

**NM039 911024 God and the devil (Juppiter & Saturn)  
Experience of Vitality in You #1**

Be with all your strength and happiness. I'll take it easy. I'll read few notes and relax, and you should relax, too. Here is the command order.

What is this? Please announce that there is a class next Thursday, Halloween, a good evening to... Witches on the broom or what? A good evening to meditate.

Well, question is I have decided to stay month of November in New Mexico, which is as far as I'm concerned a rare opportunity for me to enjoy. But what I find out is that I have traveled everywhere in the world, and the first poem I wrote in English in the United States is on Espanola myself. Someday perhaps we'll read it to you. I'm a good poet, but I don't write for your age, I write thousand years from now. In those days the philosophy and knowledge which I had in India, I worked hard for it. I don't have any intention to come to America because I like American dollars; I came to America to shelter myself from the Communist regime. Otherwise I had no choice but to be transferred to Tashkent and I didn't want to ever go. It was a decision, in three days I had to leave home, family, job, everything, country. But anyway, that has nothing to do with now.

My intention is not to be known here as a great teacher or a great American or a legend or anything. My intention is very simple, and it is good for me. May not be good for you. I believe that human is born in the image of God; I believe that very sincerely and honestly. And I honestly believe you cannot see God in all, you cannot see God at all. That I believe, too. Unfortunately I'm a great rebel against religion, but unfortunately I've become head of the religion, so I'm stuck with that yoke, so I have to be consciously careful what I say. If I would have not have been head of religion for the Western Hemisphere, I would have talked things you could not believe.

I think that man has been put to corruption for thousands of years in a row. I think the worst person which has ever suffered in this life is a householder, an honest, simple, hard working householder. People see I'm a sage and I'm a very wise person and all that; I don't think that's true. I think the wisest, the strongest, the most beautiful person is whose morning starts with a pain and a hassle and insecurity, and whole day goes through sweat and smell of the day, emotions, commotions, neurosis, and name anything. And at about eleven o'clock he can still put his head on pillow and sleep. I think that's the sage of today. For a man like my caliber it is easy, you can make it. But that's not what we are looking for in life. What we are looking for in life is the happiness. It's my birth right. And when I... You know I counsel people morning 'til evening, it's a never non-stop business. But I do counsel as a compassion, but I don't believe that any human requires counseling, though I am a counselor. I don't think you require a religion. I think you require a reality of your life. I don't think you need a friend. You always say you're lonely; I don't believe that. I believe your soul is your friend. You have friend within you. Folks, I can't be your friend. And your friends are not your friends. Then you have friends, and then you have no friends. You are hurt, then you are not hurt. Then you are loved, you are not loved. It's, it's, it's a very difficult situation even to comprehend. Why there is a problem in life, it's a simple answer. Because you do not know you. That's what Nanak said. He said in the beginning, in the middle, in the end there is nothing but you. And all you can do is to know you. Once you know you, everybody will know you. It's a Catch 22. If you don't know you, with all the wealth and friendship and the power, you are miserable. I mean you live in Santa Fe? If you do not know where your home is, and you get lost, how miserable you can be? Take it simple, don't expand the philosophy to situations which you don't understand. Now, it's a single man crusade. I'm Indian, you know, who eats flies and monkey brains, and we Indians come here just to exploit American money and all that, as, you know, we are not even human. That's okay. I have never objected to it, it's okay. But I do believe, very honestly in the core of my heart, that you can be happy, and I do believe that's all it is. And I also believe, if you're happy, riches will come to you. You shall not be in a position to catch happiness, cash happiness, if you are not happy yourself. If you cannot contain yourself, doesn't matter what, no, no, no, don't misunderstand me right now, "Oh, it was this. Oh, he provoked me. Oh, she provoked me. Oh, circumstances provoked me." I'm not discussing that. I'm asking one simple question, can you or can you not... Forget about religion, philosophy, it is for you or not, whether you like me or you hate me, I'm not discussing all that. It has no value. Please forgive me for that. Question is simple, and that question is like a hanging sword on you. Under **all** circumstances, can you contain yourself? Is a car is a car and when you apply the brake, does it stop where it should stop. Is your car has a transmission, when you change the gear it works out what the situation is, up hill or down hill. And do you have the life steering wheel that you can steer your car through

every street, every bent, through every signal, every light? I'm asking you a simple question. If you expect your car, damn it, to do it for you, don't you understand your soul wants the same thing from you? That's the relationship between you and your soul. Where my soul is? It's everywhere within you. Question is your soul within you doesn't make a dent. Your soul has to affect every other soul. That's where lies the prosperity. Prosperity is a temporary, affectionate feeling. Gain is a temporary feeling. And if those temporary feelings are all added up, then it becomes a big feeling. And that big feeling becomes a large feeling. And when that large feeling becomes enlarged, then you call yourself in ecstasy.

Microconscious and macro conscious, nobody will like to teach you that. You know why? First you learn these two words, and you know how to transmit them through your own intermission, in the sense you can stop, rest in between, and go, rest in between, like a movie theater. If movie is very long, there is an intermission. Now, stop, go rest in the lobby, relax, go to bathroom, do all that. And if you can shift your life gears, if automatically they are shiftable, fantastic. Suppose that's not true, you can have a stick shift and you can shift. You can make it happen, you can make it happen. But what is the problem we all have? Is the religion our problem? No. Is our belief our problem? No. Is our faith our problem? No. As human we have problem? No. Is this planet is our problem? No. Our problem is we don't know when to change gears from one to fourth, when to apply reverse, and when to go forward. That's where our problem is. Problem is not with our emotions and feelings, problem is with our consciousness. And who's conscious of who? I'm not asking you to be consciousness of being Divine and have spring and look like... Hmmmmm. That will work. I'm asking you to be consciousness of your own self! Feel your own feeling. You want to judge? Judge your own feeling! Know? Know your own feeling! You want a relative? Relate to your own feelings! Don't go beyond you. There is nothing beyond you. Nothing was, nothing is, nothing shall be. You don't believe me? Go to a person who is in a coffin, ask him, "Hello, Mr. Roaster, how are you?" If he answers, come and tell me. He doesn't know. His body is lying in the state. Big deal. There are thirty, forty thousand flowers. Big deal. Million people came with his dead body to the grave yard. Big deal. Does he know? No. Have you seen this body in (??152), how they treat it? Same way. When you are born, you are you. The life you are going through, you are going through. I'm not going through your life. Even when I try, I can't. Nobody is me! Nobody was me! Nobody shall be me! I am I am. You know your right hand thumb? That is your car registration number. It will never change. Entire criminology is dependent on that little right thumb. Right thumb remains right thumb. That imprint is yours! It is your very personal! Can any body's right thumb be yours? No. Will it ever change? No. You are a registered human being, registered creature in this creation, and nothing shall change.

When I came to America, I knew that Kundalini Yoga cannot be taught freely and independently. I knew it. Risk was, let me teach it. If God is not merciful, after a year I shall die. Big deal. What I saw here, that was much preferable. So I took a very calculated risk. Okay, death is death, death is death. Everybody who loved me asked me, "Yogiji, why you are doing it?" I said, "Not for myself." "Why?" I said, "These people need it." "Why you think they need it?" I said a very simple thing, "Man does not live by his knowledge." Can you believe it, I'm saying so? It's true. You have been made stupid by giving books and books and libraries and colleges and universities, and God knows how much you hassle in life. No, you do not live by your knowledge, you do not live by your vitality, consciousness, your intelligence, nothing! You live by your inner core. When there is an inner core, your vitality inside will match up outside, and you'll grab virtues like this. Then vices won't come near you. Virtues will.

Question is, who visits you? Vices or virtues? "Oh, he's lucky!" Ask that lucky guy. There was one guy, they introduced me, "Yogiji, we have been trying to introduce this man to you...wa, wa, wa..." You know, whole thing, I listened, sat down and Mr. so and so, Mr. Bulldozer came and took over the whole thing, and he started saying his achievements and all that. I sat and sat and sat, and I started doing like this. He said, "What?" I said, "Nothing, nothing. It's okay. A thought came to me." He said, "Well, what?" I said, "I'll talk to you private." "What!" I got him so curious! I mean I was just simply playing. "What, what? Please tell me. I've heard a lot about you." I said, "You didn't hear about it. Forty-five minutes are all hearing about you." "No, no, no. Please tell." "There's nothing so special. I'm saying it's a very simple thing." "What is it?" I said, "Your three disks are out." He asked, "You know it?" I said, "Yeah, they're terribly out and one has a crack." "What you are going to do?" I said, "You do as your MRI, simple, it's a magnetic, they take a picture. Go and get it done." "What will that do?" I said, "Nothing. They will just tell you. It'll cost about two or three thousand dollars, they'll confirm what I said." "What should I do then?" "And then come, just call me. Nothing special about it." "I had a terrible back ache." I said, "Everybody over forty gets it. No big deal." "Why?" I said, "We don't eat right." Moment our spinal

fluid becomes either thicker or thinner, we have spine problems. It's as simple as that. One and one is two, no big deal. One and one is eleven. It's exactly that. If your food is not sattvic, you will have a spine problem. I got one in mine. I got stuck in a restaurant. My foot got locked underneath in the chair wrong, and I twisted. Yes, it was a heavy pressure, I was through my medical, I was very weak physically. It happened. I went to a doctor, they took my MRI, all is on the pile. And they told me, you know the treatment? Six months on a hard bed. I said, "Going in a graveyard takes few minutes. Six months on a hard bed! Who is going to do work (??228)." Let's figure it out. Now, this is how I got up, that's how the angle happened, that's how the pressure is, this is what the MRI says, correct. And this is that red fluid out, it hurts. And it is hurting the whole nervous system. Yes, that's true. Now, I ask the doctor, "Tell me, why that fluid comes out, it hurts?" He said, "Oh, white corpuscles come and they make the whole area like a womb so it can readjust." ...and the whole science of it. It's okay. Now there are lot of white, red corpuscles. Good. Okay. Now we have to rush red corpuscles. How? Well, use Narayan Oil, put cold water on it, it looks like a fire. Third day I could walk straight. Question is, it's not a miracle. Question is a simple science. Question is that you have done wrong. Question is how right you are to correct your wrong. Question is not that to error is human. Question is how fast you can correct yourself. That's the question. Question is not you are foolish, question is how immediately you can turn your foolishness to wisdom. That's the question. Question is you are hurt, question is how long you can ride over it. That's the question. Question is not that you are very foolish, question is how quickly you can prove that you have conquered your own foolishness. Question is you are impotent, question is how fast you can become potent. Question is you are very nervous, question is how fast you can become strong. What is the answer? You are what you eat. Change your food.

Somebody came to me, he said, "I don't know. They tell me I am psychologically impotent." I said, "Yeah? So you're psychologically... What your wife says?" "She says, Oh, I'll take it, doesn't matter. You are never home anyway, so big deal!" It's quite a relationship, I mean, if she has accepted it. I said, "What do you want?" He says, "You know. it's a bad feeling, it's a psychologically bad feeling." "And what the doctor says?" "You know, I have to go through treatment and all that. But what do you suggest?" I said, "I don't know what I can suggest, but if you can eat a food, you can be fine." No, you know, you go to Chinese restaurant and you find those white things. What they call them? Chestnut? Yeah. And what do they call those long potatoes which are sweet? Sweet potatoes, right? Red skin, right? I said, "If you eat that, I don't know what they will do, but normally for five hundred thousand years they have taken care of people." "I mean, that can do it?" I said, "No, when you buy the water chestnuts, pay them a thousand dollars. You know." Well, what should I do? I mean to say, until something is very highly priced in money, it doesn't fit in your head. "And what these potatoes do?" I said, "They work, that's all I know." "But how should I eat it?" I said, "Bake them, fry them, do any damn thing, nothing, eat raw!" "I have never eaten a vegetable in my life." I said, "Then keep a goat. Feed the goat and take the goat milk, and it work like a medicine. That's what they do when you can't eat anything." "No, no, I think I can do it." We talked matter and did, we never bothered, never met. One day he met me in Belaire, "Hi, Yogiji, how are you? Where are you going?" I said, "The routine. Just going out to spend money. Nothing, no big deal." "Uh, huh." I said, "How are you?" "Oh, I am fantastic. I have to come to your class next Tuesday and thank you." I said, "You must be very active, you didn't get a chance to come and thank me." He said, "Really, I am." I said, "Just don't over do it. Potatoes are potatoes, they don't last long." Just as a human, what should I say? Well, fact is that your diet is more important to your mind and to your soul and to your body and to your environment.

Because your diet decides your frequency of your psyche, which is the only communicative tool you have in your body. What you think you have, it's not true! Not your face, not your makeup, not your hair do, not your clothes. That's all on sight. What you talk is, that all on hear. What you kiss, hug and do all that, that's all on touch. You deal, wheel and circumstances you create, that's all your security. But what works for you, at what frequency you project your identity, and how your nucleus work. And that is a little stone in the center of your brain, it is called pineal. It is the lord of the seventh chakra. That little pineal is the center of radiation, clockwise or anti-clockwise. On that your pituitary is commanded to secrete. Pituitary is a master gland. It tells other glandular system, and you are what your glands are. Don't believe me, there is an order called Rosicrucians? Huh? It is a Christian order, right? They have printed a book, that's the only book which can match the basic book, and that is *Glands Are the Guardians of You*. And the original book, which is out of print, you will never get it, is called *Glands Are the Guardian Angels*. That's the basic book. I think this is a kind of copy, but it is a small book, three dollars, something like that. You can read it. You'll never regret it. You'll know yourself better than anything else. And it's very simple living.

Am I preparing you for working on the pineal tonight? That's my purpose. My purpose is, if the frequency is below one point five mega frequency projection, you can never differentiate between (??337). And that's the main cause of dissatisfaction, disillusion, confusion, name anything. If the frequency of the radiation is two point one to three point, three point five is the maximum. Three point one, you're smart, and you have the art of friendship, you have the art of love, you have the art of projection. You can bewitch anything you want. It is not you who is important. It's the power to bewitch! It is a contact between two psyches. It's the power to be. It is not the power you are. My dear friends, you are you are! If you are a pickle or you are a brain, is the problem, you are what you are. Question is, what your projection is. At what caliber you can hit! It doesn't matter how wise you are, it doesn't matter how gracious you are, it doesn't matter how stupid you are. The whole thing doesn't matter. You'll be shocked to understand that life. At what frequency you project, that's important. And that's not you, egomaniacs! That's not true! At what rate and what velocity and what capacity your caliber, your psyche has. That you cannot create, that you have to develop. You can't kill an elephant with a beebie gun. And you take a heavy caliber and hit a pigeon, you will get few feathers, there will be nothing. You know what I mean? You understand what I'm saying? And that's the realism of life. Now what we have done, the most corrupt section of the society, it's called religious people, we live off you. Like leaches. We tell you good things, we insecure you that there is a God, find it out. Whatever we do. We have a very commercial, set mind on that. And you do believe us, and we believe you. And you're trying to find God for, what, fifty thousand years? Two million years? Have you found it out? If you find it, if anybody who has found it, then what do we do, we make him as special. Jesus is a special son of God. Because he sat on the cross and never blinked an eye. They let a thief go, murderer and thief go, asked him to be hung. He just smiled. Now, because he was a human, and because he set an example, and because he showed the courage, because he showed his caliber, because he showed his love of God, because he showed his intermission absolutely with the word changed to total unison of the godliness, what we did? He is the **special** son, so put him there. Guru Nanak? Put him there. Buddha? Put him there. Rama? Put him there. Moses? Put him there. Because they interfere with our daily affairs. Don't you see the corruption to that point? They are special, you can never be. So, come on, give your money. It is such a stupid rut going on this planet, you can't deal with it! Anybody who's great, we made him a hero, and worship him. Why don't you learn yourself, you have the same soul? Why don't you worship yourself? Why you worship God? Why you're bugging God? For what? Does He send a letter to you? Has anybody got an application that He wants you to come and love Him and hug Him and call Him, and... Leave Him alone. He sends you to India, like sometimes children are sent to the camp, you know? If every night telephone one hour mama, one hour papa, there's a hell with this camp! Nobody wants anybody in that camp then. The planet earth is a camp! You are here for a certain visit. Enjoy yourself. Don't call parents all the time. "Mom, I'm going to bathroom. Mom, I am hungry. Mom, I don't like spaghetti." What is this? That's what you all do! God help... When you sin, you don't call God. When you're in trouble, you call Him all the time. Do you think He's such a good for nothing fellow? He doesn't understand you? Why we are always doing childish game? Because our caliber of psyche does not match with our caliber of being. That's the whole thing. We are not sophisticated. We are not subtle, about ourself. That's the problem. Problem is not what others are telling us. Problem is what we are telling ourself. It's a very vital issue in your live to understand once for all. Where is the problem of unhappiness, if you cannot diagnose and you cannot support it, you can never solve it. You are very arrogant and ignorant, of yourself. And yourself is all what you have. You keep on coming to my classes. Once a week. But that once a week I don't ask you to come to my class, I want you to become a class yourself. That's the fight. Sometimes people say, "We don't like him." Yeah, I know you don't. But I like myself. You may not like me, but I like myself. You may not know me, I know myself. There's no problem. They do say... Nobody's ever seen me... Thanks to CNN, that thirty minute news, I don't even read a newspaper now. Switch it on, thirty minutes you know what the economy is, what special gossip is, Hollywood one minute, ten minutes what's going on in the world, and that's that. You know all about planet. And after that, close your eyes and be yourself. Or come to Santa Fe and run around. Look at the people, busy! They're looking for happiness. Everybody's looking for happiness, me, you, all of us. And we have inside happiness. I have a emerald in my pocket, and with a torch I'm looking in the streets. I'm not going to find it. Everywhere I have studied. I am the most studied man! All they say it, find it. Find it. What a wrong thing is that. Nobody says, "You have found it, now keep it!" Nobody says, "You are you! Enjoy it!"

Somebody once came to me, "I am terribly rotten person!" I said, "Wow, let's shake hands." "Why?" I said, "I've seen a terrible, I never saw a terrible, rotten person. Now first time I've seen, you're very special. I

have seen rotten people, but not terribly rotten. So let's shake and sit down. You like to have a cup of tea, yogi tea?" "No. I want to talk to you." I said, "You've already talked. You are a terrible, rotten... It's confirmed, right?" "What should I do?" I said, "Do nothing." "Well, what I have to do?" I said, "Remain a terrible, rotten person." "What that will do?" I said, "Sometimes we need a terrible, rotten person, then we'll get you. It's very important on this planet, where there are five billion people, there is only one terrible, rotten person. Is it not important?" "Well, you make humor of everything." I said, "That's all it is. At least you have recognized, acknowledged and experienced that you are terrible, rotten person. How many people have experienced about themselves? None. I say it is a nice thing. That's all enlightenment is, that you are a terrible, rotten person. That's it! You have found yourself! You are very divine to me. All duality is gone. You are a terrible, rotten person. Deal!" I said, "I have not found yet I am terrible, rotten or I am just rotten, terrible. I've not figured it out yet." "No, Yogiji, you do everybody like this." I said, "I don't. This a real fact. Your life is for you. Find it out."

Difficulty is, the God you want to find, you slap across His face everyday. Why you put yourself down? And yourself is what God is. God is nothing else for you, except you for yourself! If ever you cannot understand these two lines, you are for yourself and that is all God is about! There's no other God. Everything else is fake, a facade, and a fiction. Whether you are super rotten or no rotten, you're super divine or no divine, it doesn't matter, folks. How to achieve that consciousness, and how to create a caliber, that's all we are going to work on. We need a vitality in us, and there are simple exercises. And they are not I have made them. I am not manufacturer. They have been in existence for the past five thousand years. Simply I get to know them. If you ever want to give me any thanks that I am Mr. Special, that's totally wrong. I happen to have a chance to have them, to experience... I'm grateful to my teacher. I'm not grateful to myself. I'm grateful to my teacher I got that experience. You know, everything can be proven wrong. One thing nobody can prove wrong, is self experience. That's all infinity is. Your own experience about yourself. Believe me, that's all what it matters in this life. Have courage, and bring that to yourself. And it's a status, it's a state of mind. It's a state of being human. You don't have to write and read and hassle and do all that. If you take a donkey and put one thousand bibles on it, is it going to become a padre? No chance! All that matters in you is your caliber and with what vitality you can project. Your nucleus. And nucleus of a person is based on a little stone in the brain, it's called pineal. And that radiates clockwise and anti-clockwise. Can you believe that? Your brain, whether you're right or wrong, so long you are alive has the capacity to control thirty trillion living cells. Each cell has three, you are made of ten trillion cells, therefore thirty trillion cells, your brain has the capacity to control it, nurture it, change it. You're all okay. That's with you. Now how intuitive you are, that depends how happy you are. How imaginative you are, that depends how miserable you are. Because when you are imagining, you are in your imagination. You're miles away from reality. How intuitive you are, you are in your reality. Because intuition tells you what truth is tomorrow. Imagination tells you what can be tomorrow. What is going to be tomorrow or can be tomorrow are two different words. And that's where our problem is. My mind can remember all yesterday, my mind can remember today, my mind can only imagine tomorrow. But my intuition tells me what my tomorrow is going to be.

I specifically remember, once I was introduced by somebody, "He's my partner so and so." We met, we sat, we took tea. In the while when he was seeing me off, his partner has left, he said, "Yogiji, how you feel about my partner?" I said, "I'll not like to say anything." "Why?" "I can't." I said, "Not fair. Not fair to him, not fair to you." "I mean, how it will be fair?" I said, "Bring him back. When signatures agree, ask me the same question. Because I can't talk in the back of that person, that's not the way I am. I never counsel until two people in conflict are before me. There are certain principles I have got. When you ask me this question, a friend of mine, I'm not going to lie to you. Therefore I won't say a thing." "No, I want to hear it." I said, "Call him in." Well, luckily that guy was found, they found him, he came in. He said, "Well, I'll ask Yogiji a question, he's not going to reply to me. He says you should be sitting there." So he came and sat down again. I said, "Now ask the question." He said, "You have met my partner." I said, "Yeah, and I shook hands with him. That's true." "How you like him?" I said, "I like him very much." He said, "Well, there was something special you were not telling me." I said, "You're not asking me question. You ask me proper question, I'll give you proper reply." "How is he as a person?" I said, "Great." "What about this business?" I said, "The business, he's great." "What in this partnership is on me?" I said, "That's the question you ask." I said, "He will take away your entire business and you will be without a shirt in three years or seven years. He's there, you are there. Take a paper, write it down, and I'll sign it underneath Yogi Bhajan." "Are you sure?" I said, "No, I'm not sure." "Why?" I said, "I don't have to be sure. I know it! Sure and not sure are two things. I'm aware of it! You are my friend, you ask a question in his

presence, ask him. Did he not leave that partnership in that such and such just to come in and join you? And he has already taken all the finances in tact to buy you out? Ask him." He looked at him and he said, "Rob, this man is saying true?" I said, "Now the cat is out of the bag, this is true, John." I said, "Well, can I leave? You can discuss yourselves now. I have no problem. But I didn't want to say it behind his back, and for you I'm just telling both of you, you both are dishonest." "Why?" I said, "You got in partnership because financially you are a little shaky, you thought you can get all his wealth and say, 'Bye.' He came in, you are shaky, he will buy you out, and throw you out. You're both dishonest partners." And I said, "That's enough now, for me. It pays for the biscuit and tea I took. And I did my friendship as I wanted it, no more. Now you can deal with it." They both investigated, they both were lying to each other. They found out the truth. Then they sat together, they shook hands, and they said, "We'll stay together, doesn't matter what may be." He called me, and I said, "Didn't you two do it as if you were married?" At the time...Guru Terath, you remember what they said? In the church, 'til death departs? Huh? Something that has to do with death. At the marriage time, when they are ready to go for honeymoon, they bring death into it. Can you believe the communication we have between ourselves? At the mind when they change the rings, they have to kiss each other, and, you know, whole thing is just a gala happiness, super happiness, what do they bring? Death. 'til the death depart us, we'll stay together. Folks, that is partnership for the human. And that partnership... You have to marry you own soul! You have to become partner with your own soul.

The soul purpose of this life is to understand your own soul. And I'm just giving you something to work on your pineal, so in few classes you can have it. I'm not asking you to have it or not. I'm asking you, you will have it, just cooperate tonight. It is not going to be very easy. Let us do the job, before it clock strikes nine. Come on, come on, little nearer, yeah. Leave some place.

We are working on the thing called pineal. Pineal over a moon cavity, is a little, little stone type, it's not more than the size of a grain of wheat. That's all it is. According to the medical science, it is a dead thing. Oh, it is. Because it radiates, it doesn't secrete, so it's dead. But, folks, when it radiates wrong, can mess you up in seconds. And let us see what true it is. We'll check it out. Alright? Sit on the chairs, put your both feet and equal weight on them. That's all it. Otherwise, if you are on the ground, you are find. But if you're on the chairs, that's fine, too. Put your both feet under equal weight, that's all. Because your strength, your vitality is in your hip bones. They call it pelvic area. Your strength is not in your head. Have no misunderstanding about it.

**1° Kriya 5 minutes: And take these fingers please, Jupiter and Saturn, and make a scissor of them, just**



**in them, meet them, and quick.** Just do this exercise. Nothing at the tip of your nose, and really concentrate. Your going to o, no, not... Like this, open like a V, and connect. Oh, mm, oh, n think. It will make you miserable in three minutes. Yes! Brain rt of the brain to cover this action, because brain has a one idea. ecause brain's identity, the governor is the pineal radiation. He me. Your own brain doesn't want your pineal to be under your , you're doing it consciously, mechanically, yourself. And what n, close, quicker, quicker, quicker, quicker, faster, faster, faster, :straight, like you're cutting a cloth. And you will be miserable. t myself. If at sixty-two I can be miserable, you think you are to you. And more miserable you are, correct you're doing. And ir nose, concentrate. You never came to this class tonight to do

this simple exercise, right? Hard exercise, it's not big. These little things are quite gimmicky. They really work. Faster, no, no, don't cheat. Just be faster, be exact, and just do it! You'll be shocked what you are doing to yourself in couple minutes. We have already passed, there's a little time left. Hurry up! Because I want to fix your magnetic field and your arc line, and it's not yet there. I want to see that happening. Ooh. Yeah, yeah. This thing, you do not this thing, that blows the cover. Don't... It is like this. It is just like... It is difficult, I'm not saying it's not difficult. I feel the difficulty of doing it for years. What do you think, it's going... It's just, move it this way. This, this is crossed. It's not right. It's just like this. Just like this. It's miserable, but it's okay. **It's a Jupiter nerve and a Saturn nerve.** You know, Saturn finger, you raise it up, there can be murder on it. Jupiter finger, you raise it up, it means God. Two raised, it means victory. So just split them, it's God and devil. Split them, it's a will and de-will. Devil is no word. It's de-will. When you don't have your own will, you're a devil. When you have your own will, you're a god. Mix, mix, mix, mix, mix, mix.



**2° Kriya 3 minutes:** Isn't it something? You are almost touching the border area. Just cross, leap, leap, leap. Little more time. Okay, now, **keep doing that what you are doing, and with your lips only, lips, those kissing lips**, you have bacteria exchange, remember that thing? Inside, inside. Now you're in double trouble. (Smacking lips) It will give you what the rhinoceros horn give you. Move in the rhythm. It will give you face lift, number one. It will give you good digestion, number two. It will give your skin all what it needs, three. And it gives your parasympathetic nervous system extra boost, strength which a mega vitamin does. With mega B12. It will bring lot of changes you need.

Press them and split them, and keep the rhythm. One, two, three, four, five, six, seven, eight. Eight, eight, seven, six, five, four, three, two... Sa ta na ma, Sa ta na ma, Sa ta na ma. Anyway you count. For your experience, I did my job.

You have one more minute to go.

Thirty seconds.

Wow! Fifteen seconds.

**3° kriya 3 minutes:**



**Put your hand on the heart, and start breathing your nose in eight strokes. And then one stroke out. One, two, three, four, five, six, seven, eight, out. One, two, three, four, five, six, seven, eight, out. One, two, three, four, five, six, seven, eight, out. Sa ta na ma, Sa ta na ma, out. Sa ta na ma, Sa ta na ma, out.**

Good! You will become disease-free. Do it right! Four, five, six, seven, eight, out. One, two, three, four, five, six, seven, eight, out. One, two, three, four, five, six, seven, eight, out. We have made it religious. Good! One, two, three, four, five, six, seven, eight, out. One, two, three, four, five, six, seven, eight, out.

It will take away your mental discomfort. (Counts.)

Don't worry, dessert will be served after the class. In honor of the birthday of Guru Ram Das.

(Counts.) This is the cheapest medicine. (Counts.) Your own

breath of life, eight stroke breath. (Counts.) You have to go about a minute and fifteen seconds.

(Counts.) Last five seconds. One, two, three, four, five, six, seven, eight, out **and keep it out**. Out, out, out, hold it out! Out, hold! Hold tight. Inhale.

**4° kriya 3 minutes:** Okay, now shake your body as much powerfully you can. Any part of the body you will not shake will be the old part. It doesn't matter how you do it, shake every part of the body. Whatever you won't shake, in another three minutes, will be the old part. Do whatever you have to do. It's your free choice. You can move.

Use your strength, be strong. One more minute, yeah. Do it, do it. Doesn't matter. Get wild! This is what is required, insanity, madness, whatever you want to call it. Well, we do it all the time, let us do it consciously. Every part, butts, heals, toes, whole thing. Move, move, move.

Alright, you have one minute to go. Don't stop now, you have made it a long way. As fish does it on the hook. Remember that? You have been fishing, you know what I mean. Come on, come on, move, move, move! Move, move, move, move! Yeah! Hurry up, hurry up. Come on, come on, now, it's a very few seconds left. Hay! Let us do it all the way. Thirty seconds left from this what I have pronounced right now. You have last thirty seconds. Don't worry, keep moving. Move, move, move... Fifteen seconds, move. Move. Ten seconds, move. Move, move, move, five seconds and inhale deep, deep, deep, deep, and hold it folks, and you are going to breathe out through the mouth, folks, like a cannon fire. Just remember that. I'll say, "Fire!" and that's what you're going to do. Fire! Inhale again! Deep, deep, deep, and, damn it, tighten it up! Hold it! Hold it, hold it, hold it. Fire! Inhale deep, deep, deep, really deep! Come on, your lungs is the biggest organ. Wow! Hold it tight. And let it go! Relax! You have five minutes to relax.

Well, what? This is a simple exercise. Did we do lot? Here you go bathroom. Yeah, ahaa! See, you guys. Water out! Oh, by the way, those who have a pressure can just relieve themselves. But if you wait few more minutes, lot of toxin is going to come out anyway, so if you have a need right now, hurry up. Get rid of it.

It is the, actually we are celebrating this week the birthday of Guru Ram Das, the lord of the miracles, the healing self. Oh, wow! What is this word? Oh, thank you. And that is what they call rice pudding, that will be served also, because Guru Mittar Kaur, isn't it, our acupuncturist, right? Oh, yeah. It is her birthday, too. So you can... But if you cannot go to bathroom, you have to talk. You can't sit, you can't meditate, you can't... You have to talk. Discuss a movie you saw yesterday night, find it out, whatever you have to do. You have to talk. Anybody catch up, talk to her, talk to anybody.

Hey, everybody, come on. Okay, folks, let us start now, the class... Hello. We can discuss it later, we have fifteen minutes left. Now we are all in tact? We decided we'll have five minutes of break and we went ten extra minutes, you see? Now, we are going to synchronize the energy between the pineal, this is the most important exercise you are going to do today, because next class will be based on how I can... Actually, what I am teaching you this series is how I can create my strength to be happy, doesn't matter what. That's what the basic is. And I don't believe in defeatism, I don't believe in giving up, I don't believe in nonsense that we are weak and we are this, and, you know, I have heard it for a lot of many years. But that's all not true. This is the biggest lie. That you are made by the perfect God, in His own image, and if God can't make anything better than you, then He can't! Accept it. Accept the fact, you are you. Question is, are you expanding with your vitality or not? Do you have self trust or not? Do you have self excellence or not? Do you have self esteem or not? That is the deciding factor. There is nothing to discuss about you. I mean, you can get a nose job done or face lift and those kind of stuff. Doesn't make no difference. You can spend five thousand dollars to become a little pretty for a while, and look young. You talk three minutes, you look stupid, what you are... What that youth will mean? Nothing! I mean it's all, you know, it's all relevant. So, question is not that you have anything wrong with you, question is how right you can be. That's my subject of life. My subject is not, you are wrong. You are not wrong. Never you were wrong, nor you are wrong, nor... Look, I have lived with the underworld, I have worked with the government, I have done lot of things in my life, and I might have dealt with hundreds and thousands of criminals. I have not found one man yet who has said, "I wanted to do it." Not one. They say, "It happened." Or mostly they say, "I am innocent. I am just here for nothing." That's the first thing. "Oh, no, no, I am just innocent. This most stupid thing..." And if they are a little better, they say, "Well, it's a karma. I can't believe I am here." But if you just talk to them, I mean to say these are the people who are on death row, and all they said is, "I never wanted it to be this way." I believe that. And I don't blame anybody. I never wanted to be this way. First of all I never wanted to come to America. I never! I decided with my own mind. That's why I chose to be in Canada. I could have come to America straight. Whatever I never wanted to be, I have become. Isn't it amazing? Folks, just believe me or not, I used to address about five, six thousand holiest men, and I used to blow their mind. I used to tear up their whole thing. Because I believe man is complete, man is perfect, man is God! I believe. I may not say it, to just confuse people, because they don't believe it. I do believe it. Question is, how much you know yourself, and how much you expand yourself, and how much you project yourself, with what velocity, with what caliber, with what capacity, and with what continuity. It's not the mood which makes your life, it's the behavior. Mood is, now you're angry, next minute you're not, you're happy, you're unhappy. These are all moods. It's not your faults which matter, not your feelings, not your emotions. It is your character. Your character will show the characteristic of your personality. Whether you can contain against temptation and weakness and tragedy and calamity and be you, that's the test of life. Test is not this story telling, test is, when it comes to face to face, do you have a face? Or you are a faceless person? That's all. I mean, these two lines should decide the whole thing. Forget about God and temple and churches and prayers and meditations and services. There are tools, everything is a tool! Without tool, person is a fool. There is nothing in between. And why these tools? Because, when it comes face to face, do we have a face? Do I have my own face? Or am I faceless? That's the deciding factor. Rest is all gimmick, logic, reason, stories I can tell you, I can bewitch you, I can make fool of you. That doesn't make sense. There shall be a day in your life when you have to face, and you have to face your own face, where you have to show your own face, where you have to be you, nothing else! And how many time that time comes in your life? Every minute is that way! It's not later, it's not at somebody's instigation. It is not some circumstances. Every minute you pass in your life, you face yourself. So long you live, it's a continuous process. Whether you study with me, not study with me, doesn't make any difference. I don't teach anything. All I teach is, to put you in you, so that you can have it. Kundalini Yoga is a science to make you as you. If I promise you anything, don't trust, don't believe, it's not true, it's all nonsense. I don't know what is the big deal? If you are not you, then what are you? Who's fooling who? We are playing the biggest, ridiculous game with ourselves. I am not myself, and put twenty titles around me and all paraphernalia around me and polish me



and shine me and rub me. The moment I'll have to be me, I'll say, "Ehhh!" Gone, game is over! There's no game, there's only one game, that you gotta be you. And, you gotta be you, that's not enough. You have to come through as you. That's the worst. That's the worst part, and nobody teaches that, because I have studied myself. I know! They tell me, find God. What for? What the hell I have to get after finding God? Should I pickle Him? Suppose I find God, what that going to do? I don't have even a room to put Him there. You know. When I go to bathroom, should I leave God inside or outside? No, don't tell me, you tell me. Find God for what? Have an experience of ecstasy! Mix gin and rum? You will be in ever ecstasy, you'll never get up again! You want ecstasy? Take, put these two drinks together. Have it in, you'll never get out of that ecstasy. Forget it! You will be insane forever! Big deal. Take mushroom, this peyote, soak it into, cook it, eat it. You will never know when sun rises and when it sets. It's over, deal with. it costs too much to be insane? Nothing. Does it cost anything to become commotional and neurotic? Does it take somebody special to come... I there some B vitamin injection you require to lay out a trauma? Not the question is, when the circuit is up, light is gone. That's all the problem is, folks. Find this, get this, go there, do this, it's totally ridiculous game. But it has been played for five thousand years back and forth, so we all believe it. We believe in Christ, we never believed what he said. We don't do one thing. We believe in lot of people, do we do what they did? Everybody know the eight path of Buddha, and they can be... You see people lecturing on it for hours and hours and hours. Do they live it? Hmm? So long you do not find you, yourself, what it is, everything else you find is useless. If you cannot relate to your own soul, every other relationship is hopeless. If you have no time for yourself. Look at me! Five years I ran from one hospital bed to another, then I found our, wait a minute. Let me take care of myself. I'm fine. Because, Nanak said, *Aapnee aathee aapnaa, aapay kaaj savaarieh*. With your own hand, get your job done for yourself, by yourself. God is within you, alive, one piece, perfect. When God will leave you, you'll end up in a box called coffin. So long God is in you, you are breathing. Breath of life, pavan. So please find nothing. Even I am willing to give you concession, don't even find yourself. Just be yourself. That's more easy.

I remember, I was visiting somebody, there came a daughter. He said, "Yogiji, this is my daughter, Annie." She said, "Mom, why don't you tell Yogiji, this is my **stupid** daughter, Annie." She said, "No. Shut up!" She said, "You always tell me I'm your stupid daughter. Now why you are introducing this man I am your daughter. Say I am your stupid daughter, Annie." And I looked at the face of that lady, and I said, "Wow! Honey she's not stupid. You are! I look, she paid you with interest. See?" She said, "God, I can't deal with this woman." I said, "She's not a woman, she's your child. She was nine months in you. She knows you inside out. You can't deal with that." "Why not?" I said, "She has your genes, she has your blood, she is inside you. She has the same frequency, and almost same features. The problem is, she's your tomorrow, you're her yesterday. Well, that's the relationship between parents and children. They are your tomorrow, you are their yesterday. If you don't deal it today right, you are going to mess it up. Simple theory. There's no big deal required in this. Not scriptures to be read." I said, "You think she is she. Right?" She said, "Yes, she's my daughter." "No, no, no,, no, no. Dead wrong! She's you tomorrow. And you are she yesterday." "But what should I do, Yogiji?" I said, "Simple. Whatever your weaknesses, see she doesn't get it. What your strength is, she gets it. That's all you can do. It's a one chance to live improved next life. It's right there. Now you call her stupid, see what she did to you?" "I know, she does these kind of things to me all the time." I said, "Kleenex, kleenex, kleenex. Cry, cry." And she said, "Mom, all the time, whenever you talk to me, you say, 'You are my stupid daughter.' Is that true?" I said, "Now, Baby, sit down, sit down. Too much. That's all. You said what you said, she had it."

Friends are not sure anything. Friends are your trusted communication. Beyond that they are nothing. Your relationship is nothing, but a convenience between two people. A spiritual teacher is nothing! Absolutely nothing in your life! Somebody who can kick you when you don't want to be kicked. Yeah, I'm not kidding with you guys. You can never have a spiritual teacher where your ego is bigger than that guy. Oh, it's a simple... What is the relationship between a student and spiritual teacher? a chisel and a stone. What comes when they both meet? Sparks. Hammer, sound of the hammer and spark. Whenever your spiritual teacher meets you, and if he's in the mood to meet you, he will tell you like a shredding machine, what is going on? If you have the capacity to assimilate, you are very lucky. If you don't, have a nice day. There's no problem. And what that life you think it is, where you don't have one person in your life who can totally shred you and put you together. What you can pay for that? You think couple money and few presents and all that what you do, that's it? Forget it, folks. That you get it from so many people. Question is, do you have the intelligent and the wisdom to understand what you are being told, and correct it yourself? That vitality matters. Because now we have

stimulated pineal, we are going to ask it to send a message to pituitary and all the way lower to the glandular system. And that is exact eleven minutes. So no more and no less, so every second is possible.

**5° kriya 11 minutes: Take your hands straight like this** . Spread your fingers, and then correct it like this with



your shoulders and bring it to your ears, and don't chip in, and like this. That's all you have to do. And think you are going up in the sky, pull upwards. *Flowers in the Rain* as loud as you can play it. Up, up, up, try to just get into the sky. All your five wide open fingers must go, and you must go, and pull up, up, up, up, up. Rest everything will happen, none of your concern. Shoulder must pick up the rib cage, rib cage must pick up the pelvic, pelvic must pick up the butt area, hands must pull up upwards. Come on, come on. Up, up, up.

It doesn't fit it. Put *Pavan Pavan*.

Come on give them music! They're going to freak out in another minute. They're already in trouble! No, no, no, bear with me, bear with me, just six more minutes. Come on, come on, let's get into it. Lift yourself, ecstasy, lift! Lift, lift, ecstasy. You are going to find heaven soon, they are coming down. Up, up. You know I do it myself, I know what it does. So, we're okay.

No, no. Fingers will not be allowed to close. They have to be five open fingers, number one. Number two, it must lift your rib cage, and arm pit must take all the stress. Stressed is the arm pit better you will be. Louder and louder.

Put entire intensive pressure on the arm pit area. That's all it is about! Fingers must widely open and tense. And go up and up! Hey, what's it called, **levitate!** Yeah, now I found that word, in America, it's very popular. Levitate! Watch out, this is real, folks. You know we have done already six minutes. No, no, seven. Wow! It's happening, clock is moving. Now don't freak out. Otherwise you'll ask yourself to be (??480).

Bring the pranic energy, come on, folks. Hallelujah! Is there any word which can inspire you? Pull, pull, pull.

Elevate, levitate.

Inhale deep, deep. Hold tight, synchronize your body. Upward.

With a cannon fire let it go. Inhale deep again, deeper, deeper, deeper, and synchronize. Pull up, pull up. Pull, pull, pull.

Let it go. This is the last chance if you have cheated. Inhale deep, deep, deep. Hold tight. Penetrate into the heavens, sky, up. Let it go. Relax.

Oh, oh, oh. Yeah. You are not sweating, I am. Ooh. Wow! It is three point, we only could make it three point one frequency megawatt per cell psyche. But my intention is one day to have an experience up to three five. Let's make it. And that is a simple way to live. A human must have a projectile capacity to penetrate through the shield to find the truth in others, and it also should be invertedly possible to find out the depth of truth in you. If you do not know truth within you, and you cannot project truth out to make a way into the castle of another person find out what truth is, you are out for trouble. I can't help it. It's as simple and as truthful it can be. So every person has a shield, and every person has the moral, ethical, and religious right, and the right and reality to penetrate through the shield. And in America we say it in a simple words, read between the wall, between the lines. You know what I mean? And if you're intuitive, you don't have to read both lines. You have to read one line, which is between two lines, and you're going to be fine. That's what these classes are going to be about. It is a vitality within so I can enjoy virtues without. That's all it's about. And that's what we are going to do.

Now, quickly, *May the Longtime Sun Shine Upon You*...now you eat your breakfast. Come on, bring that food. Food, food, food! You are going to be served lot of things, the promise. Hurry up.