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LA540 870527 Balance the hemispheres of the brain

**SUMMARY MEDITATION:**

We are trying to understand today through a simple sadhana. It is not long, but a hard one.



**7 minutes:** This is the saturn finger. Make a lock and make this hand sixty degree. Three fingers up and same way do this. Put it in sixty angle. Just sit straight. Don't worry about it, what you are doing. By your own right. If I do wrong, don't worry. But you do right. This hand is open like this backward. This open upwards. This hand is backward open here. And this is like this and here you are. Saturn finger on both. Touched "**shuni**" mudra. That you know. Three fingers, some fingers will be like this, some not straight. But try to make them straight and stretch it out like this. Correct. Now close your eyes. And take a **long breath in four strokes. And let it go.** Go ahead. Take the maximum breath in four strokes. **One, two, three, four. Let it go.** One, two, three, four. Then let it go. Like that. By the



fourth your chest should be full of their. (**SSS plays the gong**) Do it honestly. This is a kundalini yoga, you want to arouse your kundalini, give you all the energy and you can't do even exercise for five minutes. What do you think is going on? **Inhale deep.**



**3 minutes:** **Change your hand and now do breath of fire please.** If you know what is a breath of fire, you know what it can do for you please do it.

(He plays the tape Sat Nam Wahe Guru by Singh Kaur) Inhale.

**4/5 minutes:** **Put your hands in your lap, left over right.** Put your spine straight. And deeply meditate. Inhale deep. Relax.

**Kriya 12 minutes**



Let us sing happy Birthday to Shanti Shanti Kaur. Is today May 27th, right 1987. She didn't write how many years old she is. But it is okay. It is a secret ladies like to keep. But somehow let us all sing. Now treat will be served to you after the class. You deserve it.

May the long time sun shine upon you, all love surround you and the pure light within you guide your way on. Class chants Saaaaaaaaaaaaat. Nam.

Blessed are those who bring peace to the unpeaceful environments. They cause peace to those who need it, serve it, share it, advance it, work for it. Peace and tranquility. Grace and divinity may all come to those in prosperity and happiness, health. Those who believe in the balance of tranquility of God's peace. Sat Nam.

LA540 870527 Sadhana to Balance The Emispheres of the Brain  
The word is the expression of God and it is the expression of the unknown infinite

Oh chakras, wow. Well. **Some time** and most of the time on medical grounds we do not understand **why we are sick. Sometimes** or most of the time we do not know why **we are unhappy, why we are depressed.** Because **we have ears but we don't listen. We have eyes. We don't see. We have nose, we don't smell. We have tongue we don't speak.** And it is not something we should feel depressed after hearing it, it is a reality of our life. **The brain is not trained to compute things faster at the speed.** They say **our brain uses only three to five percent maximum.** Can you believe ninety five percent brain going waste. Do you understand that? What a terrible loss. The sharpness with which we can think and understand is not that there. The strength and depth with which we can commit is not there. **We do not handle our life properly. And then we feel depressed** and our ego is so good when we listen to somebody's advice it doesn't suit our emotions and our feelings we don't want to hear it. It is a very funny thing. Once a woman wanted to marry somebody and she asked me. Sir, what is your advice? I said, "Honey, you are getting married. He is getting married. But this whole thing is upside down. How come?" I said, "You told me to check it out. I have checked it out. Twenty seven women he has already ruined on record. That is his record. That is his admission. Now what is untold I do not know." "What do you mean?" I said, "You will be twenty seventh. Investigate it." Instead of investigating she told him, "Doesn't matter what I want to marry you." He came to ask me, "Sir, I told you something private. Why you told her?" I said, "No, I just quickened the marriage. Go ahead, marry her." **His total subconscious style was exactly the same with that woman. Not an iota of difference. So our brain has values, has waves but it has weather. Constant weather, tropical. Some brains have tropical weather. Some have north pole weather.** You see people from their clothes you can understand how they look like and how they want to look like. Some people with no good clothes will look modest. Some will look flashy. Some will look showy. Some will look available, trendy. Some will look this way, some will look that way and do you ever ask this question, why, what is behind it? Behind is not a fashion. People find fashion for themselves because people want to express their subconscious in a conscious way. That is what goes on. There is a situation, before coming here I was stuck on the telephone and I couldn't. Neither I could leave or I could come you know. And I wanted to come seven thirty to finish it and go ahead. The question is, question was asked, why this guy is doing. I said, "This guy has to do it and I am not feeling sad about it. He has no love his father, he was never rich, he has nothing. Then I told the story. Story is, there was a riverlet in which boys were playing, you know in water kids play in summer. They were playing and Shiva and Parvati passed by and Parvati said, "Please stop." He said, "What is wrong with you." He said, "Lord, you are the Lord of the Universe, do you see downstairs what is happening?" She said, "What is happening?" He said, "Look that boy is born blind and these kids are all eyes and because they are blind they are doing him so terrible jokes and he is drowning and they are picking at him and they are doing all. The guy is blind he can't see it." Lord Shiva said, "You think I do injustice." She said, "No." He said, "You know it is not injustice he should not have eyes." He said, "All right let's go." She said, "No, way. Wrong. He may not have eyes I agree but he cannot be teased to that point." Lord Shiva said, "Parbhathi don't try to be big mother. This guy doesn't deserve eyes. We didn't give him with the point of view that it is safe. The world is safe." She says, "The world is safe, the guy is not safe. He has no eyes, look what is going on. It is not fair. I am going to give him the eyes." He said, "Well, honey, I cannot tell you anything, whatever you want to do you always do but it will be a mistake." She said, "All right let me commit one mistake." And she said, "So be it," and there the guys got two big bulky eyes, saw everything twenty, twenty. He look around and he said, "You guys teased me." He said, "No." He said, "I will tease you all." He grabbed four of them put them under feet, grabbed four of them, put them in hand and drunk them all. In twenty minutes there were eight dead bodies in that stream and Lord Shiva said to Parvati, "Hello, look around. They were only teasing but look what he did. There are eight kids dead." She said, "Okay." She took away the eyes and make those eight to swim again, realized the mistake is not good to cross the husband right on the spot. But basically what I am explaining to you is these stories are there to let you know how people who are poor should be poor. When they become rich they create a havoc. Because money is not anything but it is an energy. Money is what money does, money cannot have a direction. Direction is a man. If money comes in the hand of negative man, he will not let the whole neighborhood in peace. You have seen those western movies. The guy moves in the valley. It is a very peaceful, loving, beautiful, darling valley. Everybody knows everybody. Everybody barter with everybody. Everybody protects everybody and

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this guy starts buying things and getting people out and finally he wants a big development and after a while the valley is all gone and dead. You know that and you know one thing very common. When the stocks and sheep people were fighting all the way and running for the grazing grounds and. Power is not very peaceful if not directed right and people do not have capacity for a powerful solution. The greatest power which you all suffer with these today is a mirage of love. I am convinced after eighteen years living in the United States that the Western world doesn't know what the word love means. For them it is an emotional bait to dream a situation. Because I don't want to blame you because you don't have a sisters love. You only have a man love and a woman love. There is no brother and sister love here. There is a relationship. You have a relationship of a sister and a brother, you don't have a love of a sister and a brother. It doesn't have any strength, it is just kind of a shallow thing. You do not have a love of an aunt and an uncle. But somewhere there are examples where aunt and uncle have proven better than the parents. You do not have the security of the grandparents though the affection is there. But everything is in one's way. It is not a comprehensive flexible situation which can flow and adjust itself to bring peace. So there is a tremendous amount of lacking experience in the subconscious hidden there as a pain. It is not something we like or won't like. We do a lot of things because we are hurt. And we develop a subconscious shield to protect ourself from the hurt. So we have a character. Let me hurt the person first before he hurts me. I was asking a woman. I said, "Honey, do you know that your husband these days is not acting right." She said, "I would like to talk to you sir these days for a while but I have a situation to take care of it. I have to go and bring my child from the school." I said, "Thank you." Matter end the way you know I didn't have a time to see. It was lucky coincidence we met. Then I looked at it. Why should I talk to her. It was very important for her to go and pick up a child from school. She doesn't know that her husband is screwing up the whole world and there is not going to be marriage very soon. For her it is not very important. Why should it be important for me? Why I go out of the way to tell her to watch her own home. Take care of your home front. It is just the story I remember. I remember the watchman came and told the owner of the house. "Sir, can I go in the house and check up." He said, "What is wrong with you. We are going to the party." He said, "I do not know. I heard some wall knock. I think somebody is making a hole in the wall and entering your house. It may be a thief." He said, "Shut up. No thief. Don't bother our party." All right if there is a theft you are not to be responsible. Walked away. When came back they had to sleep on the floor without sheets. There was nothing left. Thieves had a party too. Coincidence in our life and accident in life is sometimes that we do not have our weather in our brain. Tropical rain, heat, wonderful, relaxing, laziness and what we need to do and compute is very high priority fastness. We can't afford it. There are waves in our brain, somebody's mother has not loved the person. Now everybody in the world is being beaten up for that. It is totally ridiculous. You can find classical examples of show offs. I was telling somebody I said, "Thanks to, these are not diamonds but if somebody would not kill you for these diamonds I do not know. What are those stones called. No rhinestones, what is this new thing, new fad these days. Rhinestones. Shoes filled with rhinestones. Pants are rhinestones, blouse rhinestones. I think whatever that thing they called, they wear under, that might be rhinestone. I do not know what is going on. And do you know once you wear a dress and look in the mirror you walk the whole day you never look at your dress. So who is selling the rhinestones and who is buying it subconscious. So in your activities there is a root to it. For every conscious act there is a subconscious phenomenon. For every subconscious phenomenon there is an unconscious reality. That is how it works. So if you do not have touch with that unconscious reality doesn't matter which Phf you are, you are going to find your subconscious phenomenon and if you do not have intelligence to bisect the subconscious phenomenon you will never find your conscious activities. Why you do it? And that is where the mishap normally happens. Now this is a dharma. Everybody has a place. Do you know some people who were introduced to dharma they are not here and those who were introduced are the leaders of this dharma. Do you know in this dharma there were people who were leaders they are not there but their ordinary student who they thought are just so, so are still continuing. Because we do not have a high intelligence capacity to relate in our life to our inner being. We have everything to put rhinestones. If we cannot afford rhinestones we can afford diamonds. We want to show our outer richness. You know where the problem is. What I am talking to you tonight. The problem is when you show outer richness and you are not worried about your inner poverty. When you show your outer fulfillment and you have shallowness and emptiness in you. And when in and out are not together what is together. Are you living in a human body or a haunted house. Outside you present you are somebody else and inside your host is something else. How people will love you? They won't. In the western world love is when things are done according to your taste. I know. I am not blaming you. That is the way you have earned it but that is not what love is. Love is when you have a deep understanding and you are convinced somebody is wrong you still have a compassion to not make it feel that person. That is what love is. Because love makes you in experience of oneself within oneself to the entire universe. That is what love is. Love is not what you feel. I have explained to you so many times. That for God's sake, just understand what love is. Love is not what you want. Love is not what you don't want. Love is when you want and don't want, you don't want to hurt anybody. Your kindness and compassion has no limit. The problem is, what you want outside you cannot get inside. Because there is nothing inside. Some people develop their insides, they go to the mountains. Isolate themselves. They are very happy with their inside. They enjoy their insides. They are always in ecstasy. Does anybody get benefit out of it. No. Once I had a

very terrible trouble with somebody. Very religious man. He was on silence. Wanted to see me. Neither I could say no nor I could yes. I said, "Okay let me see him." He came, he had a slate hanging on his neck. He wrote on that and wanted me to write an answer. I told him, I don't want to do this first standard exercise. Why should I write the answer, why can't you talk? If you play dumb then be dumb. That is it. Then don't ask questions, don't get an answer. Have fun. I look at you. You look at me. If you don't want to talk fine. You should not even see. Close your eyes. And put lead in your ears. That is it. And stitch your mouth. How can I eat. I said, "Doctor can put in a stomach a pipe." "You don't like me." I said, "No, I curse you. You are the most stupid holy man." "Why you say that?" I said, "Because God gave you gift to talk." "Naadam, sara naadam, sara somta sohung." The word is the expression of God and it is the expression of the unknown infinite. I said, "What are you talking about? You can't even talk. What a discourtesy. You write on the slate. I read it. I read the answer on slate. What is this game." "I took a vow." I said, "Before whom?" "Before my teacher." I said, "Stupid is the teacher and blind is the student. That is not vow. Teacher can put you on a silence. Then be silent. Don't hang on with the slate. The be somewhere sit down and just don't talk." "But I have to live." I said, "Ask your teacher." "Pana guru, duba moheh chaleh." Blind teacher all student gets drowned. Because the blind Guru took them into the very powerful Solna river. Everybody washed off. So don't follow people, don't follow philosophies, don't follow your spiritual teacher if your spirit is not with him. Leave him at home. What is the idea of following a spiritual teacher if you do not have the spirit to understand what he is saying. You have the right to ask questions. Verify yourself. You have the intelligence and consciousness. But what is the idea to talk and listen and not do. But you are not at fault. You don't listen to yourself. How can you listen to your spiritual teacher. You don't listen to your own soul. That little voice. You know these are very funny days. I am grounded now. It is fine. I am not well, I am not supposed to do this. Fine. But I move around relaxed and now because I go to hospital to hospital, doctor to doctor. In between I see the world which I never used to see. I used to go to work come back, you know all channeled. Now it sometimes time to look around. And I look at myself and look at these people. All I see is, all of you has one very strong point. Extremely strong, that you are three fourths of the way committed. I do sometimes see people turban off and pant you can even see through pants. Once in a while, it is not everyday affair. But I do see funny people and I see funny people all the day. I look funny to most of the people myself. So I know what funny looking is, so there is no problem. But the question is conscience, the question is not what you wear. Question is not what you eat. Question is not what you talk. Question is when you look for whom you want to look. That is the question. "Soee rania dukasameh paneaa." Those are the queens who are the beloved of their lovers. "Soee rania dukasaheh bhaneaa." Who was, "bhanaaa" means who was, in absolute melody with their master. If you dress up with a mink coat and with a straw hat and on with a jeweled belt and all that and you want to go to a dinner with me. I do not know which restaurant I can take you except to Taco Bell, well naturally my situation will be that this queen of Hollywood met me on the road and a holy man I am supposed to feed her and the most open place is the Taco Bell. She can have taco ninety nine cents and she can go in her Rolls Royce wherever she wants to go and I will walk back home. There is no communication. Communication is not what you say. Communication is what you represent. Communication is not what you represent. How you represent. What form you represent and what is the purpose behind. And what is the strength behind it? Because you got married and you got the license from the county you are husband and wife. That is not true. That license is just the documentation. Because you love somebody and somebody loves you, that is not the love if there is no understanding, infinite understanding. If there is not infinite commitment there is no marriage. If there is no infinite understanding there is no love. "Guru Tegh Bahadur boliaa gurshabdee eh man horee. Bhaee jinaa deh pakreea sir dejay bae na choreaa." Guru Tegh Bahadur said so. Thus speak the Guru Tegh Bahadur. If you hold the hand of somebody let the hand roll don't let the hand go. If the mind has gone beserk or it is not together with Guru's words you can hold it. Why Gurus words. Because Gurus words speak above you and speak to you a universal truth. Somebody was one day asking question, Sir how you deal with person so and so? I said, "What is the problem?" Oh that person was very mad at you." I said, "Yeah. You saw it." "Yeah." I said, "I saw it, I dealt with it." What is the problem, your problem. But how? I said, "That person had no other place to go but to be mad at me. So not only that person is mad at me because that person is mad at me, but that person is mad on that tree, therefore he is mad at me. That person is mad on the electricity, he is mad at me. If that person gets mad on the meter maid then it is mad on me. Don't worry about it. I said, "How come meter maid?" I said, "Somebody gave twenty eight dollar ticket for wrong parking and I got half an hour lecture because I am the councilman, I passed the law. And I wanted to pay twenty eight dollars, there was no, no to that. I said, "I won't pay." Then why this stupid. Stupid this thing, I don't know that on Tuesday or whatever the day was I am not supposed to park this way. Then tell me what you can do about it. Because stupidity is when you come to the road you don't read any signs. Signs are silent. Not reading that silent signs shall cost you twenty eight bucks. You know what I am saying. There are silent signs in the world. If you don't read them they may cost you your life. And one of the most silent signs is, do no wrong to anybody through your tongue. Smiles can win the worlds and frowns can lose it. Always be very nice. The greatest seva is not to give somebody food. The greatest seva is not to give somebody money. Greatest seva is not love somebody. Greatest seva is not to help somebody. Greatest seva is to give somebody the understanding. Greatest sharing is to share your understanding with somebody. This world of ours is the most beautiful phenomenon and every brain, every shashara has a weather. Some are cold like the north pole, some are tropicals and some are just like equator. But within those weathers you may not fit in the places. Think of the man who has a brain

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weather that of the north pole and he lives in Sri Lanka and think of the man who has a brain weather of Sri Lanka lives in Northern Canada. That is why most people are not very careful about their appointments. Most people are not very careful about their life. Some people are so careful about their appointment that they can kill a person actually by missing an appointment so it works both ways. Because mostly people have very less capacity developed in their brain to adjust to normalcy. There are some people who are negative. You touch them, you deal with them, you love them. Whenever their time will come they will ruin you. That is their satisfaction. They are scavengers of the society. They pray on the dead. If they cannot pray on the dead, they bring the circumstances which will kill you. And then they will enjoy it. They are behind destruction. They can't do things themselves they bring everything in the society possible to kill you. Kill your happiness.

In the sixties you might be remembering we used to call them psychic sharks. These are people who come and talk to you, have a lunch with you, by the time they leave you are almost eaten up. Lunch you eat or not but you are gone. Because they put such a stupid guilt and insecure impression on you, when they leave there is nothing left. Now how can you have these people in society? How can you deal with such kind of people? There is nothing left. They talk stupid, they talk angry. They talk false. They talk tall, they talk things which you do not even understand what is going on. Life is a reality. It has understanding. That is what Guru says: "Soorá ekho root nekh". There is one son and there are many, many, many weathers. The brain, the shashara, **the seventh chakra is a sun of the man, human. And the brain has many, many weathers. The moon of the brain has many, many waves. People have to learn many, many values and they have to evaluate themselves. I am tonight trying to reach your being with a very one simple word.** Answers to your problems are not many. But there are many problems you have got. **Answer to your problem is a simple thing. Talk, listen, see, speak. Speak, talk.** There are two things. Talk is into answer, speak is when you initiate. All meditatively. To share the understanding. To share your oneness. Don't treat other people as shallow. **Don't try to control and manipulate other people.** There is a lot of pain even helping people. **Controlling is impossible.** Develop with people not loving relationship. Develop with people understanding. Person may refuse hundred times to understand you but if you understand yourself continue on your path. Somebody will reach and makeup unto you. People do go berserk. People do go insane. Just remember only friends have the right to become your enemies. Look into the human history. You will never find an enemy who was never your friend. If you want no enemy have no friend. Can you do that? But if you want friends you will have enemies. Because an angry friend is called enemy in English. Friends give the energy, tributary, tributes to give you strength. Enemy takes it away. Life is a simple give and take but if you take a passionate look and be kind to yourself and deal with people with understanding rather than with your commotional love and emotional feelings and affections and gifts and then sending people stinking letters. All that doesn't make any sense. Just remember this life is one principle only. Live and let live. If you totally worship it from the total heart of you will find peace in yourself and then you can share that peace because it can be in abundance to all the people in the world. **I am not worried what happens to you today. I am not upset what happened yesterday. I am not concerned also what happens tomorrow. All I am concerned is when you are going to learn to develop understanding and sharing with it.** We are trying to understand today through a simple sadhana. It is not long, but a hard one.

**#1: 11 minutes:** This is the **saturn finger**. Make a lock and make **this hand sixty degree**. Three fingers up **and same way**



**do this (left).** Put it in sixty angle. Just sit straight. Don't worry about it, what you are doing. By your own right. If I do wrong, don't worry. But you do right. This hand is open like this **backward**. This open upwards. This hand is backward open here. And this is like this and here you are. Saturn finger on both. Touched "**shuni**" **mudra**. That you know. Three fingers, some fingers will be like this, some not straight. But try to make them straight and stretch it out like this. Correct. **Now close your eyes. And take a long breath in four strokes. And let it go.** Go ahead. Take the maximum **breath in four strokes. One, two, three, four. Let it go. One, two, three, four. Then let it go.** (Y.B. Like that. By the fourth your chest should be full of the air. (SSS plays the gong) Do it honestly. This is a kundalini yoga, you want to arouse your kundalini, give you all the energy and you can't do even exercise for five minutes. What do you

think is going on?

**#2: Inhale deep. 1 minutes: Change your hand and now do breath of fire please.** If you know what is a breath of fire, you know what it can do for you please do it. (He **plays the tape Sat Nam Wahe Guru by Singh Kaur**)

**#3: Inhale. 2 minutes: Put your hands in your lap, left over right. Put your spine straight. And deeply meditate.** Inhale deep. Relax. Let us sing happy Birthday to Shanti Shanti Kaur. Is today May



27th, right 1987. She didn't write how many years old she is. But it is okay. It is a secret ladies like to keep. But somehow let us all sing. Now treat will be served to you after the class. You deserve it.

May the long time sun shine upon you, all love surround you and the pure light within you guide your way on. Class chants Saaaaaaaaaaaaat. Nam.

Blessed are those who bring peace to the unpeaceful environments. They cause peace to those who need it, serve it, share it, advance it, work for it. Peace and tranquility. Grace and divinity may all come to those in prosperity and happiness, health. Those who believe in the balance of tranquility of God's peace. Sat Nam.