two, three, four, five, six, seven, eight, eight, seven, six, four, three, two, one. One, two, three, four, six, seven, eight, eight, seven, three, two, one. Sa-ta-na-ma, Sa-ta-na-ma, ta-nama, Sa-ta-..... Make it anyway you want. Use the breath, use the power of the breath, it's a God given power, why not?



So long you are breathe you are alive, without breath you are dead. They say person is brain dead, but he is breathing. He has a breath.

Powerful, powerful, I want to hear it.

One, two, three, four, five, six, seven, eight, eight, seven, six, five, three, two, one, two, three, four, six, seven, eight.

One, two, three, four, five, six, seven, eight.....

One, two, three, four, five, six, seven, eight.....

Two, three, four, five, six, seven, eight.

Come on gringos, move, move, move, move.

Come on, come on, when you have brain fatigue, your arc line has either the bubbles or the brakes. And you live with it, funny. Aren't you funny?

Eight strokes, eight stroke, not one stroke, eight strokes.

One, two, three, four, five, six, seven, eight, seven, six, five, four, three, two, one, two, three, four....

Use the power of the breath intensively. This is the only chance you can balance the diaphragm. Thousand for being healthy, happy and holy, why not this?

Keep up, keep up, keep up this beautiful work. You know, you got to learn to do it, because one day i'll be gone and you will be doing it or teaching it, sharing it, it's going to be Aquarius Age. Without all this knowledge nothing is going to survive. It will force all people to insanity. There will be a so much knowledge that every illiterate will become literate and every literate will become insane. Mind you. There will be a flood of information. Human has to develop himself now to cover his own tomorrow.

Try it, try, try, it is very helpful.

Inhale deep and breathe long and deep and close yourself and let the energy circulate, keep the posture and just still yourself and the close eyes roll them to your chin. Look deep down at your chin from the closed eyes. That will give you bright eyes, you will not have this old age problem and will go for eye operations and all that things. Eyesight is a gift, when you don't have it, there is a problem. Right now fix your eyes at your chin. Closed eyes. And be still. Totally thoughtless, still, still the mind. Let the body heal and repair, let the gray matter rotate.

After all it's your brain which is getting helped, not anybody else, don't feel shy.

Solid steady, absolutely solid state. Don't move, no thought even. Body, mind and spirit, all in one. Become a statue of a great golden yogi. Bright, golden yogi. Shine like gold. Hold, behold and shine like a gold.

Steady, steady is very important, you are achieving, don't move, God's sake. Apply your own will and control. Don't let your own motor system cheat you. Teach it a lesson. Solidify, it's a minute more, you have already achieved it. Solid, steady now.

Come on, come on, you are doing good. It's nothing. It's all happening, you are in control. Sleep will come, muscle will move, lot of things within this next thirty seconds. I, I understand, this is what it does. But you got to be you. Fifteen more seconds only.

Now standby, inhale deep, deep, deep, make a fist of your hand and press your chest, please, chest cavity as much as you may. Hey, go. Deeper, solid, harder. Harder, breathe out, inhale deep again, put that same thing on the navel point hard hit the navel. As hard as you can. Press hard. Breathe out, inhale deep, make the fist on the side and squeeze the ribcage. Harder, harder, harder, relax.

Yeah, yeah, yeah, yeah. It's okay. Well, well, it's, it's just, just a simple energy, it is nothing, it's just, you are fine, just relax and talk first let us have happy birthday, right? So we can earn cookies, right? All right. Come on, now, happy birthday.

(Students sing, "Happy birthday....." two students).

YB (Over the song: Now you both stand up now. You both of you, yeah. This is the birthday couple, you see).

See, see they are look like as they have married yesterday. Don't you see? They have come Los Angeles on honeymoon.

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

Blessed self, oh great soul with the part of the universal soul, may it all prevail in guidance of Thy brightness, beauty and bounty, may we be kind, compassionate and caring. May this body shine in the radiant being to help love and serve in that quality, reality and Infinity. Sat Nam.

Wah, here you go. I am going to pick this one, let us see, we'll read what it says. Ha. What's this? .