



SUMMARY MEDITATION:

Tonight I have to give you only one exercise and going to blow your mind and it's not going to be very convenient and comfortable either, but, you know; what should I do, you came here, you paid, you ask for it, now. (Students laugh) I have to do the job.



(19:30) KRIYA part 1: 3 minutes We are working on a pituitary in diagonal fashion. This is exactly is the posture. My left hand on my own elbow and my right hand is just up as I am taking a big, long, huge oath and it must have a balance and now I am very balanced in my posture. You see I look very good. It's good look, huh, wow, right?

(Yogiji breathes hard)

Come on.

(Students start breathing hard)

Inhale hard through the nose...

That is Sat Kaur; today is a day to understand what breath can do, psychology books fail, come on.

Student: (----)

YB: But they should not breathe through the mouth. Don't breathe through the mouth, exhale. Inhale through the nose, breathe through the... Normally they ask you to breathe through the mouth and then you get over oxygen, you become idiot. That's not what we are doing. Inhale through the nose, exhale through the mouth. Because that will change you forever. Permanent change is happening. You are going to be ordained as a normal physical human being and your pituitary had to adjust. It has to adjust another nine minutes. We have just started. What ah, what do you mean? Come on. Inhale through nose, no, no, no mouth inhale. Inhale through nose and shoot out. American, fellow Americans, keep the rhythm.

(Yogiji laughs)

I am telling you what I can do. You are telling me what you can receive. Let us see. Getting tired, hah? No.

All right we'll cut the time; you are getting blue, hurry up. You are freaking out; hah, hah, ha. But try, try give me a minute or two more at least, I think you can survive that... Are you okay for another two minutes? Huh?

Students: Yes sir.

YB: Do it best then, do it, let us see the result. Huh, huh, huh come on, don't yawn, do it. Hey sweetie, you think I don't get to see you everyday, you will... What pooh, whole thing; breathe... Come on darling come on, breathe out, oh my God. These are the, (?)... We have seventy million dollar worth of an exercise in America and this is our stamina? Hallelujah. Have you started seeing angels and Gods? **Okay inhale deep, inhale deep and raise your both hand and move like this, shake your hands only please, shake it, only hands. Exhale. Relax.**

Okay, you are fine? You can survive the second part of it? Well, listen, just watch. You have come in spite of this rain and bad weather and you have come to Guru Ram Das Ashram, I am not going to send you back normally to suffer anymore and I have to do something special and you have to understand, if you just cooperate, we'll be fine, right, all right, okay. What we did? We did this right? And we can do this now. Right.

(24:50) KRIYA part 2: 3 minutes. Now switch hands, same as exercise 1.



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(Students laugh)

Right? It's okay? You see how simple this is? It's not very complicated. I am looking at you, you got to do it right; I mean, this time I am watching. Oh sure. Bring me or not, I am going to come and I am going to put a handkerchief there to see that you do it. I want everybody to do this exercise. Absolutely accurate, okay? Are we ready? Ready? Okay inhale.

(Students inhale)

Go. One two, one two, one two.

Come on folks, come on, I am going to show you the space, heavens and everything else.

Everybody, everybody. That is working on your brain hemisphere please. Balance it out. Just nose, nose. I do it every morning. It's easy. Requires a practice though...

(Yogiji laughs)

Come on, two more minutes, come on folks, don't give up, don't give up on me please.

Not flying kiss, full breath must come out. Watch. Come on, breathe in and breathe out.

One minute more to go, try your best.

You really loved me so much. Thank you for coming but you got to do it right.

(Yogiji laughs)

Because it's very powerful area therefore I chose to teach a very simple exercise. Twenty years of meditation, chanting, remembering God, worshipping heavenly power and angel and you know, it is a very beautiful place.

Now please inhale deep, raise your hands and shake, shake to your best, only the hands, shake hard, relax. Are we okay?

Student: Yes.

YB: Yeah? **Are you ready for another three minutes?**

Students: Yes sir.

YB: Everybody can handle it?

Students: Yes sir.

KRIYA part 3: 3 minutes. YB: Okay now, just now this is technical. What we did is two sides of the brain left hemisphere, right hemisphere; that's what I am going to teach tomorrow also and I mean to say it's just to increase our vitality, our energy and our power and our intuition. **Now this is a left hand of mine, put it on the heart, right hand; put it over, press hard; all right? Press hard. This has to be pressed hard. There is nothing else I can tell you, press hard, okay.**

That is not the way she used to cry, it was musical but now it is rough. Our kids don't cry that bad, oh my God, must have been the effect of the birds.

All right, now inhale and exhale. Inhale exhale. Inhale deep, exhale through the mouth. Inhale through the nose, exhale through the mouth. Inhale, exhale. Now I will guide you in this. Inhale exhale, inhale exhale, inhale exhale, inhale exhale, inhale exhale, inhale deep, exhale through mouth deep, inhale deep, exhale through the mouth deep, inhale deep, exhale deep, inhale deep, deep, deep, deep...

Side-B

Exhale deep, deep, deep, deep. Inhale deep, deep, deep, deep, exhale deep, deep, deep, deep; inhaaaale... exhaaaale, inhaaaale... exhaaaale..., inhaaaale.... exhaaaale... **Inhale and raise your hands and shake.** Gracias, gracias, just relax. Everybody is okay?

(32:00) KRIYA part 4: 7 min Gong + 4 min meditation: All right now please take your right hand, put it on your forehead, left hand on your navel, close your eyes and space out. That's what you have to do. Ready. We'll put the projection of two, two frequencies into three mega and you should be in a position to go into the waves of that gong and flight out and try to go towards the Sun and that will give you health, that's tonight.

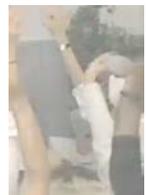
(Gong is played)

(Gong stops)

Meditate on your spine, make it look like a tube-light. Control it hypnotically.

Now, (?) your body please. At your navel is (?) your arc line aura is

perfect in harmony whether you did it right or wrong. Take the advantage of this atmosphere and purify your body. 'Healthy am I, Happy am I, Holy am I, Healthy am I, mentally (?), Healthy am I, Happy am I, Holy am I, Healthy am I, Happy am I, Holy am I. Healthy am I, Happy am I, Holy am I. I am beautiful, bountiful, blissful, I am wonderful, I am the best, I am the excellent, I am a victor.



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KRIYA part 5: 2 min. Now put your both hands up please, just like this, on the side palm; just exactly watch my fist.



Close your eyes and receive the heavens in your body. Let the heavenly energy come in you. Heavenly ho, heavenly ho, heavenly ho, heavenly ho, heavenly ho, that's how (?), heavenly ho, heavenly ho, heavenly ho. Heavenly ho, heavenly ho. Get it all from heavens, it's your right, heavens are there for you, me and us. You are born in the will of God, in His image, God is with us (?) breath of life is nothing but a power to live and God keeps us alive, God must give us all the means to live happily. Get all the happiness of the heavens in you today. (?) the life is pure and your piety will work miracle. Heavenly ho, heavenly ho,

heavenly ho.

Inhale deep, squeeze, squeeze and squeeze and expel all the disease out, relax. Good. Feel good? As a special concession to you I cut out the time of the Kriyas to the minimum (?) three minutes. Normally we do it for eleven minutes and proper time is eleven minutes. So I mean, you went into, I, I don't know, you all went up so fast that I thought... No, it's a very powerful place, I realize later that there are twenty years of noble vibration, God here chanted, meditated, people came, prayed, million people got blessed. This is a house of Guru Ram Das, Lord of miracles, I mean to say, here in our neighbors, there are different religion, people and all they come and they pray here, they get rewarded and they talk lot of things (?) become a nucleus of that strength and power and projection. So, how are you? You are okay? (?) No, no, no, no more eleven minutes, it's enough. **You feel good. And now, you have to clap.**

(Students clap)

Stronger, stronger.

(Students stop clapping)

Okay that's it. Pull your tongue out and breathe through mouth only for just thirty seconds. It's called dog breath. So balance out your body, otherwise you...

(Students start dog breath)

(Students stop)

Fantastic, that's it, that's it, that's it, that's it, that's it and could you please whistle, oh no, the song is The National Anthem.

(Students whistle)

I don't think our National Anthem is that long.

(Students laugh)

Yeah, you will feel happier and you will feel right and technically speaking you are in good shape. Now what you have to do is the homework. You have about an hour's time to drive home, take that much only and go home and please remember what I am saying. Take a glass of milk and take black pepper which every home have and boil it and drink tonight.

LECTURE

.. Ah; you know it is very funny. Once up on a time, it's one of the experience of America which I had. We were thrown out of the place without rhyme and reasons. In those days it was very fashionable to avoid Sikhs, now it's very fashionable to meet them. It's totally cards have reversed and I think within a very short time we bought this place for twenty four thousand dollars. Eleven thousand dollar cash was to be paid. In those days eleven thousand dollar was just like eleven thousand with lot of three or four figures and then I think twenty trucks of unwanted material was taken out of this place, almost, people worked day and night and first time we were very so happy that we had a place, we can call it Guru Ram Das Ashram. We were teaching classes in a garage. In the back of that and I could have bought that place, but I didn't want to because I thought we'll give it to the man who helped us to come in and didn't want to compete. It was just a matter of principle; it was not question of real estate for me and the man said, "You get it for hundred twenty..." That eight, Melrose, you get it for hundred twenty thousand dollar, but if the man who is my tenant, he gets it, he gets hundred forty thousand dollar. So he got it for hundred forty thousand dollar, I helped him with the money. That was over.

Now stop it.

(Students laugh)

I am not ready for any music.

And we bought this and we; we didn't bring anybody to even to see this. This was, I don't know what this was. Cleaned it, worked it out and it became our first starting point. What you see behind is that it is eight hundred and two carats ruby which is behind is that is laser beam. It's the most healing thing in the world at large. We put it here. When people come in the evening, they meditate, it is for them. And this was built with lot of love and affection. The blue marble you see is from Mexico and it's their devotion and dedication, you won't find it this anywhere and we started classes here and then Sunday we used to have Gurdwara. Then finally we built it only into a Gurdwara and then went. It leaked

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though, it should not have but here we are again back after twenty years. I mean, yoga classes, it's amazing; it's unbelievable factor.

You as people, you as persons and you as tomorrow are in jeopardy because the axle of the Earth has changed, it's Age of Aquarius and one effect of the change of age is which is in the history. Some example of that is great drought of the planet; that is twenty four years there was no rain and where we live in Espanola that was almost a huge sea, so vast. It went all to the plateau beyond all that area and that dried up. You can well understand. In that twenty four years of drought Netherlands and all these areas in Europe which was swamp showed up as land and also, you can see another situation where the northern cap melted and lot of life got lost where Caribbeans became only few islands and still thirty, forty feet down there you can find a land and also there is a history of Noah's Ark which you read once a while as a story. So I mean things have gone up and down on the planet.

Our planet earth is based on seven plates which move and actually in the history you must understand in histology there are seven main planets. Two are dragon tail and dragonhead which is the offshoots of the moons. Now people think there are eleven planets and twenty seven planets, that's not... But the affecting planets to you are four. Rest are negative planets. Mercury, Sun, Saturn and Jupiter; period. These are four planetary values which comes through. Out of this two are teachers and two are life; but this is communication, this is a life and this is a Saturn and this is a Jupiter, both are teachers.

The difference between a Saturn and Jupiter is that when you do not do anything under Jupiter you are not rewarded. But when you are under Saturn you do not know something, you are punished. Jupiter will say, 'do this work, I will give you fifty bucks, if you don't do you lose fifty bucks.' Under Saturn, if you don't do that you will fifty, sixty spans, whether you like it or not. So I mean, therefore Saturn is a Blue Star, it has three rings, most powerful. It does affect. It affects you more vitally than you understand because your biorhythm is based upon the planetary stars and you have to understand that the other mounts you have got in your hand is the Mars and the Moon and Moon affects your mind effectively. Mars affect your power to avoid fights and be happy or create fights and be unhappy. Mars is a very powerful star.

So these little things, the seven stars in seven plates of the Earth move and that creates the drama everywhere. Technologically speaking we as human have a capacity. Our capacity is to be happy. Happiness is my birthright. Actually to be very honest, when I started learning for Kundalini Yoga my idea was not to become great yogi or do this and that; that was not the idea. Idea was to learn something for which I can change my gears. I must have my own transmission and I didn't want a automatic transmission, I want a stick shift; you know what I mean? You are all on a automatic and that's ridiculous. It is not right. If your transmission automatically does not shift and you cannot shift it together... Have you seen some cars, I have seen some cars. They go on the high, say guu-guu-guu, thank God they make it on the top and then go forward and forget it. But stick shift; worst come to worst you put in a first, there you go.

There is one thing you have to learn, that's Kundalini Yoga. The automatics, the hypothalamus and the medulla must be under your control. Two. And the third thing, the trinity, the pituitary. The master gland which guides all the glands should be under your control because if the glandular secretion is not properly fed into your blood stream your nourishment and nursement is not going to be as a full-fledged human being. I do not know how far I can call things are spiritual. As far as I am concerned nothing is spiritual because everything is spiritual and I don't call religion anything but a reality which you have to face today, tomorrow, day after, whenever and your reality of life is that you have to be happy.

I don't know, I have seen people very fashionable but cruel. Very beautiful but cruel; not to anybody, to them; mostly people are cruel to themselves. Because they are blinded by their passion and they run by the smell. Interlock of smell is unbreakable interlock. You want to going on the road; you can smell a woman, you are stuck, you can never get out of it, doesn't matter what you are. You live by the nose. But you never admit it and there is no science to make you admit it. Some day you make a best dish and burn it and smell it and try to eat it. You can't. If you eat it you'll go sick.

The subtlety of fragrance is so powerful in human life that you can't even understand. Flowers give you a good look sensitivity. But the fragrance of the flower is all what you need. But in this country it's not very common. In the oriental smells are very powerful. Yeah, I mean to say I used to get sick every night when I used to teach yoga class, when I was a Hollywood yogi; you know all these actor and actress; the smell you used bring on their bodies and I used to teach a class to make them sweat and the room got filled with all those artificial smell, ho, ho hoo. It was shocking.

Ah, tragedy in your life is you don't smell your body smell. Therefore you are dirty, you are ugly and you are unwanted, undesirable, repulsive human being. I will say not further words; but if my this expression is not enough, let's add furthermore. You are neurotic, you are idiotic, you are self destructive and you are creatively imbalance. Anything more you want to hear on that? I can go on and on. Your body smell is the only strength you have got and it must be yours. When you don't have your smell you don't exist. Then what? Chanel exist or lavender exist or God know what you put. Whatever you put on your body, that exists is, not you.

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Try to do one thing. Two friends when they start using the same fragrance they will fight more than otherwise and there is no reason for it but there is a every reason for it. So unfortunately, our society is western society and it's ugly society. People don't take bath. For years and years in the western civilization it was considered if you take a bath and wet your spine you get weak.

When Queen Elizabeth the first, yeah Elizabeth or Victoria, Elizabeth; right, Victoria? When she died, it's a one inch and a half they chisel out of her skin, oh yeah Victoria...

(Yogiji laughs)

They chiseled out of her skin one inch and a half makeup. Ah what? True. They have to chisel it. How civilized our economy is, doesn't matter our country is, our civilization is, up to seventeen eighty seven (1787) we used to standup and pee in a bucket and do also in a bucket publicly and leave money into the bucket and if you go to all beautiful buildings in Europe you will find now that they have added bathrooms and restrooms; in original there was no such thing. So technically speaking there is much more less stress and taking a bath you do not know.

According to the books of knowledge which I have gone through, if a person take a proper bath he cannot go sick and old, period. We are talking of other stuff. Now let me tell you one thing. We are going to go to India. We are going to have a bath in Ganges, right. Now I will like to see how great Americans are going to come through. This is what is going to happen.

The taking a bath in India in Ganges, there is a ceremony that you find a spot up to your knees and then you dip in and dip up and massage and dip in and dip up, hundred and eight times; you know what I mean? What a great circulation that will be. And they say, Ganga Shnan. Actually when a person goes in, he freezes in that cold water; because it's right from Himalaya and he says Har Har Ganga, Har Har Ganga...

(Students laugh)

Then he massages his whole body, standup, warms himself then he goes in and goes up and goes in and goes up and goes... Can you believe that exercise? Now how on the Earth can make that person sick? Every capillary in the body will be open, every fiber of the body will be nurtured by blood and every chemistry will come through in perfection. That's the power. And here I have told so many years that you go under the shower, wet yourself, it will bite you. This California water is useless. I am talking of New Mexico or New York; very cold water, I mean, that's enjoyable water and when the cold, cold water falls on you, you come back and then you massage your body and then go back and massage your body and just stay there for twenty minutes or thirty minutes; whatever it takes till you do not feel the cold. You will be the healthiest. Things to do, but you know, our medical bills are going up and Clinton administration is just finding out they are bankrupt and they are trying to talk something great and I got a handwritten letter from Al Gore that, 'we are going to do the whole world and thank you very much,' and I am very grateful to him but I know what he can do, what anybody else can do.

So long you stimulate your body from outside you mess up your strength to stimulate your body from inside. You cannot do both things, technically speaking and when you do not have the strength to stimulate body from inside, the very glow on your face is dull and anybody who has a dull face is a dumb person, you are no attractive. It's that magnetic attraction; Rathu Rath Sat Samata; it's that blood, the shine of your blood which attracts everything. That's why a young woman is much attractive than old. But have you seen some old women, they are more attractive than anything in the world? The glow of their face, the charm of their personality is so powerful, so of the men, too. There is a technical way of living. A life which is effective not a bogus life.

You know what man did? Man bifurcated the knowledge into some little pockets. Man bifurcated reality of the man into different pockets of religion. We have killed more men in the name of religion than we have killed with any disease. We took a knowledge. I have a little knowledge, you have a little knowledge, they have little knowledge; we created; because it has become what call it, technological earning process. Religious man came out, gave you fear of God. He started you are born in sin, now hear, here you go. As by paying him money you will become pious. Nobody is born in sin; everybody is as pious is as his purity and piety is.

Tonight I have to give you only one exercise and going to blow your mind and it's not going to be very convenient and comfortable either, but, you know; what should I do, you came here, you paid, you ask for it, now.

(Students laugh)

I have to do the job.

(19:30) KRIYA part 1: 3 minutes We are working on a pituitary in diagonal fashion. This is exactly is the posture. My left hand on my own



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elbow and my right hand is just up as I am taking a big, long, huge oath and it must have a balance and now I am very balanced in my posture. You see I look very good. It's good look, huh, wow, right?

(Yogiji breathes hard)

Come on.

(Students start breathing hard)

Inhale hard through the nose...

That is Sat Kaur; today is a day to understand what breath can do, psychology books fail, come on.

Student: (----)

YB: But they should not breathe through the mouth. Don't breathe through the mouth, exhale. Inhale through the nose, breathe through the... Normally they ask you to breathe through the mouth and then you get over oxygen, you become idiot. That's not what we are doing. Inhale through the nose, exhale through the mouth. Because that will change you forever. Permanent change is happening. You are going to be ordained as a normal physical human being and your pituitary had to adjust. It has to adjust another nine minutes. We have just started. What ah, what do you mean? Come on. Inhale through nose, no, no, no mouth inhale. Inhale through nose and shoot out. American, fellow Americans, keep the rhythm.

(Yogiji laughs)

I am telling you what I can do. You are telling me what you can receive. Let us see. Getting tired, hah? No.

All right we'll cut the time; you are getting blue, hurry up. You are freaking out; hah, hah, ha. But try, try give me a minute or two more at least, I think you can survive that... Are you okay for another two minutes? Huh?

Students: Yes sir.

YB: Do it best then, do it, let us see the result. Huh, huh, huh come on, don't yawn, do it. Hey sweetie, you think I don't get to see you everyday, you will... What pooh, whole thing; breathe... Come on darling come on, breathe out, oh my God. These are the, (?)... We have seventy million dollar worth of an exercise in America and this is our stamina? Hallelujah. Have you started seeing angels and Gods? **Okay inhale deep, inhale deep and raise your both hand and move like this, shake your hands only please, shake it, only hands. Exhale. Relax.**

Okay, you are fine? You can survive the second part of it? Well, listen, just watch. You have come in spite of this rain and bad weather and you have come to Guru Ram Das Ashram, I am not going to send you back normally to suffer anymore and I have to do something special and you have to understand, if you just cooperate, we'll be fine, right, all right, okay. What we did? We did this right? And we can do this now. Right.

(24:50) KRIYA part 2: 3 minutes. Now switch hands, same as exercise 1.

(Students laugh)

Right? It's okay? You see how simple this is? It's not very complicated. I am looking at you, you got to do it right; I mean, this time I am watching. Oh sure. Bring me or not, I am going to come and I am going to put a handkerchief there to see that you do it. I want everybody to do this exercise. Absolutely accurate, okay? Are we ready? Ready? Okay inhale.

(Students inhale)

Go. One two, one two, one two.

Come on folks, come on, I am going to show you the space, heavens and everything else.

Everybody, everybody. That is working on your brain hemisphere please. Balance it out. Just nose, nose. I do it every morning. It's easy. Requires a practice though...

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Come on, two more minutes, come on folks, don't give up, don't give up on me please.

Not flying kiss, full breath must come out. Watch. Come on, breathe in and breathe out.

One minute more to go, try your best.

You really loved me so much. Thank you for coming but you got to do it right.

(Yogiji laughs)

Because it's very powerful area therefore I chose to teach a very simple exercise. Twenty years of meditation, chanting, remembering God, worshipping heavenly power and angel and you know, it is a very beautiful place.

Now please inhale deep, raise your hands and shake, shake to your best, only the hands, shake hard, relax. Are we okay?

Student: Yes.

YB: Yeah? **Are you ready for another three minutes?**

Students: Yes sir.

YB: Everybody can handle it?

Students: Yes sir.

KRIYA part 3: 3 minutes. YB: Okay now, just now this is technical. What we did is two sides of the brain left hemisphere, right hemisphere; that's what I am going to teach tomorrow also and I mean to say it's just to increase our vitality, our energy and our power and our intuition. **Now this is a left hand of mine, put it on the heart, right hand; put it over, press hard; all right? Press hard. This has to be pressed hard. There is nothing else I can tell you, press hard, okay.**



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Students: (-----)

YB: Take a glass of milk and put black pepper in it and boil it, right and just sip it like how you drink tea or any other drink. You understand what I mean? Huh?

Student: (----)

YB: Reasonable, this is not, we are not fanatics. Maybe half teaspoon or something like that but it must, it must give you a biting tip tongue because that will seal the pituitary, that will just seal it, it won't let it drift. I wish you should be in a position to have my eyes and see how beautiful you are at the moment, as you are looking. And you know, question is, it's a combined uplifting, it's very beautiful and you go home back nicely and boil cup of milk, six ounces, eight ounces, whatever is available, if not, seven eleven store is right there.

(Students laugh)

Well, some people don't have milk at home sometime and some people are very prejudice that we took a milk from my mother, we are not going to take ever. And I met somebody who was told that if after thirty six year you take milk, you are going to deteriorate very fast. It is just like you don't take a bath ever, your spine will go. You know people are funny. In spite of the fact you cannot take milk or you have been told not to take milk or you are allergic to take milk, go and damn it, take milk and put black pepper and boil it and drink it because allergies are the conception of the brain functional and today you will seal your pituitary and black pepper, anybody who take black pepper milk, they will not have allergy, doesn't matter what the hell anybody says. I don't care what people say.

There are two most powerful things in your life, try it. How many of you during the day you are tired? Raise your hand. All right, take a little and black pepper and ginger and boil it with a little touch of cloves, little, like yogi tea, type of stuff, right and just keep it with you. You do not understand the best thing in the yogi book we ever found (?) the oldest formula (?) of the yogi tea, it's a very powerful drink and it keeps the liver very young and loved and (?) all that. But anyway, when you get tired please have a yogi tea totally boiled in fat-free milk, add no water and boil it, very slow fire at night; what they call simmer, (?) and keep a flask, in which you keep it warm. Yeah, ten bucks, right. And whenever you feel like this, take that little cup and sip it in. Shockingly, are you have headache, or you feel little dumb, try it. Carry a doctor in the flask, energy doctor, not a medical doctor.

(Student laugh)

You know what I mean? 'May The Longtime Sun...'

Students: Sunshine Upon You.

YB: All love.

Students: All Love Surround You.

YB: And The Pure Light.

Students: And The Pure Light within You Guide Your Way On.

YB: Now sing it loud.

Students sing: 'May the long time sun shine up on you... Guide your way on.'

YB: Inhale deep. Saaaaa...

Students: Saaaaaaaat Nam.

YB: Blessed God, the Creator, the concept of Infinity, the power within us, give us conscious soul so we can act deal and walk, talk and live as Thy image, as strength of thy Infinity. Give us the glow, the glory and the grace to represent Thee for ever. Sat Nam.

Students: Sat Nam.

YB: I request you slowly because later on you are going to feel highly relaxed and technically you will not like but to sleep. So it's better you slowly slip out and get in your cars and go home and boil milk with black pepper and drink it and you will be provided, (?) I am going to (?), goodnight.

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Students: Goodnight.

YB: Out you go as you came.

I want the pituitary to be sealed for a professional reason; that's what I am trying to give you a chance.

You are a medical doctor, how you feel?

Doctor: (-----)

YB: Can you believe if you do it eleven minutes, (?) oh wow look at that.