

LA877 960604 Self Realization

...With this...

Did you solve the problem. Create the problem and solve it. Very good.

Guru Teg you have your poem?

Student: Yes sir.

YB: Add this too. And what happened to that poem I wrote which was on the internet?

Student: (....)

YB: Anybody has a copy of that? Figure it out I think when you are teaching tomorrow?

Student: (....)

YB: Oh get it by tomorrow. That is fine.

Today is the subject of self-realization from time immemorial to time immemorial people talk of self realization without defining what the self is. Religion totally blew it over because religion doesn't relate with self at all. Religion teaches devotion, you are you and your devotion will teach you from you to the infinity. That is why we have a Buddha, we have a Nanak, we have Mohammed, we have Jesus. We all tried to do the same thing some admit it some don't. If there is another man, MAN mental alternated notion, Man, mental alternative notion or an extended ego. Jesus is the Son of God, extended he sits by the right side of the God you have to sit on the left so we have created an image of inferiority of the self to start with. Now for religion is a essential thing because if you are inferior then you have to find the superior and the pre stages go in between, he is an agent. Take all religion they have said that way. Then came the class of yogis. Go and bring water for the Guru of twelve and then he will tell you one thing, of twenty-five years then he will say... this deficiencies are if I don't go into in the sense it gives me headache. Well limited time you have got you have to live fifty-sixty years, you are born here to do so many million things get it done and get it over with. But there are so many dualities, that is why you will find in my class very few people. People do not have the time and sense and understanding to go through self. Self has never been an important for self anywhere. You all said don't teach masses any knowledge of anything otherwise they will rebel. Well these are religious teachings. Thou said everything is in equal balance if you give balance then you cannot rule I am telling you the teachings. Mohammad said, Rab raheem, God is merciful kill everybody.

(Student's laughter)

It is fine don't drink wine, don't eat pork, when you go in habit, now these are religious teaching I am not making it myself. You will have boys, virgins and there will be canals of wine drink as much as you want, but not here. What is the difference here or there? Matter was very aggressively sort out and many paths were made, but the self is very jubilant. Self is very self, self doesn't rest, self seeks, when yogi started giving terminologies and you have to do this somewhere in the period about three thousands years ago so, they thought after all who we are. We are total God watch these words of mine, we are total God, humihum Brahman, we are total God, dormant. And let us break this static, this dormant and become divine. That is where kundalini yoga started. Uncoil yourself and become perfect. You are in the image of God, you are the principle of God, there are so many things you can go tons about it. Fact is when Nanak said this, they started throwing stones at him then he said, Aad puran, madh puran, anth puran paremeshwara. In the beginning you are perfect, in the middle you are perfect, and in the end you are perfect like God. And then he said he has created you he will take care of you and he will deliver you or you do it yourself.

One who thinks he is more powerful he should do himself, either follow the path or make your own path.

All these saints have their own path, all people who have come and found some truth they have set their own path. That's why in kundalini yoga we cannot say these are my teachings, we can't. These are all teachings, we are just transmitting. When a radio transmits something it does not become radio ism you understand the

self? **Kundalini yoga is a science of the Self it is not the science of Yogi Bhajan** or Yogi Bhan whatever it is.

(Student's laughter)

Kundalini yoga is dangerous because without it there is all danger, man will never find self. It's a mathematical, scientific factual science of self. It can be done in one way, healthy am I, happy am I, holy am I test it, believe it be it matter ends. You don't have to do anything. Then everything starts happening for you. Is it easy? No. If you say healthy am I.

This morning I had an answer to that. This morning I asked myself get up and self said, "Shut up."

(Student's laughter)

I said, "Get up," it said "shut up."

And I say, look at the clock time is to get up. It said hell with you shut up you didn't sleep last night, you need couple hour sleep, get in the quilt and sleep, so there was a tug of war. Very serious tug of war. I said, get up, it said shut up, shut up get up it sounded the same in the end.

(Student's laughter)

Whether I should get up or I should shut up, shut up or get up? But then discipline prevails, kundalini prevails, then resolution prevails, then the resolute power came through and it said you should not get up and not get up get up is to get up now get up. It said don't get up, it said don't get up. You have the right not to get up, not getting up is right because whole night you have been on the telephone international call and all that stuff, you have the right and you need sleep and your body needs rest. But your discipline is you get up and it is your discipline, it is your self-imposed practice, it is what you have done for last so many years. And you can't break it. Therefore, you shall get up. Not getting up is getting up and don't waste a minute in this struggle get up, shut up, get up be up and then I remember there was a yogi who once uttered the word keep up, after I got up I understand yogi keep up and God shall keep you. So it was done. These are the concrete self, the polarity of self is the negative self, Ida the polarity of the positive self the Pingala, the neutral self sushmana. That is the experience of a yogi. There is a positive, there is a negative, there is a neutral and that is uplifting self. There is a longitude, there is a latitude, there is an altitude and attitude that's a yogi. And that's the self. Every person by meditative habit has to become an applied yogi this is right, this is wrong this is real. Let us do it and let us not dodo it. Life is simple. Simple as simple as you cannot even spell it. And when you start that habit of balance, leaving you will start believing, balance living. Then what will happen? Then people will trust you, they will love you, they will admire you, they will like you because balance is always there in harmony. You see watch, wristwatch or any watch it has a balance wheel. Even in electric watch it has a balance terminal. That measures the time. When you are out of balance you are in pain. Love teaches you balance, shut up, yes my Lord. And the lord said, wow I said shut up, .

Then he said, "Yes my lord."

In one second that shut up becomes a sorrowful shut up. Because with equal force there was equal kindness with equal command there was equal obedience, balance. Hey you are so beautiful, praise the lord, balance. You are not beautiful your maker is beautiful. There is a passion you are beautiful, but there is an impression of truth, God bless you. And when there is gap, gorge in expression that is where you are stuck into the maya. That is painful that is unhappy and that will take you nowhere.

What is kundalini? It is a reserve spring power when you get caught in the threshold of the gorge it builds the bridge to leap, it hits like a snake and tell you preacher you are with a Creator and in a simple language it is called Ang Sung Wahe Guru, five words, aung Sung wah hey Guru. With every limb, with every molecule with your everything great God is. You can never be defeated. You can never be in trouble and if you are inviting the earthly level and trouble it looks great. Because it is not you are in the trouble it is your Creator, which is in the trouble. You are not happy it is your Creator who is happy. If you cannot see the you, which created you the cause you are not entitled to effect. That's why passion has no place, reason has

no place to go, logic has no place to receive. You are you and you are within you. And that is a fact affirmation and self. And when you are you then your characters will tell people your character, characteristics will tell, their character, your character. Your character will give people the courage to trust you. Your trust will give the power to carry people when you carry and serve people they will love you, you will expand otherwise you are corrupt, prostitute, negative, good for nothing dodos and that's you too. Mistake, direction you have to take you miss it that's the mistake. Therefore, you can lie, today you lie, tomorrow you lie day after you will be known as a liar. You cheat people you are cheat. You have no character you are deceitful, you go from one man to another person whore, you go from one woman that's a pimp. Get yourself anything you want. You can be a great pimp or a great man. You can be a great prostitute and great lady. There is no dearth of using great it depends on which direction you want to go. How high you can go, how low you can go? How right you can go, how left you can go? Fact is don't go left, don't go right, don't go high, don't go down be yourself. That's kundalini yoga. Do not hustle with to be or not to be just be to be and let the God by nature the creator the universe, the Shakti the prakrithi take care of you. People do not understand kundalini yoga, they say it as a yoga.

Make a face, no it is not that. It is spiritual mental self together, it's a consolidated trinity totally awakened by the self. One day I will be gone, you will not hear this voice but these words will remain to guide you. You and your generation will be proud that you learned from the man who mastered it, he mastered it because he was blessed by the master, he belonged to that golden chain. Today you just came for class, so wait. And today why not this yoga, why not that yoga, people ask me, why you teach kundalini yoga.

I said, "This is the only yoga for householder, we are not celibate monks we are worldly people we have children we have sexy nights, we go to Las Vegas we do all kind of thing. We wear shirt we sweat, we need home machine, washing machine drier at home clear ourself that's our meditation." As you wash your laundries so you clean yourself, and you come out very bright beautiful and bountiful that's what we are. We wear white, we look good, we smile inside we may be crying who knows, that's what it says, keep up you shall be kept up. Simple principle when the pressure is high all over low pressure will come in to pick it up. When the pressure is low high pressure is law of nature. But if you are in balance you have a flying carpet. Exercise is very simple tonight, but you are going to freak out It is not difficult I think physically it will be nothing but see what it does to you okay. Okay, are we ready?



1° kriya 7/8 minutes: Take these three fingers straight and hand and put it like this, it is called abnormal stretch, this is a normal stretch, according to...you understand this is a science of angles and triangles. This is a normal stretch, this is normal stretch and this is abnormal stretch. **Your hand must have weight and the shoulder it is called central Vagus nerve it will connect with your neck, so it will put pressure on the fifth chakra and that's what you are doing. Chin in chest out hold, you are going to cry later on if you are going to do like this and thought is not what you have to do. Just hold it here and hold it straight and look straight. For the last time look at me and now close your eyes. And close your eyes and from the closed eyes look at the chin. Humihum Brahm Haam.**

And you are chanting the mantra the same which was chanted in the same way three thousand years ago. With the tip of the tongue you will create a sound.

The tape is played in the class...

(Hume Hum Brahm Hum)

(Over the tape) Tip of the tongue folks. You are entering the area of pain. But actually your nerves are taking these pains. The upper body, pranic body will pull the lower body and will seed the balance and the adjustment will cause physical muscular pain temporarily. Be happy you can do it.

End of the tape.

Inhale, relax. Give yourself a chance you are not off the hook yet don't misunderstand me, it was just to give a temporary break because you are pulling too much energy from your lower back. Your sexual habits are not correct. It takes one full Moon to make you ready when you are too much then the spinal serum is not very gray. So gray matter needs help. I mean you cannot supply gray matter the matter and water won't work. Spinal column with some people are very thin. Fluid is very thick, I know Rome cannot be built in one day it takes time. But however, you need rest. When you come to this class you are naked, there is nothing you can hide. So now let us do the second part of it. **Angle should be correct. Pressure will be on these ribs, mind you kundalini yoga is one beautiful thing, it is a science. It is science of angles and triangles.** Watch me. See how good I look within myself if I see you that way and you just feel within yourself that is what will sustain you not muscular strength. You within you.

The tape is played in the class....

2° kriya 3 minutes: (Over the tape) Eyes closed look at the chin. Cheating not allowed. Come on hallelujah march on.

End of the tape...

Inhale, drop, drop immediately, relax. God what is gone wrong today, why you people are ate? It is not complete. Okay move your shoulders shake your hand, do something, stretch, today you are just getting stolen so fast with me. We need you to be lively to be fighting, to be cheating, want to do it you just go into too much, it is not.

3° kriya 3 minutes:



(Student's laughter)

All right, now, set this way, put about three inches difference between the two point less and simple straight in balance. Please don't do too much, just little fast. Put that tantric har, har, har, quick, quick, we don't have time...

(Student's laughter)

Man they are going today faster than we thought.

If that is the progress of you, you will become flying yogis.

Tape is played in the class.....

(Over tape) Har... eye right there. **Move, move fast, fast. Fast, fast** God you are perfect take the and move around fast from individually. Fast, fast strength, and strength and strength. Two more minutes, we can't do more than three minutes mind you. In it, in it, in it....

Last minute fast, faster, faster...

Bring up this is the last minute. Now, now, go, go...

Low voice....

Inhale deep, deep, deep, deep hold and now move fast and hold the breath. Powerful breathe out. Inhale deep, hold move, faster than you can do. Breathe out, inhale deep, deep hold go. Go, go, go, go, go for God sake relax.

Thank you, all right....

We created a very common link it is called unseen link, it makes and it starts with few individuals to many individuals and total individuals with one identity with many identity, with total identity, then with infinity the process continues, there is no limit, limit is death. Believing in limit is believing in death. Those who die they have no memories they have wasted their limit. Those who are unlimited are infinite, they merge into infinity, they create the history they become the guiding stars. Some of you are here to die as dying starts and some of you here are as hanging star, some become infinite. Choice is ours. You can walk a mile, you can walk hundred miles, you can walk infinite miles. In the beginning you, in the middle you, in the end you.

“Aad sach, Jugad sach, Hai bhee sach Nanak hosee bhee sach.”

In the beginning you are truth, through the time you are truth, now you are true and Nanak true you shall be, that's it. And Nanak said repeat it. This is how it is. Then he said be it find it, be it and that's it. We will meet again tomorrow at 8 o'clock. I'll ask you some special favor because we have to do a healing meditation tomorrow also, bring you friends those who not know they can participate, because they couldn't come for one reason or other, there is always reason. Bring orange and banana with you and bring one extra perhaps some will come and they will not, that is you are sharing and if you call somebody on the telephone, local or long distance it will be your caring. So tomorrow you will share care and bear the burden of one exercise sure we will do it tomorrow and after that you and God and God and you shall become one if possibly can be, possible in a remote thought. So come tomorrow and lets celebrate. Tomorrow is what day?

Students: Thursday.

YB: Date?

Student: (...)

YB: Isn't third day of full Moon?

Student: (...)

YB: When was the full Moon?

Student: (...)

YB: Friday?

Student: Saturday was full Moon, right? Oh it was Saturday and Sunday, half was that way, I understand. So it is almost correct and tomorrow we will be the fourth Moon, isn't that after that? No, it is called stone Moon, first four days it is called stone moon then after full Moon fourth day is called rock Moon and it is very auspicious, it will be helping mind it is help from that. So tomorrow we will do a healing meditation we'll ask you to share and in gratitude you can bring an orange and a banana, which is available in California isn't it?

(Student's laughter)

Possible? Ah? And bring your friend but those who are very fortunate bring your enemies. It will be fun. Because so long you are in the grip of friend and enemy you are finite, you are not infinite. So long you are in the grip of good and bad you are finite, so long you are in the grip of right and wrong you are finite. And it's the dumbest thing to do. Who is right, who is wrong, what for? Because right will prosper by its own right and wrong will suffer by its own wrong. Why you sit in judgment? I remember in my life I was told somebody has done a blunder, I said, "What?"

"Blunder sir blunder?"

"What?"

"Sent orders to the wrong person."

I said, "What blunder?"

"Believe me blunder."

"Did that happen?"

He said, "Yes."

"Consequences?"

"Tragedy sir."

"Happened."

"No."

I said, "Then what is the blunder?"

"Sir."

I said, "In order to be wrong side to move wrong they move wrong right, they knew we were to move right and we were supposed to be ambushed, we are not been ambushed, so wrong became right. Thank you, relax. Celebrate. Because there is doing, there is to do and there is a doer, which is not you. You are the doings to do, doer is separate.

I was joking and he looked so sad, somebody said, "I cannot tie turban."

I said, "I don't have a boutique shop. I am not asking you to tie turban, for God sake don't."

"How to tie turban?"

I said, "Who said that?"

I said, "It is my problem not yours."

"I don't want to have a hair."

I said, "Don't, take few dollars from me and ask the barber to use and shave it up so that you can have shining skull. Get into the design it is perfect. I don't understand you."

I said, "So long you are into I had to do this, I don't have to do this, I can't do it I can't do it, I am this, I am this I, I, I, I, I, I how does it sound when you say IIIIIIIII?"

"Not good."

I said, "Then don't do it."

You are not the doer, recognize the doer in you, that self.

We'll discuss that tomorrow won't we? And we'll do a healing meditation also and we'll also complete the kriya with this too so that you can go home with a little experience. I am inviting you to come to Espanola if you can I am inviting myself to Espanola, I will.

(Student's laughter)

This was actually an obligation on me for the world Sikh council, opening of the office on the eighth, so I had to come and help them and guide them to organize them to see and many of you will be working to clean that area to decorate it and make it happen. It's a temporarily help you are giving them, so they can be organized. Hopefully it's a joy to serve to organize for an infinite cause. World is now very small United Nation is bankrupt members do not pay their fees and it is everywhere upside down. Fifty hectares of rainforest will be cut between the time we start the class and time we finish. It is just lung of the Earth is being lost. See the imbalance of the French atomic test? One part of United State is flooding the other part

is dry you can't believe it. We play now with the atmosphere. We play with nature, the nature is playing with us. Somebody told me once what is wrong in doing good things and bad things?

I said, "It's a matter of nature."

Keep on doing one thing, one for a long time it will become your nature. Once it becomes your nature then it will become you, that is right, same to the same thing this morning, get up shut up, shut up get, get up one. Shut up, shut up. And that is called sadhana, aradhana, prabhuathi. It's the discipline of the disciple, which reaches the person to destiny. Nothing else, there is no secret to it.

Guru Tej are you.....

Student: (...)

YB: And that should be told in yoga center, with all those who come tomorrow as festival message of man.

Student: Okay.

Student: There are actually three poems tonight."

YB: Good.

Student: The first is the poem of Siri Ved kaur, it is called the "way it is."

If I could find the words to say what my heart beats to me everyday

What my soul whispers in its longing way, what resonates so purely when I pray

Then I could describe my love for you when I feel you in my heart's own beat

In the sacred place where lovers meet soothing, blissful, rising heat.

When I know I am complete and there is only love for you.

Then there is no now, then there is no then, there is no real and no pretend.

There is no enemy and no friend only ways upon ways again and again, love for you.

Next one is an advertisement which was read in Espanola and I want to read it here, it is called "be with me."

This land is sacred blessed through the ages, it is blessed today by those modern sages from the sacred valve of the heart, here to the heavens the temple of steel shall rise upon the ancient soil blessed by the wilds, for it is here that the Aquarian age made its start and it is here that the past shall depart. At that time when darkness is overcome by light where the white hawk soars in his eternal flight when the songs of victory are sung. We come together upon that sacred land to confirm our destiny while united we stand with a joyful noise upon the tongue and together we ascend another round. Beneath the deep blue of the sheltering sky which has watched the ages ascend and then die together will make our way, beneath the arc of the white hawk's flight, beneath the stars and the full Moon light, beneath the sheen of the milky way will gather together in grace to pray. The sacred science we will explore to find the key and unlock the door to free the power of the soul, we will learn and grow, we will dance and sing we will rock and roll until the mountains rain we will experience the power of the whole and rejoice in the attainment of our goal. Come be with me at the mountain top, your spirits will soar, your fears will drop your smile will reflect the shining Sun, thousands of souls pray to be set free and your songs and prayers hold the key with unlocks the door through which they run. My beloved the new age has begun.

And the third one is called "the gratitude."

We are grateful that they turned us away when eyes deny you, we came innocently to Guru's door to pray and be with those who recited the name, we are the grateful they refused to teach us when we asked with sincerity to learn, we are grateful they refused to help us for all that we have learned we have earned. We are grateful they turned us out and threatened us with sticks and words for the seeds require manure to sprout, now those sticks have been with swords. We are grateful that Guru's kindness has put us through such a challenging test, and we are grateful through their blindness they have created such a miserable mess. We are grateful that out of desperation we built Gurudwaras, which are beautiful and clean, homes for our sovereign spiritual nation, which shine on brightly with nobility sheen. We are grateful that the age is turning that the clash and controversy refused to fade that the prayer of the immortal souls is realized by the

foundation that we have laid. We are grateful that we stand together without gender, color or race under your flags, which will fly forever for victory as the gift of Guru's grace.

(Students' clapping)

YB:

Fax it through internet page and ask them to set it on today internet, all three of them. Correct? But leave my copy. That's nice.

The class sings: May the long time sunshine upon you....

The class chants: Saaaaaaaaaaaaaaaaaaaaaat Naam.

Oh Lord bless us, be with us, give us beauty, bounty and bliss make our life the path itself, acknowledge us within ourself with grace, dignity and divinity. Take away our fears and our shadows, give us light brighter than the bright so we can grow and grow unto thy destiny and infinity. Sat Nam.

Well we'll meet tomorrow anyway. And that is what the beginning of the summer means.

Continue your sadhana and I wrote a beautiful poem which was put on the internet and I am going to get the copy of it tomorrow. I'll leave it to you. And then there are lot of things happening we got a information that in Pittsburgh there is some kind of gathering which needs our participation and then November we are going to visit India and its holy adjoining and somewhere along that we will be visiting Europe and looking at it as part of the extended America which we believe. We never believed we parted from that big chunk of land, we still think ocean is just a tub of water between us, distance has become a joke. I don't know in spite of the distance, the distance becomes joke why we had distance between each other. We love to shake each other rather than shaking hands. Age of Aquarius is going to change many things, we got to put the bill and fit the situation. So I think tomorrow we'll be in a position to achieve something more and be happy. And later you will continue to do your sadhana and keep going, because you need it for your health, wealth and happiness. And my prayer is God be with you. Now as spaced out you are drive carefully and go home class is over, thank you.

LA877 960604 Self Realization

Questo è Normale



Questo Anormale



Le braccia sono più avanti

- **petto in fuori, mento in dentro.** Le ascelle sono “attappate”, poi allungate le braccia e i gomiti più avanti rispetto ai fianchi bilanciando il peso dell’avanbraccio agendo sul muscolo vago situato sulla punta dello stomaco.

1° kriya 7/8 minuti: Occhi Chiusi alla punta del mento cantate con la punta della lingua il mantra Humi Hum Brahm Hum (**Io sono IO, Io sono DIO**), mani in gyan mudra in una posizione che connette il nervo vago con la pressione del collo, il V chakra



2° kriya 3 minuti Occhi Chiusi alla punta del mento L’angolo deve essere corretto, perché Il Kundalini Yoga è la scienza degli angoli e dei triangoliè la scienza del Sè



alla fine muovete la parte alta del corpo, le braccia e le spalle.



3° kriya 3 minuti: Occhi Chiusi muovete su e giù criss-cross le mani come nella figura mentre **vibrate il mantra HAR forte e potente** (suona il nastro Tantric Har) il **movimento è di circa 10 cm e molto veloce** più veloce che potete



Per

concludere ispirate e trattenendo muovete velocemente le mani più veloce che potete... e rilassate (3 volte) SAT NAM

Il nervo vago governa tutti i movimenti automatici del corpo, è il punto di collegamento tra il conscio con l'inconscio, la porta d'ingresso che vi porta in contatto con la Vostra Identità,

PER REALIZZARE IL SE'