

### NM093 921117 How vagus nerve work & intelligence & Intuition, Damaru kriya

A poem I wrote, I do not know what it was. But what I was wanting to write there are a lot of things which I cut it out because I am head of religion. I didn't want to say those for obvious reasons.

Run of Life

I have seen many moons and I have heard many stories.

I have lived through many loves and I have experienced many glories.

I have lived through many lies, I know what I know.

The river current of life is strong.

You need all the courage on the life boat your row.

The knowledge and all the knowledge trivial or main.

If you know what you have to know you can go insane.

How many games you play? How many times you lie?

How many times you promise? How many times you break the tie?

How many times you go sugar blues and still you eat apple pie.

How many times you ignore the reality and hide high in the sky.

How many times you know the white and still you wear the black.

How many times you diet to death and blow it with a snack.

How many times you love and feel the beat of the heart.

How many times will you break your heart and fall apart.

How many times you do dumb things and feel you are smart.

How many times you plan things and put the horse behind the cart.

How many times you live non reality and call it an art?

How many times you debate without wisdom and feel you are smart?

How many times you neglect things and let everything rot.

How many times you are harmful and you enjoy not being caught.

How many times you can't afford on credit cards you have bought?

How many times you have no reason but still you have fought.

Life is a gift of God which you know not.

When one day let the hand of God play>

One day when you will see it is all God's play.

This day you will know me and know me well.

You will find your heaven and get out of your hell.

It is my bliss and my prayer. Life is a wonderful gift that is very rare.

Let us live and let live. There is a lot of love to share if you want to live happy.

Meditate and do the prayer.

Yogis who see and serve the master are fortunate and rare. Life is God's play and he is the only player. Bliss and beauty and bounties come from duty.

Let us all be happy. Let us all share. Let us love and love.

Let us love prayers. Yogi, there is no tomorrow if you are not happy today. Work with grace, to your strength you pray. God is your soul, God is within you. Yogi loves God's grace.

He prays you love to be. Infinity within infinity and happy you should be.

And my personal apologies for cutting out. No, I tell you why. I tell you the fact. In astrology I learned from a great master, Pandit Ram? There is not a one of his age ever will be. But still I am not an astrologer. And numerology I just understand as a basic knowledge but still I just gave out the basics. But you don't find me professionally doing that. I have a lot of things which I learned as my specialty. But what I actually want to say or tell is just to invoke people. Because I have never agreed that we are born to be unhappy. I have never agreed that there is a disaster. I have never agreed there is a calamity. All I believe there is awesome strength of the soul and there is awful day to face. That is actually my total philosophy. And if we keep up we shall be kept up and that is all it is. I know a lot of people have a lot of philosophies. When I was saying this poem there were a lot of other facts too which could have been very useful for the mankind but they will not look good coming from me. But if Dr. Ruth says those. I can understand but not me so. I avoided those facts totally. But still there were a lot of those things we said and got recorded simultaneously. And it was useful. The most difficult things in our life is walking the first step. Walking the first mile. There are so many things I can teach you, so many things I can talk to you and so many things I can say to you. But there is no time. And that is. It is a race against time. Let me put it this way. Your entire pain, your disaster and your bad days, you are

getting not what you want and not having a good family and good relationship and not being loved or you can't love. **Calamities, bad sex experience. There are a million things. But it is not God's doing. It is not environments either. The problem you have in your life is, that you do not have straight strategy and you do not have the capacity to create a submission to honor the strategy, which your intuition knows what it is.** I mean it is a funny thing. This morning I was talking and I called somebody I said, "How miserable you are?" Now how can you call somebody early in the morning and say how miserable you are? And the person replied, "I don't know. I am deep into it." He said a very strong word but he said, "I am deep into it." I said, "How stupid you are." He said, "I have done Ph.D. in it three times." I said, "What do you mean three times." He said, "Every time you told me it will hit me back. I never listen to you." I said, "Do you ever listen to anybody?" He said, "There is only one thing I don't want to listen." I said, "Should I now hang up the telephone. You are not going to listen." He said, "Well Yogi, what you are going to say?" I said, "I am saying to you, your misery has just started. All I am saying." "Why you are saying so?" I said, "You are phony, you are unreal and you are stupid. Good morning, have a nice day." **Well, if this is not love then there is no love. And if this is not from your heart, then there is no heart. I would have been a criminally neglectful human if I would not have said in those words. But it is so obnoxious on my part to catch up the phone in the morning and I need the guts of a God. And I did it. We refuse to confront our love and the values thereof. We need romance in life rather than love. And romance is a non practical reality, it is all imaginative.** Our comfort in imagination is great. You don't have to pay for it, you don't have to sweat for it. You don't have to maintain it. Once I saw a person on the tree and he was just like this. I couldn't believe it. If we would have been sitting that would have been fine. And I said, "Hey what are you doing?" He said, "I am flying." His legs were twined in a big smart trunk of the tree and hands were on the two side branches and he was enjoying flying. I told him, "What kind of flying is that?" He said, "What flying is, this is it?" I am on a height and I am flying but I am not going anywhere. That is all it is. And he was on total romance of flying. Actually if you look at it, what is flying. You are up in the air and you are moving. So he imaginatively was moving and he was flying and he was in his own posture and don't you understand mostly you do the same thing. Let us talk to the love talk. Love talk is a bait talk. It is a human cruelty which we thrust on each other. We are very cruel. And I have never understood. I am sixty three years old dumb person that I can say I love you and not come through. I do not know how to and I do not even understand even today why people say I love you and then they mess it up. I understand I have loved certain people and they have done what they have done. But even today my love has never changed. Circumstances have changed. I can't communicate with some of them, I cannot talk with some of them. Some are not worthy to talk. I agree with everything. But you know early in the morning in my celestial self when I am not in the physical body, I still pray the same way I used to when they were right in my left and right. I used to pray God give them health, prosperity Make them healthy, happy, holy. Now I say them healthy, happy, holy, give them prosperity, they may not come back to me. Because there is a lot of karma of life. Life is not what you think it is. Love is not what you think in the Western world. Love is giving your best to somebody without a remotely directly or indirectly asking for a return. When there is even a thought of return, then it is purely business. Today was a very funny question somebody asked me. How can somebody do anything without motivation? I said, "Truly if you have no motive then God is your servant." When you have motive you have your strength and you have motive and no motive you are just a sick person in a healthy body. You might have seen on this planet there are earthquakes. There are plates of the earth. Seven plates they move. They create earthquakes. And some people are really building near earthquakes faults. That is okay that I understand. But you will never find anybody building a house where they know lava flows. Near volcano top. Have you seen any palace being built. No. And when you erupt in your life you are no different than a volcano. And when you are very mad and you just flow the way you flow, you are nothing more than the flow of a lava. And when you are very violent and very conniving and very cool, you are nothing but a synonym of the ocean. You know you represent nature. What I can teach you. People are so dumb. They are actually part of the nature. Their things are exactly what the nature does. Therefore there is nothing to be mad at anybody. There is nothing to be rude to anything. Our action is just like you can understand. If there is a synonymy in Pacific Ocean or Yogi might be a cup of tea and there is a synonymy in a cup of tea. A synonymy is a symony. Only after many, many years today I saw a movie with a lot of love and affection. My most favorite movie in the planet. The travels of Gulliver. And those Lilliputs. I have always enjoyed it. I used to read his comic books and they were my favorite and today I have been requesting so many days. Finally they found it and I got that movie. It was so amazing. The two kingdoms fought on a song. In original those books it was how to ctt the egg by the lying down or by standing. And if you see your life you will exactly feel all fights are on very insane issues. And when you want to fight you become fanatic or you call it a matter of principal. When you want to dump somebody you call it impossible. When you want somebody you call it love. When you don't want somebody you call it hatred. If all the life you put your complaint together you will never be allowed to enter the heaven though God may be your personal friend. You know what a complaint is. It is a slap

across the face of God and it is totally denying His existence being the master of this planet. At noon I was answering a phone call and I said to somebody, I said, "Don't tell me that I don't miss you and don't not acknowledge that I miss you too, but we will never meet." And the person opposite responded. "Why it happened so?" I said, "I told you at that time, there is no way to live with me and there is no way to live without me. You remember me." And the person said. You remember me. And the person said, "I don't understand even today." I said, "You are not the only one. There are many." The reality is we cannot live without anybody. We live all in the same frequency, like in the sky there are stars. Every star is shining and there are day stars. And some are under clouds and some can be seen and some are brighter. Some are very shiny. Some are very dumb and dull and they are at distance. But stars are stars. And if I say this that Sex is nothing but an adjustment of pituitary gland. It takes away the entire juice out of it. Romance is nothing but an adjustment of the pineal in creative sense with the medulla. What you are going to do. And that is exactly what it is. You know how much painful you are just to pass your day. How much effort you do to just plan your day. Look at the difference. I don't have to plan my day and I am rubbed left and right and you plan the day and you do not know what to do. It is amazing that you don't expand your life.

**Tantra means length and width. And there is a one word which you never understand. It is called weave. Life is waves. Everything is a magnetic wave, you can never deny it but if you have the art to weave the wave, you will be successful, prosperous, graceful and you will hardly need a vitamin. But if the waves are there your life will be nothing but a disaster, doesn't matter how great you are, what a sage you are, and what you want to do. Nothing you can do. Every wave must be weaved. It is the length and breath. And that is how we make the cloth, first thing we learned. We took the length, tanna we call it and we start making it up and down and putting the shuttle through it and we knot it every way and we weaved a cloth and what cloth was to us. It covered us. And what is our strength. We all want to be naked. All. Simple. We all want to be naked. We are all afraid to be naked. And we do not dress to be beautiful. We dress to impress. It is amazing how wrong we treat ourself for right reasons. Why we do all this. There should be answer to all this.**

We are brain tired. We are not physically tired. We are brain tired. I am not saying we are mentally confused. I am not saying we are not spiritual. I am saying we are brain tired. So much insecurity for tomorrow that we mess up every today. And the tragedy is that when tomorrow becomes today we have to think of another tomorrow. Why? We are conquerors and we are killers and we are hunters. And sometimes it becomes so unfortunate we are hunted. Nanak says very beautifully, "Apra dee duna meh joo ha tan murgaieh." He says the killer bows doubly in the cross because he doesn't want to be seen by the deers. So he gets down. If you ask him what you are doing he will say, bow. It is, his walk is very humble, slow, doesn't create any noise. Because his purpose is not to be humble. Humility attracts divinity. But when you are humble to kill, or make a point then it becomes a curse. Actually there is a one very easy way to become divine. And that is let flow, let it be. And what that means when I say that. Don't harm when you can. Don't abuse when you should. Don't be upset when you have to. Don't say no when you should say no. Don't be rude until you are a teacher. Don't abuse if you are not in real love. The only power you have to abuse a person or beat him or whatever you say is when you are in real love and that you must see in a very symbolic manner. If a child is going to take a burning red iron hot what mother will do. She will jump up, pull him out and yell at him. Don't. That is understandable. But not just for the fun of it. Insulting, the most insultable person is your own insults. Abusing another person is, you are abusing your own consciousness and hating somebody is your bankruptcy of love. You know psyches are like stars running around and their axle on their orbit is going on but if you want to learn the reality life is a wholesomeness of everything and fifty percent things are bads and fifty percent things are right. That is the balance. If you don't meet a tragedy, don't expect for happiness also. So how to enjoy life. There is only one way, develop intuition. Intuition cannot be developed other than meditation. Because you have to clean subconscious garbage. I went to Japan once and I went to somebody's house. Beautiful house, so clean, so many little things. I tell you how little things were. I went to bathroom. I sat on the seat. I was there for four hours till somebody came. They broke the panel and released me. When I sat with that it was so little I stick in, but my meat got stuck and then because I put the pressure on the panel the other upper panel caved in and it became a hydraulic system and there was nothing I could get up. And I yelled and screamed and sat there for four hours but I tell you the bathroom was cute. I stayed in Japan for one week. Never went back. Because I could not stretch my legs. That is one thing which is very essential for me and they make me, give me a car maximum and I didn't fit in. And the only way I fit in, they removed the adjoining seat of the driver and then I could sit. There is nothing I could do. So it is not that everything you need and nothing you need. Your body is manufactured for a certain mental survival, for certain spiritual awakening and for certain physical luxuries. You never plan it. You have never strategized it. And majority of it if I say you don't know. Nobody knows his personal need. You do what you read and what you see. So you get tons of catalogue and then you buy another catalogue. Somebody sitting in Milan and Paris tells you what to buy. And you watch television. It is so awful.

When you have just finished meal they tell you what to eat. And then they want America to be slim. We are today. Just understand. One thought is God. If there is a God, there is a one thought. If there is a human there is a one thought. Every word in the dictionary is one thought. And just understand how many thoughts we are bombarded per wink of the eye. In sixty seconds we wink hundred and eighty times. If we are automatically on our nervous system and each wink releases one thousand thoughts. And we may not achieve one thought in our life but that is what life is all about. So **tonight** I thought we will give our thought a preference. And this is first class I am dealing with you in a very funny and harmonious way and you will bear with me.

**Kriya 7 minutes: Sit lightly and make no posture. It is as you please. AND TAKE YOUR LOWER LIP AND PULL IT ON THE RIGHT SIDE AND JUST SPEAK, I LOVE YOU.** This is, I am Ph.D. in Psychology of communication. I just want to tell you how the sound affects. **This is my right side. You have right side too. Sit as you please and just**

**speaking like this. I love you. I love you.** Lips must be. Think of those people in Amazon who have lips you can put a tea or cup on it. It is not. **You say the vagus nerve doesn't work.** That is what you don't understand. **How vagus nerve work. When you get a heart attack that is what happens.** One side gets done. Just do it technically. That guy who eats spinach. Macho guy. Come on speak louder. Listen to this. I want to exactly time it so that you can understand the result. If you **do it for seven minutes.** You like it or not you will be very relaxed. What is wrong. Seven minutes twisting your lower lip, that is all it is. all you have to do is say **I love you,** twisting your lower lip. It is just vagus nerve first, second, third, that is all it is and moon center. Actually we are pulling the moon center. That is what our reality is. And you will laugh and you will feel miserable and you will feel happy and God knows what it will do to you, but now. Now. **You have to pull the moon center in a total right affecting your vagus nerve.** Same thing for three more minutes with a little tongue out. I love you. Put the tongue out and say it three more minutes. I know



what it does to the body so I am aware of it. When there is a little tongue out and not the tip. The other person will hear you, I love you. But all he is going to feel that you are going to lick that person. You must understand the sound impact which you create in all honesty reveals your identity and your strength to another person and it does tell you your motive. So when you do not speak without motive. I speak to people, I get very rude, very angry with some people and push them to the hell. The motive is there to wake them up. They will later on never come and see me again but question is. That is okay. Some people do not understand. There are two teachers in this earth. Right and wrong is not here being discussed and logic and reason is not being given. One is spiritual teacher and one is very, very spiritual teacher in this time. Either you learn through time or you learn through your spiritual teacher. Time has a test for you. spiritual teacher has stake with you. You don't understand spiritual teacher. Spiritual teacher means if you fail he has already failed. It is not that he is not selfish or he is not attached. He wants you to be so strong that he can live through you. This is not transmigration, it is transinvestment. And that is why God has not created you to live through you. God couldn't live himself. You don't understand. You think spiritual teacher is all like a, you are slave and somebody is a master. Or a spiritual teacher who the hell is he. First of all, you will meet spiritual preachers, not teachers. Teacher when you will meet one thing will happen, spark will take place and ruder is the spiritual teacher faster you will get somewhere. And I know my teacher and bless his soul, I have never met in my whole life even so far. I have seen many, many people but somebody Can be so exact and you know it actually. I am very proud of my intuition but maybe it was with me from birth. But God just the very memory of it makes me intuitive. Because you know what I mean. What a pride it was to be around him and just not for one hour smacked us, hitted us, shitted us. You know what can happen. It was impossible. Once I calculate my maximum endurance not to be found at fault was one hour and twenty minutes. **I just wanted one hour and thirty minutes. That is all I wanted. I wanted to reach a spectrum of one hour and thirty minutes he will not say, what are you doing? What are you thinking? Where are you? Three words all I heard and I knew he was always right and there was nothing to get away with it.**

Once I was sitting and absolutely meditating and he said, "Don't waste your time. This nonsense you can go anywhere. Now wake up, let's go for a walk." I was meditating and I was walking a journey which we did three days ago and I wanted to go intuitively to see if that journey whatever I saw. And I wanted to enjoy and repeat it and it was a very selfish waste of time and act. It was very blissful. It is not that.

And one day I was meditating and I was playing with angels and I enjoyed. It was not something. It was ridiculous but that is how it was. It was very funny. And he came and he had a little stick in his hand and hit on my back and he said, "When you leave the physical body you can get with these dummies but not right now. Let's do something else." And I saw him I said, "Yes Sir." "Come on let's go." I said, "Where we are going?" He said, "Just wait. Now meditate and find

out which house today had good food." I said, "Whole universe. I can take you anywhere you want." I said, "No, no, it has to be." He said, "You know that managers of ours." I said, "It smells good there." He said, "Let's go." And they were making really very juicy food. And we walked in and naturally we were very special people and he was so we were served well. And he said, "Eat it, eat it." I said, "Is there something to it." He said, "You are not going to get food for three more days so eat it." And we ate and then he asked them to pack it for us. He said, "We would like to take some food with us and they packed up. Quite a big basket I brought home and you know what happened. Next day it was such a storm and such a hail and so cold and we had to go on a rescue work because it was a spontaneous cloud burst and rain fell and it was all a mess. You know when we were running in all fastness I just remembered that basket. I took it and we all ran and we sat down and we went and we did the whole thing. And when we just had a breathing time I told everybody I said, "This is a basket and you grab whatever you can and it is a very good food." Then we decided we do not know how many days we will be here so everybody rationed himself. So we ate and the only thing we can drink is the mud water. We put our turbans in it and squeeze it so that mud will not come and we will drink and fourth day we came back and we said, "What happened." So you do not know what the environments and weather wants to do. And you do not know what is inside the weather wants to do. There are two storms you can have. One inside and one outside. And never be sure. Never. So keep your umbrella and raincoat handy and that is called intuition and intelligence. **There are only two friends you have got. Intelligence and intuition. And there is only one guide of yours.** Forget about everybody else and that is consciousness. In the trinity of these three you can live better than angels. But it is up to you. **Life is a very beautiful gift ever you can have.** And mind you it comes once in lifetime. I do talk to those people who think they are poor. Nobody is poor. **Poverty if does not teach you patience. Poverty is worth nothing. And richness if does not give you grace, richness is worth nothing. And wisdom which does not allow you to be kind and compassionate is worth nothing. Your wisdom is not how sharp you can talk, how good you can pursue at people and how many con things you can do.** How much kind and compassionate you are. Nanak said that, "Daya dharam kapoot heh." **Kindness is born as a son to dharma.** It is a heritage which we live. Kindness does not mean that you shirt your duty. Kindness does not mean that you cannot act right. Kindness is a virtue in which you put yourself first for the sake of another person. When other person becomes priority and you become second kindness has started and when job is completed confession has been experienced. If you really want to know what it is, **2° Kriya 7 minutes (to 11-22-33): I would like you to go through a simple Jappa because I am teaching this today. You know my hands like this. This is Shiva's drum. That is Lord Shiva's drum. It is called "damaru". HAR, HAR, HAR, HAR, HAR...** In one minute the hands will start hurting. Make it tough and strong. You will start losing the disease. Outward pressure is on the thumb. Inward pressure is on the fingers. From the navel. Inhale, relax, relax. Seven minutes was enough. Practice this for eleven minutes and this was outside and this is inside. This comes inside, that comes goes outside and you pull it from the navel. Start with eleven minutes from tomorrow and just do it for forty days. You don't need to ask me what it will do. And eleven minutes and then when you finish forty days with that then do twenty two minutes, then you finish with that. Then do thirty three minutes and forty days. It will take you hundred and twenty days till we meet back. Because I am going to Guadalajara and God knows where I will go. But this I will like to give you a special kriya for hundred and twenty days. I don't want to explain. There are seventeen pages in the scriptures explaining what it can do. And I know I am a very act of doing it so I can tell you how it will do it. Just watch me and don't do it. **Har, Har, Har. Har, Har, Har.** It is few minutes of hard, then it becomes automatic. Then the hands and the navel and the sound will become one unisoness. **And exactly after seven minutes you will start changing. Seven minutes after that there are four minutes very difficult. Your whole system will go beyond you. And takes you about forty days to practice so you can maintain those eleven minutes. I think it will be about thirty fourth, thirty fifth day when you will know that you are really enjoying it. In between there will be little mistakes and breaks and all that. After you become eleven minutes constant and competent.** Certain things will start happening around you for which there is no explanation. None so ever and after that break it for three days, seventy two hours, don't practice it and then start another forty days for twenty two minutes. That will be very difficult and then again give three days off, seventy two hours to body and then go for thirty three minutes. So all told is hundred and twenty days of doing and nine days of period in between. So hundred and twenty nine days you need from tomorrow. I don't know how many things you have done in your life, how many you have not, but my idea today is that we must do it. I am not judging you, I am



not discussing you. I do not know. But if you have two hands and navel point is still alive and Har sound you can adapt that is all you need. And sit in a very easy posture comfortably and just do it. Har, Har, Har. Har, Har, Har. It is automatic. Doesn't make sense. It is something you will enjoy. Many of you have gone on many trips but this trip will be. And if everything goes all right then in between I will try to come back if I can get a chance. But staying with you all. New Mexico is a very beautiful land of Enchantment and we have to go to Winter Solstice in Florida. Eyes automatically close in it. There is only three minutes hard after that you will just. It is not written there but I have practiced it, I know. After a few minutes it will start becoming. There is not much to it.

It is actually "**Damaru kriya**". Its name is "**Damaru**". And it is what Lord Shiva has. If you see his Tershula. About a little bit underneath there is a one drum there and this is drum movement. And it has those. Chinese do this way. They move that and they chant that. But this double is very powerful. It takes five tattvas and turns them into mega molecule radiation. And in hundred twenty days you can project a beam and for that beam you will become you. I mean look at me. There is not a one what should I say, terminal sickness I do not have and I am very old. Body was given to me for constitute reason for forty eight years to live. Now I am sixty three. Working memory, physical, with all the handicaps it is fine. Much better than those who think they are healthy. Mental stage is very alert. I can still connive and do clever things. You know you have to be extremely a con game player to deal with a student. Because a student comes with a glacier ego. You do not know how to deal with a student. Many of you just think it is normal. When you talk to a student. Student comes with such a heavy vibration and projection. The only thing you can do is dodge him so him so badly, squash him and then say, "Hello, how are you and then give him a piece of wisdom. Just give him a wisdom right away. When the boar is coming with a horn on you it is very dangerous. Here you are. So give a student a run around. And student comes there to test. When a student meets the teacher he wants to know who the hell is he. Where he is at. Remember this is a relationship and teacher has to tell him who the hell is he to know where he is at. And in between an intuition develops. If you want to give wisdom to your students you are a stupid teacher because that he can get in a library. Take a book on wisdom, that is all and read it. Why he needs you. He needs you to play, to exercise. It is one of the most beautiful relationship on the planet. Had God not given mother the motherhood and teacher the ecstasy no teacher will teach. Because teacher wants to live through the experience of the student. His own experience is not enough, it is boring. That is why God created the universe. God is a teacher too. "Kar asan ditto chao." He sat in a posture and wanted to see how it is. The word which we do not understand in the Western world is reverence. The most difficult thing we have in our planet is commitment. To us commitment is slavery. And we do not know one thing what to do about it, it is called sticking it through. What is your expression. Stick it out. That is the only cowboy word I understand which matches up the fact what life is all about. Stick it out against every odd. This morning somebody was discussing with me and he said, "I apologize Yogiji, the person is a very abusive to you." I said, "Oh no, abuses and excuses are not my way to think. I am very blessed that I am sticking it out." So please understand this planet and your life is commonly precious and it has a togetherness. So wherever you are do not think you are not a diamond. And do not think you are not special. Because when you think you are not a diamond and you do not think you are not special you actually insult God your divine master and you become bad student. Calamities are climates through which you pass to test out your courage and grit. So that you may not fall in the pit forever. I don't know, some people if you challenge them they don't like it, they don't. It is very funny. Once I said to somebody, I said, "Act dead." And God the person fell so much that I thought that I have got special occult powers. It must be real and I went and I tried to do everything to wake up. That person held the breath. Amazed me. And then I knew if I can press a certain point he will move. So the person moved. So I said, "You can act perfect on the sound. But now whenever you will command things will happen. The blessed person is enjoying his life." He got that siddhi just by one obedience. And that is what Nanak said, "Maney kee gat keheh na jayay, jay ko keheh pacheh ... One who can obey nobody can even say praises to that person. They are so unlimited one will feel sorry. But for many of us obeying means awful. Why to obey. You don't have to obey because you can't. There is nothing. But those who can listen and those who can obey God listens to them and God they command. Those who cannot obey. This is a saying of Yogi Bhajan. Those who cannot say. Those who cannot obey, they cannot command. So the power of God is within us it is not outside and that is all we have it as a love, when we do not love with discrimination. Conditional love is a devils attitude. Love because you love, give because you can give, and be because you have to be.

Blessed Lord, in Thy Infinity and the vastness, the unlimited identity as you are give us the realization that is what we are. Give us the strength and the courage to find that bounty without boundary. That beauty without definition and bliss without return. Sat Nam.