

NM065 920709 move our own psyche, creating your inner balance
Espanola, NM.

There are simple things in your life that's called qualifying existence which you have to have a personal notes. First of all is your existence. Existence by your environments. By your talent, by your energy, by your faculty and facilities available. But you have to have basic talent to know what is the faculty of your existence. You have to qualify it. Normally we don't do it. Because the criteria of man's life is coming, it's going, it's coming, it's going. I can make it, they can make it, we can make it.

Circumstances are ten percent. Your talent and your capacity in fully enforcement is ten percent. Eighty percent is unknown. You call it God or you don't call it God doesn't bother me. But in every facility and faculty in which you are proceeding, you are proceeding with that ratio. I don't care what religion you belong to, what your beliefs are, what your education is, if you are you, total and complete and that is exactly ten percent. If all the environments are perfect in your case that's another ten percent. Eighty percent is still unknown. It is not unknown to you, if your senses and your sensory system is the same. Because what you see with your eyes optical nerve carry it inside. And then it is translated in your known pattern, by your neurons what language you understand. What sign you understand, what things mean to you. With from your familiarity you deduce reality. It's very difficult thing for human to be dumb. So you have developed a idea, we are not dumb. You are. You are. Because if you cannot penetrate in your sensory word and interpret it right what you are dealing with your senses has no meaning. And if your senses are all that guiding your life, your sensory has no chance.

The nucleus in you is the base of your sensory. The total of you is your senses. And when sensory and senses meet together it creates a child called commonsense. And commonsense is the good sense. It's for general good. When your actions are for you and for us and for we those are the actions called Karma. But when they are for the general good that's called Dharma. In English we call it religion.

When we reach the infinite reality through your actions then you reach the reality of God. Then there is no reaction for a action, there is resurrection. It's a simple way of living. You got to do your homework. Try this, I say follow me. They say follow me. We say follow us. I want to follow my self. But nobody follows anything. Because you must understand you are playing between day and night. Every A must have Z. Every good must have bad. Every wrong must have equal right. Word is total in absolute balance of duality. Every beautiful has ugliness.

One woman once told me, "I wish God should have made me ugly."

I looked around, I said, "He must have taken special sixty days to build you up. You are so good."

She said, "Well that's my pain. Wherever I go I had a bad news, everybody goes after me. If I would have been ugly nobody would have looked at me."

I said, "What's wrong with that, that's a balance."

When you are old, you are not wise you are in trouble. When you are in middle age, you are not intuitive, you are in a damn trouble. And when you are child and your progression and regression is not have aggressive balance you are in trouble.

In your life there are only two things. Aggressive balance. If you do not know how to balance your aggression, you will have depression. It will fatigue you chronically, mentally and you will be useless to the whole world including yourself. Now this is called religion what I am teaching in a scientific English. I am literally translating the word of Nanak. It might sound to you I am very known knowledgeable wise person, well I can pretend I am. But fact is there is already a wisdom which can be just transliterated and told to the earthlings to become human.

Our normal behavior is earthling. We just want to exist. All of you. In every walk of life you just want to exist. Well animals exist, birds exist, fish exist. Who can stop existence? Existence and coming and going is called Avagavan. That's the law of the nature. You as human have to exist with three virtues. It's called trinity of a human. You have to be bountiful, beautiful and blissful. And that's your human instinct. And there is no second to it. When you have relationship sexual, sensual or otherwise. It's called union. It's called yoga. And actually this sensual, sexual and other relationship have no meaning, it's a relay between the two ships. And the frequency counts. Frequency counts. And when your psyche has a frequency and caliber your life is absolutely wonderful. And either of the three if one is off, you are into . You may be president of United States one flip, will turn your tip. Two hundred million or two hundred trillion or two hundred million trillion acts can be right. One wrong. You are gone. You take one ton of milk and just squeeze one drop of lemon in it. You will find it right there what happens. You are not surviving because you

are very wise and you are great and you believe this and you have money and all that stuff. Actually you are surviving your balance. Good deeds, bad deeds, balance is plus, you are okay. Balance is minus you are down the hill. It is daily balance sheet.

We all have thoughts. We all have thoughts to process. And it is the progression of the thought which bring us the problems. Because thoughts is. Thousand thought per wink of the eye you can bring fifteen times in second multiplied by sixty, oh, where you will go. Look at that. And one thought is all your word. Total word of your is based on one thought. One thought. In one life you process only one thought. And you have trillions of thoughts. Trillions a day and you will pack up... that's what the problem is. **When you are child you are innocent, when you grow up, subconscious totally get filled with thoughts. And tragedy is, if you don't meditate, clean it out then it start pouring into unconscious. And when the unconscious start pouring conscious become your nightmare berserk.**

Have you seen this behavior? have you seen people doing that? I want to hear it, I want to hear it. I don't be. Have you seen people slashing their wrists? I have still have girl, she is my student, one, two, three, four, there is not a place in the whole both sides. Have you ever thought what life has a message for you? The only message your life has for you, leave me alone, just live. I have come to live. That's the fight. Your life says I have come to live. You say no, you are my life, I am going to make you live. You are at war with your own life. You are saying life, hey life, haa haa, now I am grown up, now I am adult I am a doctor, I am an engineer, God knows what you are, whatever you are. Then you know I am going to make you live. And she said no. I am life, I came, I came to live. Could you please doctor or engineer or businessman or Mr. so and so let me live? Then you get married, then you have two lives. And then you have four wars. One between yourself, one between each other. God where you go? Then luck would have it, you will have a child. You can't handle yourself and you are going to handle six things? You need something for that. You need your own vitality so that your virtues can take care of you. Your virtues, your virtues are good for you, they are good for your friends, they are good for your enemies.

Virtue in life is a process of divinity. It is reality. It is total satisfaction. You cannot satisfy with wealth, because wealth is a mean. You cannot satisfy with yourself health, health is good, what is . You cannot satisfy your happiness if you do not see virtue ripens up.

You know, you very proudly tell people. Oh my child has all grades straight A's. Oh my son is so and so or I am so and so, whatever you say, what you are trying to actually say. You are trying to say I am virtuous. Have you seen those guys saying, watch my this. Explaining your one physical muscular virtue. Have you seen that guy gets into this? Have you seen sometime you spend tons of money on parties, invite friends, take somebody out, get in with somebody? Have you thought all your behavior based on what-Impressing each other for virtues. And that's your satisfaction. But there is another satisfaction. That's inner being of yours. Once you dive into that all outsides taken care of and you will be fine. Because eighty percent is still loose. Eighty percent is still . I am not saying the religion has not played a very vital part, but unfortunate is religion could not be independent.

Religion when was practiced then it was a different religion way. A religious man was a sage, who will live and just was totally independent. There were certain marks of it. He shall not go, he shall be, all those who have to come, be there. And the surroundings were called Gurukul. Where he lives, everybody comes there, everybody bring everything and he lives and he just practice nothing but pure wisdom unattached. It did not happen in this century. In this century religion is based on a basket. You understand that? Now when a religion is begging from those whom it is going to teach reality and when it is depending on Mr. Richard whatever he is and the church is stable because of his contribution, his money, what that padre can do?

Status of religion and status of your reality is your fearlessness. When you are not afraid. And you are not afraid of God. That is nirvana. When you are not afraid of God, because then God is in you. So long your God is outside you have no relationship. So long your God is in Christian church and my God is in a Sikh temple we have no relationship with God and we have no relationship between our self. So long you have thrown your wife out what kind of marriage this is? It's a one of the funniest, craziest world I have lived in. God is outside you like is wife is outside, door is closed, children are kicked out and you say I am a householder. Visit my home. Try to understand the reality of life. That's why Nanak said, in the middle you are perfect, in the beginning you are perfect, in the end perfect is you. And you and your perfection that you started from the one God and you live through your life and you merge back into that one God. Why to merge then, why not to merge now? Don't go and merge. Take Him in you. That's

what actually meaning of the old western thing, I am, I am. I am because of I am. It's a very simple thing. Made in USA, made in Japan and all you have to practice made in God. Acknowledge it.

The most difficult thing is not to find God, not to become divine, but acknowledge you are the byproduct of God. You are God. And your God is what you are. What you project, what you feel, what you say. The way you dress up, that's your God. The way you look. **If it is true, God is all and all is God** then tell me who stole my purse yesterday? Who pick pocketed me yesterday? God. No? Yes. God is very restless, son of so and so. He stole my purse. So my God got stolen by his God. But there is one God. Nobody stole anybody's purse. But the maya, the reflection is like movie on that screen, horse is running, cannon firing, ship going, oh look at it how real it is. Love being made. All that stuff. But later on it's just a white cloth. You call it screen. Reality has a very, very big Vista screen. Vista vision big. But you get lost in the screen, you have to have in you the most penetrating power, **it's called Kundalini.** And that...

Is that radar thing in a car when policeman goes round he say it is your that feeble voice, that sensory nucleus. We are going to work on it tonight. If you are willing to co-operate. All right? We have a minute. If anybody is very uptight with bathroom, you can have that minute to yourself. Yeah I know. It's better to do it now than wet the floor. They won't rent the room to us. Please safely unload yourself, because this exercise does deal with the bladders. So we are actually going to use the bladder energy to transmit it into different section so the meridian will be at stake so if you have any load unload it now and we'll use this minute for that and then we'll start.

Where he is he, where is the doctor? And still he left this land?

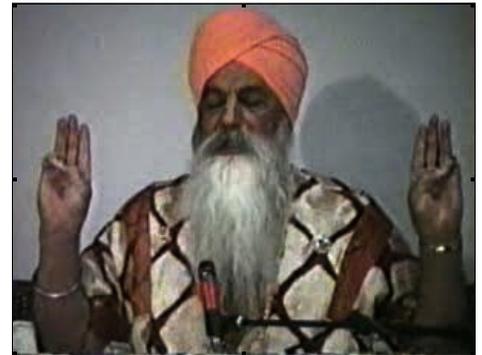
You know the longitude and latitude affect every life? Because your psyche, incidentally works under longitude light, at some magnetic field it's not big deal. How many times I have to tell him not to leave New Mexico? Funny. You know it doesn't make sense. It is just like, in one place you go you become unhealthy, water kills you and one place you go the water makes you healthy. Just water.

Student: (---).

YB: When he was in the womb of the mother ask him how he survived. When he born without diapers who provided it. People don't trust God at all. Personal hassle.

All right, let us start now. We are tonight doing a very sacred, very, very sacred, it's a quite a sacred thing to do it's called Kriya. And we are invoking the mercury power of our cell and the molecule. You have ten trillion cells. And cell reflection creates molecule in the combination. We are trying to invoke that. So at least physically you may feel little better. (26,44)

1° Kriya 11 minutes: So please take your mercury finger, pinky and lock it and just steadfastly pretend to be a sage in very, very heavenly environments. And don't worry we will release the energy to cycle at certain intervals if you can grasp that. That will do it. **We don't need your co-operation. We need your posture.** We are not asking you go do anything. **We just want you to sit in a posture, close your eyes or look at the tip of your nose if you lock your optical and we want you to breathe long and deep.** And this all we are asking. We are not asking a thing. What we will do, we **do our part provided you have built a receptivity.** A projective projectile is not have a receptivity then the chances are that will miss the target. And it will be very mild two point five mega cycle frequency will interfere not with the psyche but just, just level it out. Oh you started yawning right now, my God. Come on.



Close your eyes and consolidate on yourself. When I say press you must press your tongue with the upper palate, that is second I need to project. And you will hear only one word press, because I don't have much time in that in that. Then please, when I say press, press your tongue against upper palate and do it best you can and then relax. Reach your optimum point in pressing that's what you have to do and that gauge should be with you not be with me. It will be far out exercise if you do it right. Participate perfectly. Nobody is senior, nobody is junior in this. This is how you do it. **Press. Press hard. Really you have to just choke the upper palate to move the hypothalamus.** And you can do it, hardest way of up to fifteen seconds. But you know, you do hard for five seconds it will be very wonderful. We need no return of the energy, that's what we are asking. **Press. Press hard.** It's just a jumpstart, give

yourself a chance you can't even accept goodwill. What you will do with God if He comes and tell you I give you life? Take it, perceive it.

Life moves toward fatal end. This will renew you to keep going. Healthier.

You are going to enter in exactly fifteen seconds and your body will start paining, different nerve centers will start itching and body will start disturbing. It's natural and just don't relate to it. Don't participate with it.

Steady, this is time to keep up. You have four more minutes to go through this hell. Exactly four more minutes from this time. Stand by, steadfast, firm yourself and don't give an inch. Press, press, press, hard, press.

You have two more minutes to go, hold on tight. Stabilize yourself. Bring in you your own perfect personal energy. Tap on your reserve. Whatever you have to do. Be steadfast. It is one minute and thirty seconds more.

Fifty five seconds left, steadfast, be yourself. Don't move. Resurrect. Don't react, don't react with your own body, don't. Don't, refuse. You have twenty seconds to go. Press. Press. Press. Ready, press hard and stay hard. Keep it up. Keep it, relax. Totally relax please, totally relax.

And I will like to ask you to start talking about movies and last dinner you had and be very earthly. Get out of this meditative mind fast. Pick up your next person and start gossiping hurry up.

Something, come here. Something bothering this .

Okay hey Siri Ved Vedi. Now we have done we have done and you can undo it but if you become very emotional, neurotic and your fears become touching to the point and your exhaust of energy become more than one point one or over then you will feel depressed, otherwise you can't even afford to be. And it is not something you must understand as a science. **Psychologically you move the psyche with a logic.** they talk, talk, talk and hypnosis and this. There are **two hundred million theories.** But fact is you want to move psyche. Why the hell you don't move your own psyche? Why you are going and being a beggar? **Are we going to move our own psyche?**

Okay, let's do it. We have a time now and we will put you on a time, it depends, the experience depends upon honesty and how corrupt and crook you are, it depends upon proportioning that progression. Because we will know you will cheat. And I don't have to ask your name, **your aura will reflect it, mind you. Your body, this opaque body is one of the ten bodies. You have soul, spirit, you have mental negative, mental neutral, mental positive, mental neutral. And all your actions and troubles are when your negative mind tells you what is wrong, positive doesn't tell you what is wrong, it go to the subconscious** yes last Friday it was same wrong, next Friday it is going to be same or you are done. But if your neutral mind tell you what is right or wrong between right or wrong you choose you are human, that's the start of human. **Basically you are angelic. You are beast part beast, part human and part angels. And if your behavior is angelic, you will be prosperous, you will be fulfilled, you will be gracious. It's not, forget it. You are just a drama. But just imagine after positive mind and neutral mind you have physical body. Then you have arc line, you have auric body, then you have subtle, you have pranic, lalalalal ten. You are not one.** This is just a paper picture, you, you are you. And it's functional. It give you senses but it has a beautiful thing, that's called sensory. And you have seven layer of neuron in your body and there fourteen layer. In religious thing they call fourteen layers, , it's not somewhere there. It is right in you. (47)

2° Kriya 5 minutes: Okay qualify yourself. Now this is a joke. But you got to do it right. Right?

Lock your thumb at the mercury mount. Watch this. Lock with these fingers tight. Now put this finger up and sit down like a Buddhist yogi and do this. Watch me first and then copy it perfectly. And it is very painful, I am not saying it is wonderful. Yeah. It will go you make crazy or berserk or whatever. I don't know what reaction will be. If we will see the arc line, asking for help we will give, otherwise we will let you go through it. Oh yeah, you know, you have already paid, you can't ask the money back, can you. Hey watch it. I am doing it. **It should be automatic. Now don't stop.** I stopped, I am teacher. You are student you do it. Powerful, fast, move the whole psyche.

If this finger is a excuse give it to God, for God's sake, **move your body** and



see how your system works. Whole body spine, rib cage, your butts, they must move. First time you are creating your inner balance. And moment it is eleven minutes you will be over with. I knew that bad news I didn't give in the beginning. **Move, move, move, move.**

Now it's not honey circle. It's .

I used these two hands as a central pivot. Watch me, it's very good. That doesn't mean you stop. You can wind a watch two hundred time doing this.

Come on hurry up. Up your whole trunk of the body by your own . Hey it is Ying and Yang, centripetal and centrifugal force, dummy this is a total physics, do your good. Change your own self, bring your own help. You go and pay money and beg for help you can make it now.

I did it this morning I was fine. I slept pretty good after doing that.

No lazy, come on. Now what happened your Ph.D.s and your business decisions, your good sex and everything. All freaked out you can't do this little exercise? **Move, move, move.**

All right if you do three more minutes honestly I will let you go off the hook. Otherwise I will sit, I don't have to worry. Honest to God, Christ be your witness, Buddha be in your head and Moses may guide your back and Mohammed may put you out of the kit, just do it that honestly. With all the belief you have go crazy for just, it's just three minutes, it's already half gone, God. Wasting time so fast. Move, move, get wild. Wild, wild, is wild. Wild with your own energy. Wild, wild, wild, wild, wild, wild, is the base word.

You are breathing hard come on, doesn't matter. You cannot have a heart attack in this exercise I can bet with you. If you do it everyday you shall never have. Two things will never happen to you. A heart attack and this stuff. When the brain burst out. They call it hemorrhage right.

Practice, practice, practice fast. Just show me crazy for the last one minute, God what I am asking. Go wild and crazy. Get mad, do any damn thing you can do, but just move. Move, move, move, move. It's not yet over. Time is not up over, come on.

What a difficult thing. We should have a test, any American who can do it for thirty one minutes we will make him president. Bush will be out. **Hurry up, hurry up, hurry up.**

All right, put your hands like this all the way up and stretch to death. Stretch to death. Stretch, stretch, stretch your armpits. The pit hole of the brain garbage which you shockingly lock it up with wax. Come on, come on mister, misses, misses come on, keep it that way, **inhale deep. Deep hold tight. Breathe out, inhale deep again. Hold tight, stretch your body like that of a steel. Shrink, concentrate. Let it go. Inhale deep again. Deep, deep. Hold tight, shrink every fiber, relax.**

Very good. You are pretty good. Okay now just really, honestly, for God's sake relax. These kind of things were for... when this science of yoga, this Kundalini Yoga was made, it was made for the householders. It was not for the saints and upper middle class or middle class or upper class. It was made that any commoner house hold can successfully process through life with absolutely dignity, divinity and identity. That's where the purpose was. And that's what 3HO stands for-healthy, happy and holy. And I am not promising you that you will not go sick, I am not promising you, your mind will not go off once a while or all the time, but **I also promise you that you have the capacity to correct yourself. Your discipline and your self conduct can carry you to success.** And there is no reason to disbelieve it. And if you disbelieve me then what do I care. Ultimately you are the one who has to be successful. If you don't make it, you don't make it. But just understand, acknowledge it, you don't make it or you don't want to make it. In this world there are lot of procedure and process available when you cannot make it, still you make it. If there is no chance for you make it, tap into infinity and you will make it. And that's what they say. (57) 3°

kriya 2/3 minutes: Humee Hum Bharhm Hum. I am, I am, we are we and we are God. It's a acknowledgement.

Play that. Simple few words. **Humee Hum we are we, brahman, God are we. Simple acknowledgement.** You don't care what it means, but it has sound current. **And that will rub the upper palate and that will fix the hypothalamus and that will fix the whole structure. That's what tongue means.** Whatever you say that's what the bible says, 'In the beginning there was a word, word was with God and word was God'. Whatever you say is a permutation combination. On the upper palate there are eighty four meridian points. **Tongue touches them in that sequence and consequences.** Result come on to in permutation combination, hypothalamus start other stuff.



(The song is played)

And you have to chant it with the tip of the tongue. It's difficult. Don't talk in human language. **Call it language, with the tip of tongue. This is how it will sound.**

Tip of the tongue. Stop it.

(The tape stops).

Let me tell them, they are , they are trying their best. Watch this, it's very simple. From my moustache and my beard you can't see what I am doing. But I tell you what I am doing.

YB: Hume hum, brahmam. Ninth, tenth, eleventh, twelfth, seventh, **all vagus nerves put together, getting till one to third, pushing the moon point, I am unique.** That's what it is. We put the music you should not look bad. But actually this sound will come out of you will be really funny. But you got to create that sound. Actually the pressure of the tongue and the upper palate has to be firmly made, go ahead play it, play it loud, so they get lost.

(The tape is played)

YB: Okay, okay, you don't have to worry. That's it.

(The tape stops).

When you go home and you are weak to come here in between, isn't we are teaching next week or not? It's very funny. Where we are going? Somewhere. We will meet after two weeks? You do lot of funny things anyway. Well we will meet in the Espanola we can't meet it here. Because of, because of, there are lot of because of. Whenever you find yourself to change your mood just get like this and don't even create a sound.

The total power of your system is based on three things. One is your optical nerve. One is your that hearing stuff, that central hammer bone and third is the taste bud. And just watch what I am doing. You know I am not saying it, I am expressing it. First of all five to seven thousand dollars for the jaw fixation will be gone. Will be over with. My both jaws are out and I am miserably horrible it is. Because since I met an accident, two, sixty mile an hour right in the back. C1, C2 got locked, T7 all that broken, this that wrong were, I came after seven days somebody else. And both time I was standing, car was stationed. Light was red. Both time were ladies, both time were teachers and both time speed was sixty miles. And both time their car with engine went two and a half foot inside. Our Cadillac didn't bother even. It only showed a scratch. But what happened to us inside God only knows. But still there are certain exercises which can survive you. One is hum hi hum brahmam. How you will say that? Nobody will watch it, people think perhaps you are just going through. It will immediately change your mood. It will totally change your energy. Three times. That's it. Then keep going. It is equal to about five shorts of whisky if you properly do it. I am not kidding, it's true. And policeman can check it, you will be clean. But if talk to him, yess officer whatt I cann doo forr youu. Here they know Sikhs don't drink, and one day they are having a check and the guy I know him, he in, I said, "Yes you want to check it?"

He said, "Sir don't do this."

I said, "What?"

He said, "Sargent sees pull him out I am not going to do it."

I said, "I know him. Tell George everything is okay." That's funny part.

It is how you have energy. If you have plus energy you are not going to bother about little things. That's why you drink. You want to go little wacky. So you don't have to worry. And whenever you go to anybody's house he will say would you like to have a drink. Because he is not willing to accept you as you. He wants you little wacky. Oh yes that you don't understand social... this whole social nonsense, feed you to the full and make you to drink, so you do not know what the hell you came for. You came for socialize. You end up having two pounds of weight talking whole night, rubbing your teeth and jaw, you go back, what you got. But it gives you social, personal effect. Because you have no relationship with yourself. If you are self contained, self-content and you are very continuous why you bother. Earth rotates, you rotate and one who rotates the earth is going to take care of your routine anyway. What's the emergency? But we want to know, we want to feel, we want to be, we want to talk... What is a sexual experience. Pituitary adjustment. What is a kiss. Exchange of the saliva. But the sensory is different. Sensual. Which senses give you it's different. Sensory you might conquer another person. But in sense you are making a love.

I was counseling that day one marriage. And he said, "I am not going to divorce her."

I said, "I know."

"How you know?"

I said, "Because you did not marry her for love or for marriage or family anything."

He said, "Why I have married her?"

I said, "Because she refused ten times to marry you. Is that true?"

He said, "Almost true. She refused me twenty times."

I said, "That shows better. And you are going to marry her or you are going to keep this marriage I know. But you are not into it."

His ego couldn't take no and he totally raised himself to a point of equilibrium. But she could not say no. And tried and tried till he got married. Now, can you call it a marriage?

And do you know how many things in life you do just because of that compulsive behavior? And that's nothing but your pineal adjustment to the psyche of you. Your profession. You have these things in your life. That's your communication. That's your, this is your Id. And this is your personality and this is your social word and this is your profession and this is your communication. That's all. And all told the outcome is you. And outcome has a mask in the face but hidden agenda is what you are pursuing.

There is no such thing as perversion. That day we blew up the diagnostic book, which is the basic book of psychiatry and psychology, on the simple basis, it's a observation. It's true observation. What is the base though? And what was the projection? You have to basically understand that your personality and your hidden personality, your conscious personality and your subconscious personality can be understood but unconscious personality is not understood. And unconscious personality is eighty percent dominant. When thousand year from now man's brain will be very thoroughly studied. And conscious, subconscious and unconscious will be studied then there shall be no disease. Then the unconscious will not load into the conscious nightmares and people will have nerve enough to live peacefully. Today is not the case.

So under the circumstances I can only invite you to Espanola. If you walk in there, when you are going to have that?

Student: (---).

YB: Here, Espanola. We will return. Okay then you can come there then will continue the other part of it. Yeah.

Student: (---).

YB: Neither I.

Student: (---).

YB: It is already there. That's what we press. What else you want to do, stitch it. You just press it.

Student: (---).

YB: No, don't keep it pressed, just... it's right here, it's you are adjusting your own jaws and if sometime jaw goes out in this, just do this. Put your tongue around it will readjust back. There is not problem. Oh I am sorry, I am just taking you away from the chiropractices. Yeah. You can do with your body anything you want because it's yours. All right, now.

The class chants: (May the long time sun shine upon you.....)

In peace I dwell and in peace I ask thee to give me the peace of mind, peace of the planetaries, stars and their psyche in of the planet earth. Let the drum of peace tear out the drums of war. Give us all tranquility in the grace of harmony so we can just enjoy life with every breath. Creator in consciousness give us the uplift so we can know thee and our existence may become exalted, elevated and graceful. Sat Nam.