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93D2

SUMMARY MEDITATION 11/22/33 minutes

Sit straight and hold your hands in the lap in a easy posture one over the other, we know that is a simple thing to



do okay. Just like this, see these hands just like this put them here and let the thumbs meet at the end right, close your eyes, inhale deep, exhale, try to breathe when you have to breathe, try to breathe maximum okay. I'll lead you with the notes and you will follow it. Inhale deep, 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...'

(Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...')

Inhale, you have to say eight times without breathing in-between this mantra in a monotone, go.

(Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...')

Don't breathe in, stop if you can't. Now inhale deep, see how much breath you need and release the breath very slowly, go ahead. Inhale deep, try to make it, go ahead. Yeah, yeah time it fast little bit. Try it, be successful then you will be successful, go ahead. Go.

Are you didn't take even forty-five seconds, go ahead. Put your heart and soul into it. Participate, participate.

Inhale, exhale...

We have practically done it for about eleven minutes, you can say maximum and which I understand out of the whole congregation very few could have carried it, I want to make you understand what, how it will work. It is required to be done thirty-three minutes by clock

### Audio 15 minutes

POSTURE: Sit in Easy Pose with spine straight. Have the hands in the lap, palms up, right hand resting in left, thumb tips touching.

EYE FOCUS: Eyes are closed.

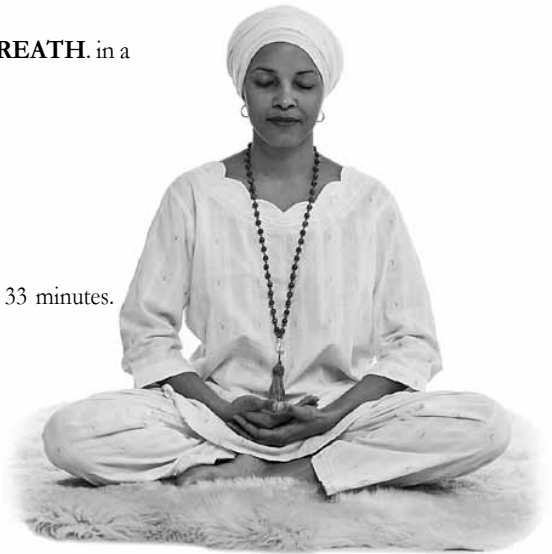
MANTRA: Chant the *Wahe Guru Wahe Jio* mantra 8 TIMES ON ONE BREATH. in a monotone:

*Wbaa-hay Guroo Wbaa-hay Guroo*

*Wbaa-hay Guroo Wbaa-hay Jee-o*

Breathe very deeply in order to complete the cycle, which will take approximately 45 seconds. Release the breath very slowly as you chant. If at first the breath doesn't hold for the full 8 repetitions, stop, breathe, and begin again. Build up your capacity.

TIME: Start with 11 minutes maximum. Gradually increase to 22 minutes, then 33 minutes.



### About This Meditation

*"This meditation brings relaxation, strength, and mental clarity. It brings soul talk—the infinite capacity to experience the power of your soul right on the spot. It enables you to keep giving to a friend. If you do this meditation for 11 minutes a day for six months, you will experience the cosmos. You can talk to God. If you do it for a year; God will come and listen to you!*

*Remember: you breathe, you live, because there is a soul in you. The soul is a tiny tender light in your body. I'm giving you a meditation today. I call it the "Last Meditation." It is not that it is the last meditation I will teach you. But understand it's essence. It is for when life doesn't work for you, and you don't want to go to anybody and say, 'I'm going crazy, please help me.' I understand that sometimes personal image is very important. Despite how depressed you may be, just do this meditation and find out for yourself: Kundalini Yoga is a science and an art which can totally make a human being healthy, happy, and holy.*

*The mantra means: "You are beloved of my Soul, Oh God." It causes a very subtle rub against the center of the palate, and stimulates the 32nd meridian, known in the West as the Christ Meridian, and in the East as Sattvica Buddha Bindh. The tongue and lips correspond to the Sun and Moon in their movement. The practice of this kriya will enable you to think right, act right, see right, look at yourself, imagine and meditate. Everything else follows. You will wipe out a lot of negativity.*

*Many things will happen in my absence which you need to survive through. Even if you are the dumbest of the dummies and nobody wants to buy you for 20 cents, if you can do this meditation correctly, you will come out with the best of yourself. Please participate with heart and mind, and see that you do it."*

— Yogi Bhajan

## LECTURE

My God there are so many things. Report an issue

Student: (----).

YB: Oh sure you know take care of you, you are here too. What is this?

Student: (----).

YB: Anchorage, anchorage, anchorage talks. Now what is this?

Student: (----).

YB: Anchorage talk that was a good talk.

Student: (----).

YB: Khalsa Kaur, Khalsa Kaur, Khalsa Kaur, Khalsa Kaur, Khalsa Kaur where is Khalsa Kaur? Khalsa Kaur, good, good, good. Name itself is very pleasant. Oh come out now endangered specie. Far out. Hi baby, it's nice.

Students: (Laughter.)

YB: Which Singh is that?

Student: Five years old (?).

YB: Aah.

Student: (----).

YB: That tall skinny guy?

Student: (----).

YB: You mean Guru Parvan Kaur's husband?

Student: (----).

YB: I am not talking about the son, I am talking about the husband.

Students: (Laughter.)

YB: Is that true? Hey the air-condition is working?

Student: (----).

YB: Are you sure?

Student: (----).

YB: I know, I know Shakti, I am not yet seventy-two, I am not that...

Students: (Laughter.)

Student: (----).

YB: Look what is coming out of it.

Students: (Laughter.)

YB: Snoopy with a turban is a new addition. We never thought as a religion we have become that popular.

Student: (----).

YB: Oh beautiful.

Student: (----).

YB: Even the snoopy has tied turban I can't believe that, well America is changing anyway. All right come on.

Student: (----).

YB: Confidence, now it is a very tricky subject today folks, it doesn't suit Americans, but it does suit humans. The subject is confidence within your self-confidence. I understand you want to be spiritual, spiritual is okay. I also understand that you want to be happy, to be happy is okay. Over and above I understand you want to be successful, to be successful is okay. Your proportion towards do all that is let us get rich, pile up lot of money, have lot of power, everything is going to work out, it doesn't work out then you start feeling frustrated. Your frustration is not something unnatural because when you do unnatural things you must get frustrated and you must get depressed and you must look back at yourself to revise yourself, that is the law. You think by popping a pill you can get out of depression, it won't work, after a while one pill will get you out, then three pills will get you out, then twenty pills will get you out, then no pill will get you out.

You think by making a love with a girl you got all the problems squared up, you think and next morning you open your eye and she said, "John I have a question."

And you said, "What?"

She said, "You did make a love to me but my feeling is your mind was somewhere else."

And you said, "Hay, hay. Here she goes again."

These things, these mental voyages of your life come from one fact only, these depressions, these self-negations and these disqualifying factor of yourself they do not come from you, they come from your having no confidence in your own self-confidence, self-confidence is there. If there is no self-confidence you can't even walk, you can't even live, you can't even breathe, but you are not attached to that self-confidence (?) with a confidence.

You breathe, you live because there is a soul in you. Soul is just a tiny tinder light in your body but if a soul is related to mind and mind is related to you, you are all powerful. You may not be all passionate, you may not be all romantic, but you will be all powerful. What is the power? You need power, I agree with you, but which power? Power which is truth, which is, 'Aad sach, Jugad sach, Hai bhee sach Nanak hosee bhee sach.'

Or the power you think you want? My dear if you need that power it is very understanding thing which I learnt, somebody said, "Let me think and let me act."

I was counseling the person just you may find these familiar words, let me think and let me act, I said, "Let you think and let you act, I don't agree."

"Why not?"

I said, "You have no power of thinking, no human being is made with a power to think and no human being is made to power to act."

You must understand the fundamental. The thoughts are released automatically, it is the power of the intellect in you which releases the thoughts, so there is no problem, each thought which is caught by your ego has become your emotion, each emotion which is caused by your totality of personality becomes your desire and it is the desire which makes you act, you don't act, that is the only misunderstanding we have got, we think we think and we think we act. If you can separate these two things that I neither think nor I act therefore I watch what I am doing you will be doing perfect, you will be doing totally right. The problem is you can't separate this little thing, I act, I think, I think so, I will do it. The driving force for every action is not you. The thing which is making you act is not you, it is your desire which has matured from the emotion, it is your emotion which has matured from the thought, it is your thought which has stuck by the ego and engulfed, therefore what is, is happening, what is being received, what is going to be achieved is not you. Am I clear? You want to act, I agree you should act, but first of all try to understand can you act, can anybody act without the desire? Ask a depressed person even to get up from bed. When a person is depressed you say, "Hey come on, look."

He said, "No, I don't want to look."

"Drink please this glass of water."

He said, "I don't want a glass of water."

Students: (Laughter.)

He said, "It is me."

"I know it is you."

Why is a human being breathing, alive, perfect, very mature, Ph.D., has been a president of a firm for twenty years and what he is doing this like a sleeping like a cat and putting a hand on his face and not drinking a glass of water?

I once saw in a hospital a very good health person being fended intravenously and I said, "My God what is problem with him?" They said, "He is so depressed that he doesn't want to open his mouth."

All right, that's one example, take the other example. When you are wound up, what they call is, hyper. Then somebody said, "So and so, please sleep."

(?) you go to bed, you go, you sleep, you sleep, I don't want to sleep."

"Arey, it is 2 o'clock in the morning, in an hour we are going for Sadhana."

"Sadhana, Sadhana I want to think, I want to think."

And people pace out in the room back and forth. Have you ever understood that situation?

Somewhere you total overact and overindulge, somewhere you are totally depressed and undermined, underhanded, over bored, super bored, super depressed, why? Because you don't have a confidence in your self-confidence; therefore you do not know what you are working for, who is working for and what it will give, therefore we have a requirement, we have a requirement to be healthy, happy and holy, you agree.

I am giving you a meditation today, I call it the last meditation. I am giving this meditation in the essence not that it's a last meditation in the sense, but I am giving you last meditation in the essence, that when life doesn't work for you and you are pretty shy and you don't want to go to anybody and say, well, I am going crazy please help. Sometime personal image is very important; how depressed you may be you want to hide even then, then you need not go to anybody just do this what we are going to do today and find it for yourself that, is Kundalini Yoga is a science and a art which can totally make human being healthy, happy, holy or not.

Let's put ourselves to test, okay if you don't want to participate you can sit and not bother, you have already paid the donation at the gate, it won't bother, but if you want to participate be sincere because I will like you to experience what you can experience tonight, I want you to feel what you want to feel tonight, I want you to work it out what you want to workout tonight because for this of the month this is our last class, I am going to see you in the month of September or something and lot of things will happen in my absence but you need to survive with something and this is what I say, even if you are dummiest of the dummy and nobody wants to buy you for twenty cents even this you can do it right you will come out with best of yourself. All those who still believe at the age of thirty or forty they need to sleep with a teddy bear and they do not know how to deal with a grizzly bear can still work their life out, okay. Am I doing a good sale job?

Students: (Laughter.)

YB: I feel I have to market this meditation so that you may get the benefit and then you can help others. The best we have found to help is that in Anchorage, Alaska I old Nirvair Kaur I said, "This person is totally depressed, nothing is going in,

there are ears but there are no ears, there are eyes but there are no eyes, she is hearing, she is seeing, she is alive, but she is not in a position to participate with life." Sit down with her and do this with her, one day one person helped another person. When I left Anchorage she was so grateful, she was so much helped, that she could handle everything, whereas you bring a person like bringing a person on a stretcher and then person leaves you driving herself is a mystery. So please participate with heart and mind and see that you do it.

**11/22/31 minutes:** (15,49) **Sit straight and hold your hands in the lap in a easy posture one over the other, we know that is a simple thing to do okay. Just like this, see these hands just like this put them here and let the thumbs meet at the end right, close your eyes, inhale deep, exhale, try to breathe when you have to breathe, try to breathe maximum okay. I'll lead you with the notes and you will follow it. Inhale deep, 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...'**

(Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...')

Inhale, you have to say eight times without breathing in-between this mantra in a monotone, go.

(Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...')



**Don't breathe in, stop if you can't. Now inhale deep, see how much breath you need and release the breath very slowly, go ahead. Inhale deep, try to make it, go ahead. Yeah, yeah time it fast little bit. Try it, be successful then you will be successful, go ahead. Go.**

**Are you didn't take even forty-five seconds, go ahead. Put your heart and soul into it. Participate, participate. Inhale, exhale...**

We have practically done it for about eleven minutes, you can say maximum and which I understand out of the whole congregation very few could have carried it, I want to make you understand what, how it will work. It is required to be done thirty-three minutes by clock, there is no hanky-panky about it and if you correctly utter this 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...' you will exhale the entire breath in one minute, in sixty seconds, it's a total scientific study, don't do it more, don't do it less. And you have to say it eight times virtually if your breath is all right and breath of fire is all right, you will do it in one minute per saying and in other words you will be doing about thirty-three minutes or you will be saying thirty-three times, but your breath will be short and then you cannot do it eight times, so this is how we build up the stamina, we build up like we do it like eleven minutes, eight times, then we do twenty times for few days, twenty-two minutes eight times, then we do thirty-three minutes eight times, we built it up. What it will do to you? It will bring in you when the breath can be regulated by...

Now try to understand for you Wahe Gurujio Wahe Guru, Wahe Guru Wahejio is a mantra, you feel you are appreciating the God lord, what is Wahe Guru? Wonderful God, wonderful God, that's what you are saying and when you say Wahe Guru Wahejio you are my beloved of my soul O God, literary meanings are very simple, it's not something you are saying something very freaky, but the combination has to be this way, Wahe Guru and it is the tongue and the lips movement, it is the moon and the sun movement, so you can't say very fast, you can't say very slow, it is just like 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...' if you correctly pronounce it you will find a very subtle rub against the center of the palate and that is where the central nerve it is called thirty-two degree meridian is which we call it the Christ meridian, in the west we call it the Sat ka Buddha Bindu in the east, so that is stimulated. Then what else? You can think right, you can act right, you can see right, you can look at yourself, you can imagine, you can meditate, everything else follows. If you don't do it, I have no grudge. I mean, don't misunderstand that I am putting you on a trip because I am going for three months, that's not the point; point is not I want come back and I want to see you happy and not going berserk.

Students: (Laughter.)

YB: That's where the point is. So I am giving you home task and if you have a iota of honesty, not only you do it make your neighbors do it, make your roommate do it, make your children do it, make, try, try, try, try, you will enjoy it. Eight times per breath inhaling deep holding and going through, is that real, understandable. And at least if you are into very commercial situation just say I am going to do forty days, commit, but don't cheat, each breath eight times. Surprisingly you will wipe out lot of negativity because after all, what is negativity? Mismanagement of this cantaloupe.

Students: (Laughter.)

YB: This is computer, I mean you, you are perfect, this is mismanagement and you know whole things goes like that, so it will work out. May the long...

The class sings: 'May the long time sun shine upon you...'

YB: Siri Data is born today?

Student: Yeah.

YB: Hey Siri Data you are born today, promise to be humble and don't hate girls.

Students: (Laughter.)

Siri Data: Yes sir.

YB: What do you mean yes sir, say it yes or no let the congregation hear.

Siri Data: Yes sir.

YB: And look you came as my son to serve me and you have given me so bad time. I don't want to say anything, but I tell you if I would have been what I am and you would have come to study with me in India you know what I would have done to you, you want to listen to that?

Students: (Laughter.)

Student: (---).

YB: Okay you don't want that, so it's okay, but I tell you today just act good, it is the goodness which is the godliness. You have been assigned a job and I want to see that, whatever jobs are you can do them all and still rest, right. All right, let us sing. The class sings: 'May the long time sun shine upon you...'

YB: Yeah, yeah, may, may, may.

The class sings: 'May the long time sun shine upon you...'

YB: Bless me God, next time whenever there should be class we must choose five men as volunteer and then after a month we should chose five ladies as volunteers who should be exactly here 6:30 with their guitars and instruments singing and chanting, it should not be a volunteer service, it should be confined service, precisely those people told, because what is happening is some people have got so egomaniac that they don't have a time to sing, they don't have a time to, their instruments are crying sitting in the closets, they don't take them out so we should see. And then secondly there are some people who never sing, put them on the schedule and make them miserable.

Students: (Laughter.)

YB: And let us have everybody singing, right.

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| <p>My God there are so many things. Report an issue<br/> Student: (----).<br/> YB: Oh sure you know take care of you, you are here too. What is this?<br/> Student: (----).<br/> YB: Anchorage, anchorage, anchorage talks. Now what is this?<br/> Student: (----).<br/> YB: Anchorage talk that was a good talk.<br/> Student: (----).<br/> YB: Khalsa Kaur, Khalsa Kaur, Khalsa Kaur, Khalsa Kaur, Khalsa Kaur where is Khalsa Kaur? Khalsa Kaur, good, good, good. Name itself is very pleasant. Oh come out now endangered specie. Far out. Hi baby, it's nice.<br/> Students: (Laughter.)<br/> YB: Which Singh is that?<br/> Student: Five years old (?).<br/> YB: Aah.<br/> Student: (----).<br/> YB: That tall skinny guy?<br/> Student: (----).<br/> YB: You mean Guru Parvan Kaur's husband?<br/> Student: (----).<br/> YB: I am not talking about the son, I am talking about the husband.<br/> Students: (Laughter.)<br/> YB: Is that true? Hey the air-condition is working?<br/> Student: (----).<br/> YB: Are you sure?<br/> Student: (----).<br/> YB: I know, I know Shakti, I am not yet seventy-two, I am not that...<br/> Students: (Laughter.)<br/> Student: (----).<br/> YB: Look what is coming out of it.<br/> Students: (Laughter.)<br/> YB: Snoopy with a turban is a new addition. We never thought as a religion we have become that popular.<br/> Student: (----).<br/> YB: Oh beautiful.<br/> Student: (----).<br/> YB: Even the snoopy has tied turban I can't believe that, well America is changing anyway. All right come on.<br/> Student: (----).<br/> YB: Confidence, now it is a very tricky subject today folks, it doesn't suit Americans, but it does suit humans. The subject is confidence within your self-confidence. I understand you want to be spiritual, spiritual is okay. I also understand that you want to be happy, to be happy is okay. Over and above I understand you want to be successful, to be successful is okay. Your proportion towards do all that is let us get rich, pile up lot of money, have lot of power, everything is going to work out, it doesn't work out then you start feeling frustrated. Your frustration is not something unnatural because when you do unnatural things you must get frustrated and you must get depressed and you must look back at yourself to revise yourself, that is the law. You think by popping a pill you can get out of depression, it won't work, after a while one pill will get you out, then three pills will get you out, then twenty pills will get you out, then no pill will get you out.<br/> You think by making a love with a girl you got all the problems squared up, you think and next morning you open your eye and she said, "John I have a question."<br/> And you said, "What?"<br/> She said, "You did make a love to me but my feeling is your mind was somewhere else."<br/> And you said, "Hay, hay. Here she goes again."<br/> These things, these mental voyages of your life come from one fact only, these depressions, these self-negations and these disqualifying factor of yourself they do not come from you, they come from your having no confidence in your own self-confidence, self-confidence is there. If there is no self-confidence you can't even walk, you can't even live, you can't even breathe, but you are not attached to that self-confidence (?) with a confidence.<br/> You breathe, you live because there is a soul in you. Soul is just a tiny tinder light in your body but if a soul is related to mind and mind is related to you, you are all powerful. You may not be all passionate, you may not be all romantic, but you will be all powerful. What is the power? You need power, I agree with you, but which power? Power which is truth, which is,<br/> 'Aad sach, Jugad sach, Hai bhee sach Nanak hosee bhee sach.'<br/> Or the power you think you want? My dear if you need that power it is very understanding thing which I learnt, somebody said, "Let me think and let me act."<br/> I was counseling the person just you may find these familiar words, let me think and let me act, I said, "Let you think and let you act, I don't agree."<br/> "Why not?"<br/> I said, "You have no power of thinking, no human being is made with a power to think and no human being is made to power to act."<br/> You must understand the fundamental. The thoughts are released automatically, it is the power of the intellect in you which releases the thoughts, so there is no problem, each thought which is caught by your ego has become your emotion, each emotion which is caused by your totality of personality becomes your desire and it is the desire which makes you act, you don't act, that is the only misunderstanding we have got, we think we think and we think we act. If you can separate these two things that I neither think nor I act therefore I watch what I am doing you will be doing perfect, you will be doing totally right.<br/> The problem is you can't separate this little thing, I act, I think, I think so, I will do it. The driving force for every action is not you. The thing which is making you act is not you, it is your desire which has matured from the emotion, it is your emotion which has matured from the thought, it is your thought which has stuck by the ego and engulfed, therefore what is, is happening, what is being received, what is going to be achieved is not you. Am I clear? You want to act, I agree you should act, but first of all try to understand can you act, can anybody act without the desire? Ask a</p> | <p>Mio Dio, ci sono così tante cose. Segnala un problema<br/> Studente: (----).<br/> YB: Oh certo si sa prendersi cura di voi, siete anche qui. Cos'è questo?<br/> Studente: (----).<br/> YB: Anchorage, Anchorage, parla di ancoraggio. Ora che cosa è questo?<br/> Studente: (----).<br/> YB: parlare Anchorage che è stata una bella chiacchierata.<br/> Studente: (----).<br/> YB: Khalsa Kaur, Khalsa Kaur, Khalsa Kaur, Khalsa Kaur, Khalsa Kaur dove è Khalsa Kaur? Khalsa Kaur, buono, buono, buono. Nome stesso è molto piacevole. Oh uscire specie ormai in via di estinzione. Far fuori. Ciao baby, è bello.<br/> Studenti: (ride)<br/> YB: Quale Singh è?<br/> Studente: cinque anni (?).<br/> YB: Aah.<br/> Studente: (----).<br/> YB: Quel ragazzo magro alto?<br/> Studente: (----).<br/> YB: Vuoi dire che il marito di Guru Parvan Kaur?<br/> Studente: (----).<br/> YB: Non sto parlando del figlio, sto parlando del marito.<br/> Studenti: (ride)<br/> YB: È vero? Hey l'aria condizionata funziona?<br/> Studente: (----).<br/> YB: Sei sicuro?<br/> Studente: (----).<br/> YB: Lo so, lo so Shakti, io non sono ancora settantadue, io non sono quel...<br/> Studenti: (ride)<br/> Studente: (----).<br/> YB: Guardate quello che sta venendo fuori di esso.<br/> Studenti: (ride)<br/> YB: Snoopy con un turbante è una nuova aggiunta. Non abbiamo mai pensato come una religione siamo diventati così popolari.<br/> Studente: (----).<br/> YB: Oh bella.<br/> Studente: (----).<br/> YB: Anche il snoopy ha legato turbante Non posso credere che, oltre l'America sta cambiando comunque. Va bene andiamo.<br/> Studente: (----).<br/> YB: Fiducia, ora è un argomento molto difficili oggi gente, non soddisfa gli americani, ma lo fa l'uomo vestito. Il soggetto è la fiducia all'interno della vostra fiducia in se stessi. Capisco che si desidera essere spirituale, spirituale va bene. Capisco anche che tu vuoi essere felice, essere felice va bene. Oltre capisco che si vuole avere successo, per avere successo è a posto. La tua quota verso fare tutto ciò che è di farci diventare ricchi, accumulare molti soldi, hanno molto potere, tutto sta andando a lavorare fuori, ma non funziona, allora ci si sente frustrato. La tua frustrazione non è qualcosa di innaturale, perché quando si fanno le cose innaturali è necessario ottenere frustrati e si deve deprimersi e si deve guardare indietro a se stessi a rivedere se stessi, che è la legge. Pensi che da schioccare una pillola si può uscire dalla depressione, non funzionerà, dopo un po' una pillola ti porterà fuori, poi tre pillole farti uscire, poi venti pillole tirarti fuori, quindi nessuna pillola otterrà fuori.<br/> Pensi che facendo un amore con una ragazza che ti hanno tutti i problemi squadrato, si pensa e la mattina successiva si apre l'occhio e lei disse: "Giovanni ho una domanda."<br/> E lei ha detto, "Cosa?"<br/> Lei disse: "Tu hai fatto fare un amore per me, ma la mia sensazione è la tua mente era altrove."<br/> E lei ha detto, "Hay, hay. Eccola va di nuovo."<br/> Queste cose, questi viaggi mentali della tua vita provengono da un fatto solo, queste depressioni, queste auto-negazioni e questi fattori squalificante di te non provengono da voi, provengono dal non avere fiducia nella vostra fiducia in se stessi, auto-la fiducia c'è. Se non c'è fiducia in se stessi non si può nemmeno camminare, non si può nemmeno vivere, non si può nemmeno respirare, ma tu non sei attaccato a quella fiducia in se stessi (?) Con una confidenza.<br/> Si respira, si vive perché c'è un'anima in voi. Anima è solo una piccola luce esca nel vostro corpo, ma se l'anima è legata alla mente e la mente è legata a te, tu sei onnipotente. Potrebbe non essere tutti appassionati, non si può essere tutto romantico, ma sarete onnipotente. Qual è il potere? Hai bisogno di potenza, sono d'accordo con te, ma che il potere? Potenza che è la verità, che è,<br/> 'Aad Sach, Jugad Sach, Hai bhee Sach Nanak hosee bhee Sach.'<br/> O il potere si pensa che si desidera? Mia cara, se avete bisogno che il potere è cosa molto comprensivo che ho imparato, qualcuno ha detto, "Fammi pensare e fammi agire."<br/> Stavo consigliando la persona che appena si possono trovare queste parole familiari, fammi pensare e fammi agire, ho detto: "Lasciate che pensi e ti permettono di agire, non sono d'accordo."<br/> "Perché no?"<br/> Io dissi: "Tu non hai il potere del pensiero, nessun essere umano è realizzato con un potere di pensare e nessun essere umano è fatto per il potere di agire."<br/> È necessario comprendere la fondamentale. I pensieri vengono rilasciati automaticamente, è il potere dell'intelletto in voi che libera i pensieri, quindi non c'è nessun problema, ogni pensiero che viene catturato dal vostro ego è diventato la tua emozione, ogni emozione che è causato dalla tua totalità della personalità diventa il vostro desiderio ed è il desiderio che ti fa agire, non agire, che è l'unico malinteso abbiamo avuto, noi pensiamo che pensiamo e pensiamo di agire. Se si riesce a separare queste due cose che io non penso né io agisco di conseguenza guardo quello che sto facendo farete perfetto, si farà totalmente ragione.<br/> Il problema è che non si può separare questa piccola cosa, io agisco, penso, penso di sì, lo farò. La forza trainante per ogni azione non sei tu. La cosa che ti fa agire non sei tu, è il tuo desiderio che ha maturato dalla emozione, è il vostro sentimento che è maturato dal pensiero, è il tuo pensiero che ha attaccato dall'io e inghiottito, quindi ciò che è, sta accadendo, ciò che viene ricevuto, ciò che sta per essere raggiunto non sei tu. Sono stato chiaro? Si vuole agire, sono d'accordo che si dovrebbe agire, ma prima di tutto cercare</p> |
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depressed person even to get up from bed. When a person is depressed you say, "Hey come on, look."  
He said, "No, I don't want to look."  
"Drink please this glass of water."  
He said, "I don't want a glass of water."  
Students: (Laughter.)  
He said, "It is me."  
"I know it is you."  
Why is a human being breathing, alive, perfect, very mature, Ph.D., has been a president of a firm for twenty years and what he is doing this like a sleeping like a cat and putting a hand on his face and not drinking a glass of water?  
I once saw in a hospital a very good health person being fended intravenously and I said, "My God what is problem with him?"  
They said, "He is so depressed that he doesn't want to open his mouth."  
All right, that's one example, take the other example. When you are wound up, what they call it, hyper. Then somebody said, "So and so, please sleep."  
(?) you go to bed, you go, you sleep, you sleep, I don't want to sleep."  
"Arey, it is 2 o'clock in the morning, in an hour we are going for Sadhana."  
"Sadhana, Sadhana I want to think, I want to think."  
And people pace out in the room back and forth. Have you ever understood that situation?  
Somewhere you total overact and overindulge, somewhere you are totally depressed and undermined, underhanded, over bored, super bored, super depressed, why? Because you don't have a confidence in your self-confidence; therefore you do not know what you are working for, who is working for and what it will give, therefore we have a requirement, we have a requirement to be healthy, happy and holy, you agree.  
I am giving you a meditation today, I call it the last meditation. I am giving this meditation in the essence not that it's a last meditation in the sense, but I am giving you last meditation in the essence, that when life doesn't work for you and you are pretty shy and you don't want to go to anybody and say, well, I am going crazy please help. Sometime personal image is very important; how depressed you may be you want to hide even then, then you need not go to anybody just do this what we are going to do today and find it for yourself that, is Kundalini Yoga is a science and an art which can totally make human being healthy, happy, holy or not.  
Let's put ourselves to test, okay if you don't want to participate you can sit and not bother, you have already paid the donation at the gate, it won't bother, but if you want to participate be sincere because I will like you to experience what you can experience tonight, I want you to feel what you want to feel tonight, I want you to work it out what you want to workout tonight because for this of the month this is our last class, I am going to see you in the month of September or something and lot of things will happen in my absence but you need to survive with something and this is what I say, even if you are dummist of the dummy and nobody wants to buy you for twenty cents even this you can do it right you will come out with best of yourself. All those who still believe at the age of thirty or forty they need to sleep with a teddy bear and they do not know how to deal with a grizzly bear can still work their life out, okay. Am I doing a good sale job?  
Students: (Laughter.)  
YB: I feel I have to market this meditation so that you may get the benefit and then you can help others. The best we have found to help is that in Anchorage, Alaska I old Nirvair Kaur I said, "This person is totally depressed, nothing is going in, there are ears but there are no ears, there are eyes but there are no eyes, she is hearing, she is seeing, she is alive, but she is not in a position to participate with life." Sit down with her and do this with her, one day one person helped another person. When I left Anchorage she was so grateful, she was so much helped, that she could handle everything, whereas you bring a person like bringing a person on a stretcher and then person leaves you driving herself is a mystery. So please participate with heart and mind and see that you do it.  
11/22/31 minutes: Sit straight and hold your hands in the lap in a easy posture one over the other, we know that is a simple thing to do okay. Just like this, see these hands just like this put them here and let the thumbs meet at the end right, close your eyes, inhale deep, exhale, try to breathe when you have to breathe, try to breathe maximum okay. I'll lead you with the notes and you will follow it. Inhale deep, 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...'  
(Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...')  
Inhale, you have to say eight times without breathing in-between this mantra in a monotone, go.  
(Students: Singing 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...')  
Don't breathe in, stop if you can't. Now inhale deep, see how much breath you need and release the breath very slowly, go ahead. Inhale deep, try to make it, go ahead. Yeah, yeah time it fast little bit. Try it, be successful then you will be successful, go ahead.  
Go.  
Arey you didn't take even forty-five seconds, go ahead. Put your heart and soul into it. Participate, participate.  
Inhale, exhale...  
We have practically done it for about eleven minutes, you can say maximum and which I understand out of the whole congregation very few could have carried it, I want to make you understand what, how it will work. It is required to be done thirty-three minutes by clock, there is no hanky-panky about it and if you correctly utter this 'Wahe Guru Wahe Guru, Wahe Guru Wahejio...' you will exhale the entire breath in one minute, in sixty seconds, it's a total scientific study, don't do it more, don't do it less. And you have to say it eight times virtually if your breath is all right and breath of fire is all right, you will do it in one minute per saying and in other words you will be doing about thirty-three minutes or you will be saying thirty-three times, but your breath will be short and then you cannot do it eight times, so this is how we build up the stamina, we build up like we do it like eleven minutes, eight times, then we do twenty times for few days, twenty-two minutes eight times, then we do thirty-three minutes eight times, we built it up. What it will do to you? It will bring in you when the breath can be regulated by...  
Now try to understand for you Wahe Guru Wahe Guru, Wahe Guru Wahejio is a mantra, you feel you are appreciating the God lord, what is Wahe Guru? Wonderful God, wonderful God, that's what you are saying and when you say Wahe Guru Wahejio you are my beloved of my soul O God, literary meanings are very simple,

di capire si può agire, chiunque può agire senza il desiderio? Fare una persona depressa anche ad alzarsi dal letto. Quando una persona è depressa tu dici: "Ehi vieni, guarda."  
Egli disse: "No, non voglio guardare."  
"Bevi favore questo bicchiere d'acqua."  
Egli disse: "Io non voglio un bicchiere d'acqua."  
Studenti: (ride)  
Egli disse: "Sono io."  
«Lo so che sei tu.»  
Perché è una respirazione essere umano, vivo, perfetto, molto maturo, Ph.D., è stato un presidente di una società per 20 anni e quello che sta facendo questo come un addormentato come un gatto e mettendo una mano sul viso e non bere un bicchiere d'acqua?  
Una volta ho visto in un ospedale una persona molto buona salute in corso di respingere per via endovenosa e ho detto: "Mio Dio ciò che è un problema con lui?"  
Essi dissero: "Lui è così depresso che non vuole aprire la bocca."  
Va bene, questo è un esempio, prendete l'altro esempio. Quando si sciolgono, quello che chiamano è, iper. Poi qualcuno ha detto, "Così e così, per favore dormire."  
(?) Di andare a letto, si va, dormi, dormi, io non voglio dormire. "  
"Arey, è 2:00 del mattino, in un ora stiamo andando per Sadhana."  
"Sadhana, Sadhana voglio pensare, voglio pensare."  
E le persone passeggiano nella stanza avanti e indietro. Avete mai capito questa situazione?  
Da qualche parte la totale strafare e overindulge, da qualche parte si è totalmente depresso e minato, subdolo, più annoiato, super annoiato, super depresso, perché? Perché non avete fiducia nella vostra fiducia in se stessi; quindi non si sa che cosa si sta lavorando per, che sta lavorando e che cosa vi darà, quindi abbiamo un requisito, abbiamo l'obbligo di essere sano, felice e santa, siete d'accordo.  
Io sto dando una meditazione di oggi, io lo chiamo l'ultima meditazione. Io sto dando questa meditazione nella sua essenza, non che si tratta di un'ultima meditazione nel senso, ma io vi do l'ultima meditazione nella sostanza, che quando la vita non funziona per voi e sono abbastanza timido e non si vuole vado a nessuno e dico, bene, io vado pazzo per favore aiutatemi. A volte l'immagine personale è molto importante; come depresso si può essere che si desidera nascondere anche allora, allora non è necessario andare a nessuno fare solo questo che ci accingiamo a fare oggi e trovare per te stesso che è Kundalini Yoga è una scienza e un'arte che può completamente fare umano essere sano, felice, santo o no.  
Mettilamoci alla prova, va bene se non si vuole partecipare si può sedere e non preoccupatevi, avete già pagato la donazione al cancello, non sarà disturbato, ma se volete partecipare sia sincera, perché mi piace di sperimentare ciò che si può sperimentare stasera, voglio che tu senti ciò che si vuole sentire stasera, voglio che lavori fuori ciò che si vuole allenamento stasera perché per questo del mese questa è la nostra ultima classe, ho intenzione di vediamo nel mese di settembre o qualcosa e molte cose accadranno in mia assenza, ma è necessario per sopravvivere con qualcosa e questo è quello che dico, anche se sei dummist del manichino e nessuno vuole comprare per venti centesimi, anche questo si può fare nel modo giusto si uscirà con più di te stesso.  
Tutti coloro che credono ancora all'età di trenta o quaranta hanno bisogno di dormire con un orsacchiotto e non sanno come comportarsi con un orso grizzly può ancora lavorare la loro vita fuori, va bene. Sto facendo un buon lavoro di vendita?  
Studenti: (ride)  
YB: mi sento di commercializzare questa meditazione in modo che si può ottenere il beneficio e quindi è possibile aiutare gli altri. Il migliore che abbiamo trovato per aiutare è che in Anchorage, Alaska io vecchio Nirvair Kaur mi ha detto: "Questa persona è totalmente depressa, niente sta andando in, ci sono le orecchie, ma non ci sono orecchie, ci sono gli occhi ma non ci sono gli occhi, lei sta sentendo, lei sta vedendo, lei è viva, ma lei non è in grado di partecipare con la vita. "Siediti con lei e fare questo con lei, un giorno una persona ha aiutato un'altra persona. Quando ho lasciato Anchorage era così grata, lei era tanto aiutato, che poteva gestire tutto, mentre si mettono una persona come portare una persona su una barella e poi persona ti lascia alla guida stessa è un mistero. Quindi, per favore partecipare con il cuore e la mente e vedere che si fa.  
11/22/31 minuti: Sit dritto e tenere le mani in grembo in un facile postura sopra l'altro, sappiamo che è una cosa semplice da fare male. Proprio come questo, vedono queste mani, proprio come questa metterli qui e lasciare i pollici si incontrano a destra fine, chiudere gli occhi, ispirare profondamente, espirare, cercano di respirare quando si deve respirare, cercare di respirare il massimo bene. Io vi guido con le note e tu seguirla. Inspirare profondamente, 'Wahe Guru Wahe Guru, Guru Wahe Wahejio ...'  
(Studenti: Canto 'Wahe Guru Wahe Guru, Guru Wahe Wahejio...')  
Inspirare, che hai da dire otto volte senza respirare in-tra questo mantra in una monotona, andare.  
(Studenti: Canto 'Wahe Guru Wahe Guru, Guru Wahe Wahejio...')  
Non respirare, stop se non è possibile. Ora ispirate profondamente, vedere quanto fiato hai bisogno e rilasciare il respiro molto lentamente, andare avanti. Inspirare profondamente, cercare di rendere, andare avanti. Yeah, yeah tempo veloce po'. Provalo, avere successo allora si avrà successo, andare avanti.  
Andare.  
Arey non ha preso anche 45 secondi, andare avanti. Metti il tuo cuore e l'anima in esso. Partecipare, partecipare.  
Inspirare, espirare...  
Abbiamo praticamente fatto per circa undici minuti, si può dire al massimo e che capisco di tutta la congregazione molto pochi avrebbero potuto portò, voglio farvi capire cosa, come funzionerà. E 'necessario essere fatto 33 minuti da orologio, non c'è imbroglio su di esso e se pronunciate correttamente questo 'Wahe Guru Wahe Guru, Guru Wahe Wahejio ...' si ispirare l'intero respiro in un minuto, in sessanta secondi, si tratta di uno studio scientifico totale, non farlo più, non farlo di meno. E bisogna dire che otto volte praticamente se il respiro è tutto a posto e il respiro di fuoco Va bene, lo farà in un minuto per dire, in altre parole sarai facendo circa 33 minuti o sarete dicendo: trentatré volte, ma il respiro sarà corto e quindi non si può fare otto volte, quindi questo è il modo in cui costruiamo la resistenza, costruiamo su come lo facciamo come undici minuti, otto volte, poi facciamo venti volte per pochi giorni, 22 minuti otto volte, poi facciamo 33 minuti otto volte, abbiamo costruito su. Che cosa farà per te? Porterà in te quando il respiro può essere regolata da...  
Ora provate a capire per voi Wahe Guru Wahe Guru, Guru Wahe Wahejio è un mantra, ti senti apprezzando il Signore Dio, che cosa è Wahe Guru? Dio meraviglioso, meraviglioso Dio, che è quello che stai dicendo e quando si dice Wahe Guru Wahejio tu sei il mio diletto dell'anima mia O Dio, significati letterari sono molto semplici, non

it's not something you are saying something very freaky, but the combination has to be this way, Wahe Guru and it is the tongue and the lips movement, it is the moon and the sun movement, so you can't say very fast, you can't say very slow, it is just like 'Wahe Guru Wahe Guru, Wahe Guru Wahejo...'. If you correctly pronounce it you will find a very subtle rub against the center of the palate and that is where the central nerve it is called thirty-two degree meridian is which we call it the Christ meridian, in the west we call it the Sat ka Buddha Bindu in the east, so that is stimulated. Then what else? You can think right, you can act right, you can see right, you can look at yourself, you can imagine, you can meditate, everything else follows. If you don't do it, I have no grudge. I mean, don't misunderstand that I am putting you on a trip because I am going for three months, that's not the point; point is not I want come back and I want to see you happy and not going berserk.

Students: (Laughter.)

YB: That's where the point is. So I am giving you home task and if you have a iota of honesty, not only you do it make your neighbors do it, make your roommate of it, make your children do it, make, try, try, try, you will enjoy it. Eight times per breath inhaling deep holding and going through, is that real, understandable. And at least if you are into very commercial situation just say I am going to do forty days, commit, but don't cheat, each breath eight times. Surprisingly you will wipe out lot of negativity because after all, what is negativity? Mismanagement of this cantaloupe.

Students: (Laughter.)

YB: This is computer, I mean you, you are perfect, this is mismanagement and you know whole things goes like that, so it will work out. May the long...

The class sings: 'May the long time sun shine upon you...'

YB: Siri Data is born today?

Student: Yeah.

YB: Hey Siri Data you are born today, promise to be humble and don't hate girls.

Students: (Laughter.)

Siri Data: Yes sir.

YB: What do you mean yes sir, say it yes or no let the congregation hear.

Siri Data: Yes sir.

YB: And look you came as my son to serve me and you have given me so bad time.

I don't want to say anything, but I tell you if I would have been what I am and you would have come to study with me in India you know what I would have done to you, you want to listen to that?

Students: (Laughter.)

Student: (----).

YB: Okay you don't want that, so it's okay, but I tell you today just act good, it is the goodness which is the godliness. You have been assigned a job and I want to see that, whatever jobs are you can do them all and still rest, right. All right, let us sing.

The class sings: 'May the long time sun shine upon you...'

YB: Yeah, yeah, may, may, may.

The class sings: 'May the long time sun shine upon you...'

YB: Bless me God, next time whenever there should be class we must choose five men as volunteer and then after a month we should chose five ladies as volunteers who should be exactly here 6:30 with their guitars and instruments singing and chanting, it should not be a volunteer service, it should be confined service, precisely those people told, because what is happening is some people have got so egomaniac that they don't have a time to sing, they don't have a time to, their instruments are crying sitting in the closets, they don't take them out so we should see. And then secondly there are some people who never sing, put them on the schedule and make them miserable.

Students: (Laughter.)

YB: And let us have everybody singing, righ

è qualcosa che si sta dicendo qualcosa di molto strano, ma la combinazione deve essere in questo modo, Wahe Guru ed è la lingua e il movimento delle labbra, è la luna e il movimento del sole, quindi non si può dire molto veloce, non si può dire molto lento, è proprio come 'Wahe Guru Guru Wahe , Wahe Guru Wahejo ...', 'se pronunciate correttamente troverete un massaggio molto sottile contro il centro del palato e che è dove il nervo centrale si chiama trentadue gradi meridiano è che noi chiamiamo il meridiano Cristo, in occidente chiamiamo il Sat ka Buddha Bindu a est, in modo che è stimolata. Poi che altro? Si può pensare bene, si può agire a destra, potete vedere a destra, si può guardare a se stessi, si può immaginare, si può meditare, tutto il resto segue. Se non lo fai, non ho alcun rancore. Voglio dire, non fraintendetemi che vi sto mettendo su un viaggio, perché io vado per tre mesi, non è questo il punto; punto non è che voglio tornare e voglio vedervi felici e non andare berserk.

Students: (ride)

YB: Ecco dove il punto è. Quindi io sto dando compito a casa e se avete un briciolo di onestà, non solo non si fanno i vicini lo fanno, rendere il vostro compagno di stanza di esso, fanno i vostri figli fanno, fare, provare, provare, provare, vi piacerà. Otto volte al respiro inalando azienda profondo e passando, è che la vera, comprensibile. E almeno se siete in situazione molto commerciale appena detto che sto per fare 40 giorni, commettere, ma non imbrogliare, ogni respiro otto volte. Sorprendentemente si spazzerà via sacco di negatività, perché dopo tutto, che cosa è la negatività? La cattiva gestione di questo melone.

Students: (ride)

YB: Questo è il computer, voglio dire, tu sei perfetto, questo è la cattiva gestione e si sa le cose tutto va come quello, in modo che tutto si risolverà. Maggio il lungo ...

La classe canta: 'Che il tempo sole splenderà su di voi ...'

YB: Siri dati è nato oggi?

Studente: Già.

YB: Hey Siri Dati che sono nati oggi, promettono di essere umili e non odio le ragazze.

Students: (ride)

Siri dati: Sì, signore.

YB: Che cosa vuoi dire sissignore, dici sì o no lasciare che il sentire congregazione.

Siri dati: Sì, signore.

YB: E si guarda venuto come mio figlio a servire me e mi hanno dato tanto brutto momento. Non voglio dire niente, ma vi dico se sarei stato quello che sono e che si sarebbe venuto a studiare con me in India sai cosa avrei fatto per voi, volete ascoltare questo?

Students: (ride)

Studente: (----).

YB: Va bene non si vuole che, così va bene, ma io vi dico oggi proprio agire bene, è la bontà che è la pietà. È stato assegnato un lavoro e voglio vedere che, qualunque lavori sono si può fare tutto e ancora di riposo, giusto. Va bene, cerchiamo di cantare.

La classe canta: 'Che il tempo sole splenderà su di voi ...'

YB: Sì, sì, può, può, può.

La classe canta: 'Che il tempo sole splenderà su di voi ...'

YB: Benedici me Dio, la prossima volta quando ci dovrebbe essere una classe dobbiamo scegliere cinque uomini come volontario e poi dopo un mese dovremmo scelto cinque donne come volontari che dovrebbero essere esattamente qui 06:30 con le loro chitarre e strumenti di canto e canto, si non dovrebbe essere un servizio di volontariato, si dovrebbe limitarsi servizio, proprio queste persone hanno detto, perché quello che sta accadendo è che alcune persone hanno avuto così egocentrico che non hanno un tempo di cantare, non hanno un tempo per loro strumenti piangono seduti negli armadi, non li prendono in modo dovremmo vedere. E poi in secondo luogo ci sono alcune persone che non cantano, metterli sul calendario e renderli infelici.

Students: (ride)

YB: E diamo a tutti il canto, righ