

TCH24 01 970421 Fermiamo qualche istante la nostra mente

Per elevare gli altri, dovete avere un corpo INFINITAMENTE RESISTENTE, perché il corpo è l'espressione con cui curerete il mondo, e se non è abbastanza forte non funzionerà. Non potrete comprare per nessuna cifra un respiro di vita. Noi stiamo portando noi stessi ad essere totalmente intuitivi. Perché voi potete arrivare a conoscere al più l'20% della realtà, l'altro 80% appartiene allo sconosciuto, e voi venite da Li. Se non potete comprendere la teoria del conosciuto-sconosciuto, non capirete niente e sarete solo fantasmi.

Noi non abbiamo chiesto a Dio di essere qui o là, non avete scelta e questo è Dio in Voi, questo è Dio che si cura di Voi, perché siete nati spirituali per fare un'esperienza umana.

Quando il vostro corpo funziona, con la vostra sola presenza Voi elevate gli altri e sistemate tutto. Tutti noi siamo parte dello stesso piano, abbiamo tutti un'unica realtà.

Amiamo tutti quanti e allo stesso tempo giudichiamo tutti quanti, ma questo non funziona insieme perché quando c'è amore non c'è giudizio. Quando siete seduti nel giudizio, siete seduti nella vostra insicurezza, quando siete insicuri non avete senso perché vi state limitando e vi fate piccoli. Quando giudichi Dio non sarà mai con te, perché quando giudichi poni i limiti e Dio è senza limiti.

Gli studenti vengono da Voi perché siete innocenti e riconoscono di non essere giudicati ma amati. Allora dovete riuscire ad avere un potere mentale capace di dare il benvenuto a chiunque. L'infinita vastità del vostro amore il servizio, Quello che faremo oggi è bloccare per qualche istante la vostra mente:



11 minuti Occhi alla punta del naso, mantra Wahe Guru Wahe Jo, i primi 6 minuti in silenzio poi cantate..

Il pollice racchiude mignolo e anulare, le altre due sono dritte, la destra verso l'alto e la sinistra verso il basso.

Per finire ispirate e premete forte portando in fuori il torace trattenete ed dopo circa 15-20 secondi espirate per 3 volte.



11 minuti

Mettete le mani come nella figura connettendo i pollici i vostri Ego, occhi chiusi. Voi siete il potere e la forza e ora state benedicendo.

Questo deve succedere altrimenti gli studenti non avranno fiducia in Voi Benedite ora, Ora benedite, la Terra

Per finire ispirate e fate pressione con forza tutte le braccia stirandole e tendendole mentre trattenete il respiro per 15-20 secondi ed espirate 3 volte.



4 minuti: mettete le mani come nella figura di sopra e premendo con la mano sinistra sull'ombelico HAR HAR HAR

pronunciate il mantra Har dal 3° chakra



Ora mettete in unione la mano destra con quella di un vicino e continuate il mantra HAR dall'ombelico connettendovi con il PARTNER, alla fine dopo altri 3 minuti chiudete gli occhi e meditate profondamente ricordate chi siete VOI

Ora in silenzio mentre Guru Das suona Flowers in the rain meditate in silenzio e annullatevi profondamente. Perdete ogni pensiero, andate nel profondo. (26 minuti)

SATNAM

Che cos'è la meditazione?

L'intelligenza e non si può fermare, produce continuamente i pensieri. Noi siamo condizionati dalla società, dalle circostanze, dall'ambiente, i nostri pensieri diventano sentimenti, ed i sentimenti emozioni, che a loro volta generano i desideri.

Il desiderio è come un cielo senza fine. Quando il desiderio si avvera sei felice, altrimenti sei perso.

C'è qualcosa che non scopri mai: il tuo amore interiore per te stesso, per quella cosa che sta dentro di te e che non desideri mai

La vita è un dono.

Quando gli dai un prezzo, allora comincia la tragedia e dal paradiso cadi nell'inferno. Altre volte qualcuno vuole dare il valore in funzione del prezzo del dono.

Quando volete essere insegnante dovete elevarvi sopra voi stessi e sopra a tutti. Per fare questo dovete saper riconoscere la cosa che dovete fare e farla subito. Quando andate a lavorare l'unica cosa che importa è quale buon lavoro avete fatto e quanto sapete lavorare. A questo proposito Nanak dice le tue azioni decideranno, quanto sei vicino o lontano dalle cose che devi fare. Mentre voi in nome della religione create le distanze tra la vostra realtà e voi. Ma sbagliate perché la realtà è la religione, e la religione è la realtà. L'unica vera religione è che siete nati come UMANI, vivete come UMANI e morirete come UMANI.

Questo corpo è il tempio di Dio, ed ogni abuso al corpo è una cosa inumana perché il vostro corpo vi è stato dato per adempiere al vostro destino, in accordo alla vostra anima ed alla meta da raggiungere.

Prendiamo l'esempio di una goccia di pioggia. Quando cade, essa viene per andare nell'oceano, ma se non gli riesce, non ridiventa goccia di pioggia. Mentre il ciclo deve essere completato.

*Quando inizi a giudicare di venti insicuro, e quando sei insicuro è perché hai iniziato a giudicare. **La tragedia della vita è che quel tuo interno che tieni nascosto, prima o poi viene fuori, e quando l'altra parte di te saprà che hai una parte segreta, si separa.***

*Credete di essere furbi e di nascondere le cose, lo potete fare per giorni, forse per anni, ma prima o poi non ce la farete più. **L'unica cosa che dovete fare è vivere diritti senza avere un dentro e un fuori diverso da quello che siete.** Non c'è nessuna cosa come la nevrosi. E' la tua agenda nascosta che genera questo e trovate diversi modi per tirarla fuori. Questo impoverirà terribilmente la felicità della vostra vita.*

Quando il flusso è O.K. la tua vita è O.K. Non so se volete essere insegnanti del domani ma se non capite questo non diventerete mai insegnanti.

TCH 24-1 970421 Assisi Stop the mind

Sit, you are here? You are fun. Oh, could get Trilochan a chair he doesn't know how to sit. This course, somebody has to translate ah... This is Italian, French, German, okay, Spain. Well, anyway. This is a teacher's course. We have no consideration. You are a man or woman or young or old. You are pretty or ugly. You are French, German, Norwegian... you are nothing. First of all I request you to get rid of the prejudice and remember that oath we take. I am not a woman, I am not a man, I am not a person, I am not myself, I am a teacher. It doesn't matter how much I teach you and how much you learn. Role of the teacher is to teach to elevate another person and if you have feelings as a person, your ideas as a person, your gain and loss as a person, how many student I can reach, how many people I can talk, ah...then you better not attend this course. So there are certain fundamental powers which work. Teacher works through the body language. He works through his sight, he works through his words, teacher is not who cover the distance of destiny. He realizes the destiny. Do you understand your responsibility?

Students: Yes sir.

Somebody must have come to the course before. Yes, this is...this is...this is my second side of it, which I hid for twenty-eight years. I didn't come here to collect students and look at girls and boys and start a religion, that was not my idea. To me it was all acting fake but that was also required if people do not trust you, people do not know you, you can not come on them straight. So we decided, some people may be desirable or it is the priority of their desire, they want to become teachers. Why we are doing it? On eleventh of November, nineteen ninety one the Age of Piscean closes and Age of Aquarius starts, so in between we have actually twenty one years of the cusp all of you who are here will find that change because majority of the people will go berserk, sign and symptoms are as followers. This time people will become convincingly argumentative and negatively argumentative and negative. People will feel, people will feel lot of unhappiness in their

heart in spite of the fact everything is normal. Thirdly you will feel deep, deep, deep, it is not small deep, deep loneliness. Number four, you will feel tired and tired of what? Tired of eating, tired of living, tired of tired, tired, tired. Because the fundamental has changed. Age of Aquarius is different than Age of Piscean, must remember that in Piscean age was "I want knowledge, take me where it is available or I will go where I can get it." In the Aquarius age, "I want experience I have knowledge." It is opposite, so you will find lot of things will fail and people will hold you in the street responsible. This is what is going to happen, I may live or not doesn't care. Don't bother about me I have done my job. People will hold you in the street, help me. You may not know their name, you may not know who the hell they are, you do not know what to do. Sometime you will try to stay and say something, sometime you try to runaway. They don't know your name they will not know who you are but the fact is, they have to just see your radiant body and they will be attracted to you as iron and magnet. There is nothing bad you can do, or good you can do. Only one thing you should do and it is very funny thing to do which I do, I can only tell you what I do. I just hold the hand of a person and all I say is "You are the Lord of the miracle. I can't do it. Help this man" and I don't say that I am very pure, I am very saint, I don't care to be saint or pure but it happens on the spot and that's what you have to do to protect your wealth. Add in yourself the character, add this character to your personality. Religion has light to you for three thousand years. Religion has told you to worship God, so religion very systematically and put God outside the man. In God is inside me, you have been chanting all these years without knowing the meaning. God and me, me and God are one. Now it is a time to understand it. Your purity and piety will work there is no other miracle. Longitude and latitude everybody has at the moment at that time and space, if you can have a altitude and attitude, you win. If you forget this you lose, so there is no other big miracle. You are with your parents and they gave you a potty training, remember that? John, sit, sit, sit John sit, sit, sit John poop, poop, poop and you won't do it, remember those days? No you don't, majority of you don't do that. But that was your first training to take your shit in a container, in another words to contain your shit, you understand? That was first lesson every mother taught a child. Now when we have heavens as our father, earth as our mother, we should not forget, we should learn to contain ourselves, our negativity. God gave you negative mind just to see through where you can be damaged, God then give you negative mind to become negative. There are two powers on this earth one is liver, one is lens. Liver with a man is world of man and lens of a person is the intuition of a man. All these days you will hate me, I know there is no other way because some of the exercise are very painful. Because within this time we have to re-channel you, rebuilt your inner channels, rebuilt your projection and attack your ego. The last part you will not like because you are still playing that this earth belongs to me. It doesn't, never happen, one who rotates this earth will take care of the routine. None of you is orphan, none of you is poor, none of you is insane or miserable. Just widen yourself, so you can get all there is, close yourself and everything will runaway. The problem we have now is somehow after five years of the Age of Aquarius. Some people in United States went with the comet. And in nineteen seventy two I said, "There will be a time when computer will give us four mega billion information." All these WWW dot com is going to be WWW dot com you believe me. You have not to worry about students, you will have tons of them. Right now you are hassling because you think I have work hard, I have to get students, I have to...every teacher wants to have students but my dear you will have so many students you try to hide and you find a place. Therefore just calm and quiet and bare with me and learn today the fundamental. So this is enough lecture, that's okay and now...because we have come here all the way from United States with swollen legs and all that to go to a corner of the world and teach. And you have come all the way to learn, talking is enough. All right, now sit straight with a straight spine and if you have to curse me, curse me loud, so it is not something you have to worry about it. I sit higher because I learnt, you are sitting down because you are learning that's the only difference otherwise there is no difference. You will be as powerful tomorrow as I am today rather standard is that you should be ten times stronger than me then you can hold that flood. What you need is a strength of your soul and your determination. Let us see we are balanced or not, you see this you put right upwards and this you put downwards and be straight and look at the tip of your nose and forget about me. Spine must not move that's the only request. Straight balance and make it straight as rough as you can that you are absolutely straight with us. Hey Siri

Ved put that tape to help them. Oh, that Paris tape. Look at the tip of your nose and keep in looking till your forehead become like a led. You have to conquer the pain.

(Tape is played in the class)

YB (Talks over the tape): Look at the tip of your nose, concentrate and be easy. These hands must be balanced with spine because through these hands you will heal. You need that touch and let energy go and let you conquer the pain. The words mean “God, take me from darkness to light.” That’s all we are saying or listening. It is a affirmation. It is a prayer. You have done half of the time. Now it will be very painful for you. Instead of yelling and screaming try to follow the sounds that may help. But you keep this spine straight, you will win. Keep up, next two minutes are very important. One more minute stretch your hands. Look at the tip of your nose, help yourselves. Inhale.

(Tape stops)

Hold the breath and start walking on the spine tightening each muscle up to the top of the see one neck, go down all the way up, hold the breath, fire out. Inhale deep again, nobody is going to die but you are going to become a different person, you got to do what you got to do. Now tighten the breath and start spinning up. All the way, chin in chest out, fire out. Again inhale deep, deep, expand, let the ribs come out and tighten the spine with all the power you have. Relax. See we are friends. We are friends, you know? Hey, your own body is not friendly with you. It started revolting after seven minutes. I tell you what, this is the body through touch his sight and his expression, you are going to heal the world. If this body doesn’t have unlimited strength to elevate it won’t work. Do not deceive yourself. There is a difference between a teacher and a preacher. We have not come here to learn philosophy. There are tons of libraries and lot of sayings. We have to come to clear our channels and that confidence then we touch a person we can locate the death and said, “Chu...go.” And it obeys. That is the quality of people are going to be built. That’s what people will need. One breath of life you cannot buy for any money. So under the circumstances make a personal pledge that these days when we are here, we are going to put ourselves totally into it. Now this is what you have to understand. Ten percent is the object you want to achieve, ten percent is the subject which you go to achieve, remember this formula you will never be hurt. Your power is only ten percent and your initiation is ten percent. Eighty percent is unknown. Now, religion tell you to be afraid of unknown. Why you should be afraid of unknown? You have come from unknown that was your home and why you be afraid of unknown that’s where you are going to go. If you do not understand the theory of known, unknown, you will not go anywhere. Then you will be ghost hanging here, somewhere doing things nothing may be. Human is made in the very image of God. It has come from infinite to a finite, it has to go to infinite. We are not born in sin and we have no guilt. We didn’t write an application to God, please give me a birth and mail my gender as woman or a man. I want birth in Los Angles, others say I want birth in Durban, in Frankfurt or Rome. You have no choice. That God sent you and that God should take care of you. We are born perfectly spiritual beings and spirit has no limit. We were born to have human experience, practice kindness, compassion, caring. If that potty training works and now you make your mental potty training right then all the powers of the mother earth and all the powers of heavenly fathers will start flowing through your hands, from your sight, from your presence. You are worried about relationship. Who is mine, who is not mine. Why don’t you look like this? There is a sky and we all star at this time shining. It is a illusion that there is somebody good and somebody bad. It is not true; we are all here part of the plan. What religion we have or what reality we have there are two difference things. Ethnic cleansing and kill three million people and three cleansing...two, two million people, what is this cleansing? They fight for land? Because we have all religion none of us has reality. We love everybody at the same time we judge everybody. This two can’t meet. When you love somebody there is no question, when there is a question there is no love. When you judge anybody God will never come with you, unknown will never come to you. You know this is a place of (?) he looked in bird and things, God. That’s what he saw. Think of a butcher who kills every animal, think of this man whose shoulder was loaded by bird wherever he walked because those birds understood he was innocent. Same way, when you are innocent student who want to learn the language of light will come to you and love you and hug you and adore you. Just like birds came and sat on his top. You know what he did? He chop off his hair from the center. Do you know? Anybody knows why he did that? So they can’t have proper sitting place

because with hair they used to fall left and right, so give them a ground, he shaved off center of his head. It was his way saying, "You are better than me, come on sit here, sit here, sit here," and sometime for hours and hours he used to walk like that, so they used to sit like this and like this. You think he was insane. No, he is saint and you are not; that was his mind. You have to have that mental power to welcome everybody. When you sit in judgment, you shall sit in insecurity and moment you are insecure you are done, you are cooked. You make no sense because then you limit yourself. Make yourself small. Our way of life is infinite vastness and love through service. So I know some of you might be thinking lot of things but I am going to block your mind for few minutes and put you through it but first before that we will go for a prayer, okay. Now you'll well rested, ready? All right. I have changed it from here to here because people think I am saying hey Hitler. You know your mind has prejudices, if you do like this many people from Germany will not like and other will never like it at all. So make a little change go like this and connect the Id, Id is the ego. This is ego, this is Jupiter, this is Saturn, this is sun, this is mercury. And just bless, bless the earth. Eyes totally closed. This morning there was a beautiful tape which gave me the ecstasy, if you can find that out play it. (?) it was sang by those beautiful raagis, I loved it; I want to share with my kids. You may not know what we are singing but it is a very good blessing. All it says, "God, come through and come through for me." Now you have become skinny. I am going to tell everybody. Ummm... Now it is a blessing part, learn to bless, you are the power now, you are the strength now, you are the teacher now, you are blessing now and it must work, otherwise your student will not trust you. You can cheat once, you can cheat twice, you cannot cheat all the time, bless, bless, bless, bless, now.

(Tape is played in the class)

YB (Talks over the tape): Oh God, save my honor. Angle your arm properly, bless gracefully. No bent in elbows. Steady, steady. Steady, steady, don't give up. Let the hands flow and have the healing power, concentrate.

(Tape stops)

Inhale deep, deep posture perfect deep and now stretch your hands like steel bar is going forward and lift them from the shoulder, push forward. Breathe out, breathe in deep, now make your fingers and the arm just like a steel, push them out from the shoulder upward. Keep the angle, keep going. Breathe out, breathe in again deep, deep, hold tight, now bring the spine, raise the spine and the hands, relax. That's enough, now the other exercise is very heavy and it is with the navel point. No, no, no, no, let's keep doing, it is wonderful, we have started well. You are pretty, very good. Normally people fall apart in the first exercise but you are achieving quite a bit, so if anybody has a problem with urination. They should clear their bladder because that exercise demand there should be less water in the bladder. How are you?

Student: Thank you, I am fine. Remember you gave us a lesson about now and then. How was it? Now and then or now and (?)

YB: It, it takes you away from the time perfect, time effect.

Student: And the movement of the hands side wards or forward?

YB: No, like one, hey...two...hey...three. How are you doing, well?

Student: Sat Nam.

YB: Come in, come in, kindly. It is a very international community here and you have your tradition and your culture. But world is a very small planet and humans are going to understand each other through internet and WWW dot com. Everybody will know everybody. What will be the result of that? All those minor emotional feelings and the care you used to take before will become obsolete. Children grow up in a day care center and TV's will be their mother and breakfast will be their father. That's the only time, you understand how much TV has gone to in our head. One child was watching TV and his father wanted to see the news on CNN. The father shifted the TV from what program he was watching to news. He went in took the revolver from the drawer of the father and shot him and then called nine, one, one, police that my life is in danger I need protection. These things look to us as a joke. How it is possible? It is not possible. It is going to become routine. Tolerance, reverence, love, affection is all gone. You want what you want and then once you are locked into a want then want locks you. That's the worst slavery in human life. You want, you want, you want is understood but what is one and you are a lot, so every want makes you lose your width, it loses your openness. It makes you smaller, on other hand, you

want everybody to love you, everybody to trust you, everybody to know you, on other hand you say, "No, no, no, no." It doesn't make life. You always count thing with a gain and a lose. There is another class going.

(Students laughter)

You have a reservation, this is my gain, this is my loss. You don't want to lose and you want to gain. Remember everything is in balance, every loss has equal gain, every gain has equal loss. You know this story where it comes from? King is dead long live the king. Now watch these animals. I saw on the discovery channel myself. I never believed before that but there was nothing not to believe. A lion who has a pride of about seven lioness and kids, there were two lions, running at lions. One with a darker mane and other was with a very golden mane. They both came and attacked this lion. Funny part which I understood was not a one lioness went for his help. So he fought but against two one was not enough (?) human but all these seven lioness become in heat. So one had three other had four and that tells a story of genetic control. Our genetic control is still that of animal. Our human control is still loss and gain, sex and senses. Our angelic control is infinite, infinite, infinite. The longing of our soul is for infinite and once you are infinite what is the idea of it? Mother nature and heavenly fathers come to serve you because they are the real parents and your suffering will go away. It is now you should think what you want to be, you want to walk tall, you want to bless people, you want to be kind, compassionate and caring. Can you love an enemy? If you cannot love your enemy you still hate yourself. If you cannot help somebody who needs you, you are still poor and if you do not reach out with the idea to serve and you can't serve. You have a fundamental metal problem, you are small.

These are the three steps you should note. Fourth is, if somebody trusts you, you betray, lie or cheat. You will never escape the wrath of nature. Remember eighty percent is nature. And you are not clever enough to blind the nature and the heavens. This is our last exercise. It is not that bad though. We'll put the tantric tape; I'll release the energy from two point seven mega cycle to three or three, two. That's the maximum that I can do, provided you come through and you will have your experience and I will have my mess whatever later on I will go and heal myself, okay? Done. We are pushing it; we are pushing from your one-third existence to your two third existence in...in a layman language. All right, put your left hand at your navel point please and with this hand press the navel, take your right hand and set yourself in a mood that you put your chest out, chin in and navel in and press it. We are playing a European drum and the sound is 'Har' and go with it perfect. Eyes look straight, parallel to the ground. No left, no right, no up, no down. Throtica eyes, flawless front.

(Drums is played in the class)

YB: (Talks over the drums) Har, har, har, from the navel. Use the power of the hand on the navel, press it in. Put the hand in pressure. Hold, hold, hold, stop it.

(Drums stops)

Now turn your face to the next partners and put your hands that right hand together. She is vacant, you are vacant. Two vacants can join know. Normally there will be no vacant. Hurry up; we are standbys who never wanted work are standing outside. We get in. If anybody is left raise your hand and we will get to the partner. Hey, Amsterdam, come here, you lousy fellows. She needs it. You come here. You sit with her, she needs. One more, all reserve come in. Yeah, right here (?) get in, get in, you are wasting time. Back, back, I know, he'll get it. Everybody get according to the karma. Now please look straight into the eyes of the partner. Oh, you need one? You need one. Yeah, come on; see it is all equal number. Come on there is nothing wrong with your leg now you are pretending. Come on; come on, yes, yes, yes, yes. That lady with head red here. Now, put the hands straight and put equal pressure that this lock should hold you. Look straight into the very small part in the eye, that round and connect it. We are playing the same tape and this time you use the hands so much push in that 'Har' comes from the navel point.

(Tape is played in the class)

YB (Talks over the tape) Har, equal pressure, as on the hand, right hand equal pull in the left. Inhale,

(Tape stops)

Close your eyes, breathe long and deep and go in a deep meditation. Remember to receive the heavens in you. Go absolutely thoughtless and hypnotize yourselves yourself into the total

energy of God. Put that tape of Lata Mangeshkar very slow and calm to help them to sustain themselves.

(Tape is played in the class)

YB (Talks over the tape) Concentrate, concentrate, long deep breath will help. Deeply concentrate, this is the time to deeper in. Guru Das come here. Be careful, you can't get up right away, be careful, be careful. (?)

(Tape stops)

(Student started singing in the class)

(Song stops)

YB: Sat Nam

Student: Sat Nam

YB: Sat Nam

Student: Sat Nam

YB: Sat Nam

Student: Sat Nam

Student: Oh, infinite in every being, oh, light of every mind, oh, love of every heart. May we through thy infinite mercy, be gifted, to heal and elevate those we meet that they may know their greatness, that they may be relieved from suffering, and that they may find peace, may we be blessed, may this world be blessed, Sat Nam.

Students: Sat Nam

YB: Relax. Now, ah...we have done today, tomorrow the course is dealers, wheelers and healers. Please stretch your muscles and your arms so that you can be fine. And tonight, and tonight bring lemon juice and water a lot because you have to clean all the garbage which is already nucleus of the blood cells have burnt its negativity. If you take lemon and water a lot it...you will urinate the whole dirt. Yeah, ah...ah...what...what? Come here.

Student: (-----)

YB: Oh Siri Ved, it is your birthday? Aha...let us sing to this guy.

(Students started singing happy birthday song in the class)

(Song stops)

YB: Okay, now Siri Ved, put that tape on, "On this day God you gave you the life," so everybody will sing and this is a new melody and we all will sing with it quick. You all should sing with it please. It is pretty...are you going to get the cake?

(Tape is played in the class)

YB (Talks over the tape): This is the song, which he wrote, (?) plays this all the time in twelve days. Tomorrow you make it perfect.

Now we will end the whole session with a prayer,

(Tape stops)

which you all sing Ardasbhai we definitely do not care whether we are great people or small people, right people, wrong people. We want our creator God to show us the path by tomorrow by experience. This is our deal. Make this deal that God must come through tomorrow six 'o' clock in the morning time by that time. Have that relationship, don't...God is somewhere else, you are somewhere else. This won't work. You say, "My God, I have done, I have gone through pain, I sat, my butts are hurting, my arms are hurting, my whole body has gone through and now you come through by 6 am tomorrow morning, okay." Yeah, yeah... give God time. We have (?) the healer from the Islands and we have two of my healers from Mexico jungle. There are lot of people here. How many healers are there stand up. Healers, healers, healers, you will keep standing and chanting, others will sit. Loud and clear. Concentrate, meditatively chant.

(Students started chanting in the class)

YB (Talks over the chanting) Hey, where is the T' shirt? Where is the T' shirt?

Student: T' shirt?

YB: From the navel.

YB (Talks over the chanting): Now, please sit down.

(Chanting stops)

YB: And personally meditate what your wish is, be open, be honest. This is between you and your God inside. Meditate in your honest way, what you feel is to feel, what you to know to know, what you want to be to be. Don't seek outside, just close your eyes, go inside and seek it. Remember don't seek negative because this energy will

conflict. Concentrate and it is your inner prayer for yourselves. Reborn yourself, awaken your saintliness. Every breath of life, we are sending you a message, you must copy that message in the deep of your heart. As you are meditating...this meditation is between you and God and God within, not outside. Concentrate deeply on the words and feel it, know it and be it.

(Tape is played in the class)

YB (Talks over the tape) Meditate with these words to your inner depth.

(Tape stops)

YB: In the beginning you were true, through the time you are true, now you are true and true you shall be. The gain and loss is a Maya, we came with nothing on this earth and we leave with nothing on the earth. Those who have God as their shelter, they do not create shelters. Those who have God as their hope, have no other hope and what is so wrong to believe in your creator and give your creator a chance to create for you environments, which are precious, prosperous and pure. There is no need for corruption. There is every need for infinity. If you are a husband help the wife, help the children, help the neighbors, help the students, help the relatives, become a living help and the purity of God shall come through you. It is always understood by a man and animal both. The reality is in elevating oneself. Lift yourself from the problem and problem will be gone. You must understand my practical experience. I get all the negative news, the problem, misery and whatever you call it. I have one answer, "God, the person I reach me in thy name, now you go and solve it." That's the longing of the heart. Once you have this meditative art, you will be surprised to see how that Almighty, omnipresent, omniscient God work for you without payment? And that is human bliss; nothing else. He created us, we are all His creatures stars at this time of the blue sky and He must take care of us through she the prakriti, purkha-prakriti. Heavens and earth. Heaven and earth must join to take care of the creation and once you have that thought, just one thought, all things will be straightened out.