

M116 951121 prepare yourself to face the challenges of life  
MEDITATION COURSE New York, NY

SUMMARY MEDITATION:

**Life has one thing common to all of you that's called challenge. Life has one art you have to learn how to meet that challenge head on and be one step ahead of you.** There was a person of mine medically that person was dying of cancer and they gave him three months to live and I said, Well John, ninety days long time to live."

he said, "Well I'm very young."

I said, "Yeah, you are just about thirty-two but boy you are going to die in three months."

So what should I do Yogiji?

I said, "You come around with me we can have talk, I'll yell and scream you tolerate."

He said, "Are you sure that I'm going to die in three months."

I said, "No. I don't agree that."

why not?

I said, "I know you from last twenty-two years one thing is best in you."

He said, "What's that?"

I said, "You're nuts, you are crazy nut."

Oh, what that has to do with my death?

I said, "That is what going to serve now, you are a crazy nut I'm going to tell you something and if you crazy nut do to the way nutty way just put all into it the way you do things. You'll be out of it.

What's that?

I said, "Not today tomorrow."

He said, "Oh, no now, now we had a fight about half-an-hour."

I said, "See this is your nature when you want something you want it there and then, and that's my only hope." I won't have any hope with you I know you very well, you have not one thing right in life, I have full account of it. But one thing I know when you want something you want it and when you want to live."

He said, "No, no I don't want to live, I want to live healthy, I want to get rid of this cancer."

You know it's all spread.

He said, "Yeah."

I said, "**Learn this meditation and correct your white corpuscles cells to eat up your cancer cells.**" **And after fifteen days check your blood test ask the doctor to do it. Cancer is in remission.**

Power of a man is more than that of the will of God because the will of the man and will of God are not two different wills because when pot become hole everything becomes real. Your will personal will is a pot of a will, God's will is the universal will. When your pot will merge with the universal will you become a super God. But religion will never teach you that. You have to learn it yourself. Your power is not limited and that's the only hope I have not that who is my student and who not. I do not initiate anybody what do I care who is mine or who is not mine. Who's ever mine is belong to Himself and ourself, whosoever is not is not. It is not my priority. I started with Hollywood all these V.I.P and I walk out of them it was not correct.

**(31:25) So tonight we are working on our front lobe that means our inherited initial basic personality correct? Then we'll work on our thalamus penetrate through hypothalamus go into medulla change into the second ring on the brain stem get rid of the sub conscious dirt we have in our neurological system called brain and come out little lighter on the positive side of our so you can sleep tonight in peace.** I wish I should have stayed this whole week and be with you and eliminated you one by one. So in the end of the week I may have only three students so..

Students: Laugh.

YB: Laugh. No, no you can do anything and everything but you have no time for yourself.

After every ten woman one woman will die of breast cancer but they will not take a cold shower and they will not massage their breast. I have been saying it for twenty-five years. Every woman get head-ache and they will not put any under-wear and a pad so that uterus not get outside air and temperature may not change so they may have a, they have screeching pain every woman knows it. Medically you cannot keep atenolol double strength, super strength the woman get killed one day but the atenolol exist itself. It is your uterus everybody knows it but they can't do anything about it. They don't have one second and half extra to put a proper underwear and put a proper pad.

Everybody knows that you cannot ever be constipated everybody knows constipated woman is a bad news everybody knows. And everybody knows if you one take one or three capsule at night just like a glass of one drink

of glass or just a glass of water or just cup you'll be clear in the morning doesn't matter how bad you may feel it is a natural with no reaction. But that night has not yet come in your life. Everybody knows if you take two or your blood will never have uncleared molecules we know it you know it you can't afford it there is no time. Everybody knows that if you take garlic, ginger, and onion you will have least not that back pain and structurally wrong and if you cannot have that three or (?) has with some plus other things you can take that . We made those herbs twenty-five years ago just so that humanity can pop in because you are puniya papignesh. But still you know you are you. Everybody talk stress, stress, stress take early in the morning two, seven hour and just start your day there shall no stress. Why you want to suffer? Because you need the discipline, self discipline. Now what has happened to everybody needs a secretary and needs a counselor, a psychologist, a psychiatrist, a mood changer, and a personal exercise instructor. Now how much we can go for it, you know what I mean? So we will do tonight certain things to look to our glandular system, to change the chemistry of ourself, understand our bifurcated self and all the consolidated brain we have and see if we can come out of the better end of it. So your time and money may not be wasted and you can go home little bit satisfied. I don't promise you miracles because it requires time, personal indulgence, personal environment and I have never taught in America philosophy that's why I never have initiated anybody ever. I believe every human has his life and they have the decency to carry their life for themselves not for me, not for any God or deity, not for any friends you have the right to be you in the beginning, in the middle, in the end it is important. You are very important you are not important to anybody else, you are only important to yourself. And that importance must be maintained by you constantly consistent.

**1° kriya 7 minutes: Now we are working on our interexchange in our head a thought for. We'll create atmosphere of self hypnosis** which you already pay about two thousand dollars to go through it and we'll do it right here by our own effort and then we transmit through that certain verbalizations and see whether we match our potential or not okay? Ready? Now one question ours. Do you want the hard way, medium way or the soft way.

Students: (-----)

YB: Whatever exercise, New York has its own style I'm not going to interfere. I'm just guest for one day that's my, my sharing with you. I have been doing it for twenty-five years. Now, folks sit down with the spine straight you all do it, it's not a very difficult exercise but it just makes you go crazy that's all. You see this is my **right finger can you move your right finger like this? Move it and left you cannot, and left you have to move that way, right you have to move that way. It will make you crazy I'm not (?). I understand it right comes right in, left comes left out. Left out, right in now you understand mathematically. Now sit tight and see how much your intelligence is?** This and this so this, this, this, this, this..... come on now **qualify to do left out and right in** and out that's all



concentrate not you going to do it wrong **many times** don't worry about it. I know that concentrate you can do this that's the easy form you can't do this that is easy too no one in one out, one in one out, one in one out, one in one out. Ravi Singh is doing after two times doing wrong third time he is doing it yes see. If one can do everybody can do it, and put your hands straight. Move, move, move, move, move, move..... move you have to do, you have to do it consciously. You know you can go to a gold gym rest whole and exercise and be Mr. Macho? It's a little exercise concentrate now it this is this no, this, this, this, this... and this, this, this and you put it together. It is better you do it wrong but do it opposite concentrate. All I require is not movement I require your concentration and your acknowledgment that you are wrong that's what I want. Do it wrong but know it you are doing wrong because majority of the time you do wrong thing you never you are wrong.

Students: Laugh.

YB: Until the policeman put a clamp on your wrist you never know you have done something wrong. So that's why in your brain there is nothing wrong. Move, move, move concentrate and move. It doesn't matter you cannot do it still try it figure it out. You know you didn't come here to see a movie you have come here to study with me and there is nothing I do. I do very simple things.

**Now concentrate that right is right in and left is left out and like this wrong** you know hmmm! Hmmm! Hmmm! Whatever you have to do just try that both hands do not move in one direction. **It is the best exercise of the brain it is called crimson microtherapy (42:40)it will take all the garbage in thinking,** it will give you

thought clarity which you cannot get otherwise it is not something very simple you are just doing it because. Let it be wrong I'm not saying don't count on it be right but acknowledge it is wrong then correct it, and then correct it, and then correct it till you correct it. We are not running numbers here we are running a practice, concentrate, concentrate, concentrate oh, yeah it's a odd exercise I know it. If I tell you sit up and get up you'll say right now do it. That's not what I'm asking I'm saying just move, just see me how I emmm! Emmm! Emmmm! I don't mind, don't feel shy go ahead **concentrate on your index finger. It is a very odd exercise you should learn this for ever do it in the morning everyday you will have clear thought** it kills the sophisticates of the personality **comes out and it kills the insensitivity and thought insensitive is the terrible disease they called it cold depression.** People are human away or.

Once a policeman said I have given you six time the tickets that you cross the red light and you always do it on my week he says is that so.

He said, "I remember you or you remember me."

He said, "Wow! Police officer I think I can't see the red light."

He thought he say and get out, he got tested he was color blind they took away his license.

So sometime you can be just, just try it. It is not that you have a create a rhythm it has to create a consciousness that when you're doing like this or you're doing like this you are doing it. Try to do it little bit two-three this two-three times that two-three this two-three times that just consciously and not mess up just, just that.

New York is very costly to rent this hall is too much money but if you don't gain anything tonight it will be a waste of money you know what I mean. Hurry up! hurry up! work hard it is funny isn't it. Now if you do at home you'll never be bold

Students: Laugh.

YB: I can bet with you and when you are extremely bold, extremely bold start doing this exercise boredom go away. You start loving at yourself. Because to split left and right and right from left is impossible for a human. Try to understand and once you concentrate on that you'll immediately become clear headed. Sometime you have very thrashing pain you know what I'm saying thrashing pain hold on atenolol just do this exercise for a minute and two see what happens to you. You don't have to ask me. Sometime you are very depressed you are very unhappy you do not know what to do? Just do this. For any depression from any breaking through pain or anything until it is a heart attack you can come out right. Concentrate, you said yogiji we never came here to do this exercise what are you doing to us? Never I'm doing exactly I know what I'm doing.

**2° kriya 4 minutes:** (47:26) **Now stop take your two fingers out like this and now start doing** like this just go eighteen inches up eight inches back like this. Just two fingers you know what those two fingers are? One is Saturn finger which you cannot raise alone the other is,

Students: Laugh.

YB: Laugh. First one is Jupiter finger and distance is this much only eighteen inches just like this I'm here see I'm going to do this it will adjust your spine perfectly do at home you'll see your spine will vibrate this is the only one exercise which can do it. Fast, normally the requirement is three time per second but you can do it two time that I'll accept that. Move, move, move, the spine the curvature of the spine will be straighten you know curvature of the spine can be so bad my curvature downstairs got locked and whenever I was doing the exercise I have terrible pain then told some person what is it?

**They said, "Well, have you lost your kidney?" I said, "Yeah I have lost my right kidney."**

He said, "You know that your curvature is wrong and it is totally block the nerve and somehow you have opened it." Since then I understand what the curvature means. So I'm asking you to adjust your own curvature. I'm feeling better on the right side now but I'm twenty years late but still I'm hopeful. Try to understand how good it is move, move, you'll see hands you do not bother faster you move you see spine adjusting itself that's what you have to understand and spine is very important all your neurological nerve system goes through the central cord of the spine. So little disk even one millimeter or vertebra can almost kill your organ, and just understand up to neck you'll move you should it right. Ideas to do it like go up like this when you go up spine go up then you come down then you come go up and you just shift that.



Faster, faster, faster then this you know no, no, you put your bastion in couple more minutes we can do whole night this, this kind of stuff heemm! There is a hour to be crazy there are hour not be crazy. (50:45) **3°kriya 3 minutes:** All right **now put your hands like this** please



and watch me doing now understand this every woman who has a breast has to do it and man who does not want a breast cancer. Man you are forty percent getting it don't misunderstand me it is natural figures. Because our food is jump so just see, just see this here you create the magnetic field here you split and going as much you can but move this move. Arm pit is the outlet of the brain sweat unfortunately you block the arm pit by the glue called show it means everybody's driving a car with plug exhaust. It means everybody is driving a car with a plug exhaust. Oh, yes arm pit smell, arm-pit smell, smells terrible it is worst because this is the

personal garbage of the brain and you block it. I don't who told you to do this but you block it. You can put a powder or you can put a ordinary oil and if you are very careful about it put a sandalwood oil and it will totally take the acid out and you'll be fine but for God sake when you block it you ask for trouble. Now, go, go, go back as much as you can so that all this opens up.

This is good now you are ready for the class. Okay, okay fine, fine, fine all right now, now let's go into deep posture **put (52:58) 4° kriya 7 minutes: your hands split your thumb as much you can put your hands very vitally straight** and as you are holding some thing on them and **close your eyes please and make a ring of your mouth and breath in deep and breath out and continue now just remember this is where you are changing the chemistry of your own blood through the ring of the mouth** breath in deep, breath out deep is a priceless exercise it will add prana to your blood, blood chemistry and it will demand these glandular system to secrete. **It is your positive strength no open mouth ring, ring air must both lips and valve your vagus nerve.**



I want you from tomorrow onwards live differently you can only live differently if you get up tomorrow and you experience you are different otherwise the whole thing gone waste. What is fate? Breath strongly voluntarily, consciously and breath out the same way. Proceed, proceed, proceed now just suck in the breath like with a, like a whoever is working in you, you know that? Breath out like you're firing a cannon you don't have hesitate. **Hands must be tight and flat because that is where you are building your nervous system.** You'll yawn you'll relax soon and you will falling apart that I know but keep going. Think you are praying God in your presence do it strongly move your diaphragm consciously and vibrate powerfully. Once you trigger the change of metabolism it will never stop.

You may start getting tired that's possibility but do it hard, hard, hard, hard come on you have to go three more minutes better, better and improve yourself try, try, try, try be your policeman one more and fifteen seconds forty-five seconds try your best ten seconds stand by **inhale deep make a fist (1:00:05)** of your fingers and squeeze your entire body make a tight fist and squeeze cannon fire exhale, inhale again hold the breath and just go. Breath in again hold tight this time for a longer time and make the fist and make the body totally steel fist whole body total toe to top.



**Now go, relax. Are you ready to meditate now with me? (1:01:01) 5° kriya 15 ½ minutes:** All right put your **left hand on your center please and put your hand just like this** and we are going to play the tape the words are very simple catch up the world and sing them those lyrics are by me they are made for the touch of the tongue and the upper palate. Do you understand? Upper palate has meridian points when you utter those words it will touch the tongue and upper palate it will stimulate hypothalamus and then it will work the thalamus and we got to have a result that's why you have been prepared for this. (play Healme ) breath of the life-  
---hmm! I don't want to tell them the words.



(tape)

You have to catch of the word concentrate.

(YB talks over music) Dialogue of YB.....

Every heart beat is got name to me SIDE -B (tape)

raise again elevate your spirit within minutes \_ inhale, **inhale deep.(1:15:29)**

(tape stops)

YB: Concentrate keep the breath let it go through the entire being change in the inner molecules of your being **don't hurt hold it use your will and** now whistle it out, all the way the out. Inhale again, inhale deep hold it tight

[Link to video kriya 38.55 m.](#)

just hold it now whistle it out **now for exact one minute do the breath of fire 5° kriya 1 ½ minutes: in and out quick, quick, quick faster then you can even light yourself and be proud you can do it. Move the diaphragm in and out fast is by seconds there is nothing you can do about it one minute only keep the posture though as one way to avoid heart attack keep that posture.** You have fifteen second left order five seconds more (1:17:30) inhale deep, relax (1:17:35)that's it and now don't pass out just talk to each other for few minutes be here heeem! Say one word to the next person, Hello! How are you?  
Students: Conversation...

Home work

YB: Speak, speak. (1:18:44) **Now I have a home-work the home-work is this tape which you have sang is a affirmation. In our research we have found it proven the person who puts it in the car sing it in the morning keep at the night with the automatic and all that and sing it with self and get up in the morning sing with it and sleep at night singing it. It has three effects it brings you manners of prosperity, it changes your metabolism to better health and your whole thinking process is come to a point of clarity you can't buy this three things in the market there are not on sale.**  
.....(1:28:42)



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LECTURE

Introduction to prepare Meditation

Sit down, you are all right? We are meeting after many years and America was two-hundred-twenty-five million when I came to United States it is now two-hundred-fifty million people. How we will survive next twenty-five years in matter of gas. Twenty-five years ago you were searching and you thought that if you can just experience something more than you, you'll be better half. America went through drugs when I came America was in top of drug consumption then it has not changed then we consumed sixty per cent of the world drug production.

We are great Americans on the verge of bank corrupcy we are about four trillion dollars national rate. We cannot solve it we know that. A nation needs nervous system, nation needs grip, nation needs an individual, strong positive individual, steady solid individual. Who American always need more than what we can handle. So basically twenty-five years are gone by and I have been telling you that your philosophy will not work it was a single man crew said and I have never stopped in between I dropped out because of over work which was not a very wise thing to do but there was lot of pain I was sharing and I was running round going everywhere to save anybody I can. So it put a big dent into the situation. Well community survives and now we are a solid spiritual nation and there is a great hope.

Hundred-fifty thousand people which came from my land where I came lost their identity, their religious identity. They think they are all right but we know they are not. Many of you who were very simple and religious you lost your identity also, you think you are all right we know you are not. So there is nothing to compromise there is a one thing which is killing everybody inside. How is my tomorrow? Is it going to be another day of sorrow or it's going to be my day and I'm going to be happy. We all seek happiness that's true. But how can you'll be happy if you cannot contain yourself mentally. If your manners, your movement, your momentum, and your move is not steady, not stable. How can I trust you and how can you trust me.

I give you my own example when I came have you all got a letter twenty-five years ago I issued I'm a great teacher come and study with me. Now I was steady, I was sure footed I knew I have a mission to carry I have to reach out, I have to tell people what is the truth is and doesn't matter whether somebody like or dislike. If I wanted to make money I could have made billions not millions. I was the most wanted Yogi in United States but I didn't because I taught you have to work earn through the sweat of your brow so I thought and I earn through the sweat of my brow I just established businesses, corporations work hard make my money pay my taxes. The difference between me and anybody else is that I never live of my student and let student live off me and also became father figure.

I became business man, I became a family man, and I became a man never set my self up for anything all this tittles and status and all this whole things they just laid out me because they want to put a collar around my neck. I'm just same human because my belief is God made me human I'm a human that's the way I want to go. I don't see anything more then beautiful then a human. You see differently, you see if a person is rich he is a better person or one is beautiful is a better person that's why you fashion you know, you sell yourself seventy-five per cent of twenty-five off.

But you do not understand the basic character of a human is the depth in commitment. What you're Friday next Friday you're the same Friday and thousand year from Friday that you're the same Friday, you shall not change. There are three types of people, those who read history, those who make history, and those who are history.

Millions will be born and millions will be dead nobody ever about know who they were except few relatives and in the end the (?) dust to gust we never dust to heavens he isn't sure. He doesn't know where are you going. So they put in a pit you'll become the first oat meal diet of the earthworms and you'll lock their with the head stone died on such an such date, born on such an such date that the only memory is there. Second thing you're relative will like to find out how to sell your estate or get what is there and that's of him almost.

Some are lucky they never see to that day they die very young, some die very old, some drag their heals, some go in a second, but I'm asking you one question are you ready to go when you have to go say well I'm going home, I'm happy. Have you learnt this that whenever you go, you go totally contentment and say thank you my creator whether you believe in or not doesn't matter I'm going home I have lived my life I'm content. Whether you are young, whether you are old, whether you're rich, whether you're poor. No you can't be because you are detached are not you're attached. Your attachment to your soul your consciousness and your intuition is not taught to you doesn't matter who are? That's why I came to United States twenty-five years to let people raise their Kundalini the uncoiled reserved power in them so that they can have their intuition so that they can see the infinity and infinite infinity they can live in their finite happily when it the time comes and hit they can close their eyes and say sat nam true was my identity here I 'm going.

Now then I became counselor, naturally when you love people you talk to them and their problem, they have sexual problem, they have personal problem, they have personality problem, they have bifurcated personality, they have separate personality, they have horizontal personality, parallel personality you know. Then I taught in UCA LA seven-eight years and taught them that happiness is the birth right of every idiot, and they even told me that I cannot use word God so I made up own word 'He, She, It'

They said, "What is this shit-shit you are talking about"?

I said, "No, it is 'He She and It'." Now I put all the three together. It's my own word it's my trade mark what is wrong with you guys? You told me not to use word God so I made up another word so what is so wrong about it.

Then finally after couple years,

They say, "Well yogiji there is a one more thing in the universities."

I said, "What is that"?

They say, "What you've teach you should get ticket."

I said, "Wow! First I tell them this is great then I tell them this is not great. Okay this is how the university is, they said, "I'm not yet that insane." So you can keep your university to yourself and I'll do what I have to do.

So one of my daughter asked me when I'll come to. There is a town around you in the New-England you remember what they call it 'Boston' there is a town there. So, she lives there and

She said, "When you're going to come"?

I said, "Well, when you build your home and you have a child I'll come."

So poor girl has taken so many years. So, this year she came and she told me you're not keeping your word.

I said, "What do you mean by I'm not keeping my word."

She said, "I have two children now and house is complete, are you coming or not"?

I said, "I'll come."

So I was in Boston for one week it was very good, it was amazingly good. I mean you call them nuts or you tell me wisest yogis but everybody is look good. They pretend it good let's coat it this way. Everything was perfect I mean there is not a thing I could find normally have a very nosy nature but there was nothing I could find wrong. So that shows they had a good mental strength if they want to be all right, they are all right. So the community was well and good. Everybody is working nobody is so crazy. I counseled them and in counseling I find the quality of the people has gone little better then I expected. Counseling was very short I was very much into definition of the problem and it sat well with them that was very encouraging.

So you're on the way New York so we thought we came think yesterday by car. So in (?) the guard change our cars were changed so we were taken over by New York people. And the first thing we went to a restaurant, if you come to New York you have to go to restaurant first, that's first thing to do. Then I learnt my friend Woody Hallen has a neurotic movie out so I have to see that definitely that's one luxury I never let pass by so we did that, and we came back home and kind of retired talk to people. This morning was a half day so I was to lucky to see a Indian movie to see it what do they show, so I was telling people in that Indian movie is quite of the most modernization, mannerism and cultured integrity is still very deep which wordily it's. Movie was not, movie was strive, movie was made to look like very western style and but characteristics were better, then I woke up and I just starting yelling everybody said, "What is wrong"?

I said, "You did not offer me New York Pizza", and I'm not going to teach class until you do not offer me. So they ran around and brought that skinny, juicy watery kind of stuff so we tasted it. Then we came here to work hard on you so that you and when you go back home you'll not also not forget that you had touch that's how it works. I'll be here tomorrow one day and then I have to go to Guadalajara all the way to the south west Mexico because there is a word book festival all the Spanish word comes there and then I'll back on airline.

What we are talking tonight is the only night we have, and what we are doing tonight the few hours we have, and within this few hours there is a lot of work I'm going to do. So forgive me if you cannot come along with me and cooperate or do not have the habit to work let it be your loss, and let me be honest to my profession and my constitution that when you touch a person change person for the better of that carey person. It is your life, your movement, your moment, your momentum, your manners at a split second, at a split second have to prove who you are? And you have six things against you logic, reason, insecurity, nervousness, and your fantasies, your commotion's, and you have all of the whole world sense of integrity because you have never found from these things in the end yourself, and if a person doesn't find oneself and doesn't confront oneself person does know what the person is. And I know from last twenty-five years that have been United States you have never been allowed to learn sincerely and effectively that part of you.

You are religious you have all the philosophy you do, have the philosophy idiot. Philosophy will not give you anything you only saving graces that you are young and you have a good blood and your body is in a good system and it can handle lot of pressure but moment you cross that youth into a maturity you'll have no ability that's were I

see people suffering. Older they become insane they are, insensitive they are. It becomes a routine I was talking to one person today and

He said, "I cannot live any more I cannot live any more."

I said, "How many of cups of coffee you drink a day"?

About sixteen, now can you believe and there is a one medicine, what they call is, starts with word 'P'? hmmm!

Students: Laugh.

YB: Laugh. A person takes (?) takes sixteen cups of coffee, what do you expect? Some people men I have counseled they can't handle woman, they can't handle woman they, they think woman is a carrot they can eat well what they want, right? And when they eat one carrot then they have need another carrot. Have you seen the carrot relationship. I'm writing a book on sex. I have written on these kind of things. What the Americans do. Some people cannot handle relationship because they don't want to that anybody should tell you anything. The problem is you are damn dead you do not know how to mutually come to this center between two people.

One individual is one individual and as sovereign as that is and you are as sovereign you are and you have to meet in the center and you do not know where that center is? Because all your life you have learnt only to meet with ego. Where there is ego folks there is no amigo (?). So what we are creating divorce after divorce, after divorce, after divorce, relationship, relationship, relationship, relationship. We don't have what we need to have. This yoga class will do something, we'll get into your sub conscious destroy the overload as much as so the unconscious may not become nightmare for you that we'll do. But how many times I can come to New York? It's not possible. I do what I have to do, but you have to stop doing do, do. You have to work on yourself you have get up in the morning you have to have morning time to yourself you have to meditate, you have to understand it is your birth right to be happy.

Somebody told me what is the key to spirituality, I said, "Nothing, simple one thought." It is my birth right to be happy and I'm not going to do anything direct, indirect, positive, negative, relative, irrelative, personal, impersonal to disturb myself.

I was in Los Angeles and I invited somebody to my lunch thing we meet their in a restaurant so she came and she was late hmm! She was very sorry extremely apologized.

I said, "What happened"?

This damn hair dresser of mine.

I said, "What"? What hair dresser has to do with you."

He has killed me.

I said, "You look me the same, you are all right you are not dead."

He has damaged my hair.

I said, "Where?"

I said, "Do you ever know you are the bushiest woman on the whole Los Angeles and everybody tolerates you and this time I think he has combed little that's all."

I mean you like the hair.

I said, "I think they look better."

Oh, I'm satisfied.

Can you believe the human being like that?

Students: Laugh.

YB: Just one appreciation and they look good then,

I said, "Oh, you like this."

What do I know?

Students: Laugh.

YB: But I thought if I have to take lunch with this person let be a (?) person otherwise she may be putting hair in all the food we have.

You can be disturbed for everything is that life? Why not you take the other side of that. Nothing can disturb you. Doesn't matter what? You are a human being and your identity is very powerful. We call it nam, nam my name, my identity, my existence is very precious to me. God is everywhere he is not going to feel before you and neither you're going to raise on the from the grace to account for. Forget those lies is never going ever happen. Everyday you get up before your own consciousness that's God within you, everyday you have to answer your own soul that's the grace within you. Don't live for others, don't live for friendship, don't live for money, wealth. Everything can come to you. Once a person will find you are stable, you are trustworthy, you will be worthy. The problem is when somebody feels you are not trustworthy and you can never be trustworthy if you are not you. People want people, people want people as people want people they do not want tomorrow they find Yogi Bhajan has four hands and six legs they can stand that. They can stand it he has two hands and two legs.

You mean to say I have not problem, I have not been slanted, I have not been attacked, I don't have problems. I have thousands of problems. I have my problem, I have family problem, I have my students problem, I have my neighbors problem, I have community problem, I have inter religious counsel problems, I have international problems, I have problem with the custom. Welcome Sir, carry your baggage. Are you now going to check now? Do you know when you land at the airport in United State you are tired you have come all night you can't even open your eyes, and he said, "What is this?" and I said, "What"? You can't even open your eyes.

**Life has one thing common to all of you that's called challenge. Life has one art you have to learn how to meet that challenge head on and be one step ahead of you.** There was a person of mine medically that person was dying of cancer and they gave him three months to live and I said, Well John, ninety days long time to live." he said, "Well I'm very young."

I said, "Yeah, you are just about thirty-two but boy you are going to die in three months."

So what should I do Yogiji?

I said, "You come around with me we can have talk, I'll yell and scream you tolerate."

He said, "Are you sure that I'm going to die in three months."

I said, "No. I don't agree that."

why not?

I said, "I know you from last twenty-two years one thing is best in you."

He said, "What's that?"

I said, "You're nuts, you are crazy nut."

Oh, what that has to do with my death?

I said, "That is what going to serve now, you are a crazy nut I'm going to tell you something and if you crazy nut do to the way nutty way just put all into it the way you do things. You'll be out of it.

What's that?

I said, "Not today tomorrow."

He said, "Oh, no now, now we had a fight about half-an-hour."

I said, "See this is your nature when you want something you want it there and then, and that's my only hope." I won't have any hope with you I know you very well, you have not one thing right in life, I have full account of it. But one thing I know when you want something you want it and when you want to live."

He said, "No, no I don't want to live, I want to live healthy, I want to get rid of this cancer."

You know it's all spread.

He said, "Yeah."

I said, "**Learn this meditation and correct your white corpuscles cells to eat up your cancer cells.**" And after **fifteen days check your blood test ask the doctor to do it. Cancer is in remission.**

Power of a man is more than that of the will of God because the will of the man and will of God are not two different wills because when pot become hole everything becomes real. Your will personal will is a pot of a will, God's will is the universal will. When your pot will merge with the universal will you become a super God. But religion will never teach you that. You have to learn it yourself. Your power is not limited and that's the only hope I have not that who is my student and who not. I do not initiate anybody what do I care who is mine or who is not mine. Who's ever mine is belong to Himself and ourself, whosoever is not is not. It is not my priority. I started with Hollywood all these V.I.P and I walk out of them it was not correct.

**(31:25) So tonight we are working on our front lobe that means our inherited initial basic personality correct?**

**Then we'll work on our thalamus penetrate through hypothalamus go into medulla change into the second ring on the brain stem get rid of the sub conscious dirt we have in our neurological system called brain and come out little lighter on the positive side of our so you can sleep tonight in peace.** I wish I should have stayed this whole week and be with you and eliminated you one by one. So in the end of the week I may have only three students so..

Students: Laugh.

YB: Laugh. No, no you can do anything and everything but you have no time for yourself.

After every ten woman one woman will die of breast cancer but they will not take a cold shower and they will not massage their breast. I have been saying it for twenty-five years. Every woman get head-ache and they will not put any under-wear and a pad so that uterus not get outside air and temperature may not change so they may have a, they have screeching pain every woman knows it. Medically you cannot keep atenolol double strength, super strength the woman get killed one day but the atenolol exist itself. It is your uterus everybody knows it but they can't do anything about it. They don't have one second and half extra to put a proper underwear and put a proper pad.

Everybody knows that you cannot ever be constipated everybody knows constipated woman is a bad news everybody knows. And everybody knows if you one take one or three capsule at night just like a glass of one drink of glass or just a glass of water or just cup you'll be clear in the morning doesn't matter how bad you may feel it is a natural with no reaction. But that night has not yet come in your life. Everybody knows if you take two or your blood will never have uncleared molecules we know it you know it you can't afford it there is no time. Everybody knows that if you take garlic, ginger, and onion you will have least not that back pain and structurally wrong and if you cannot have that three or (?) has with some plus other things you can take that . We made those herbs twenty-five years ago just so that humanity can pop in because you are puniya papignesh. But still you know you are you. Everybody talk stress, stress, stress take early in the morning two, seven hour and just start your day there shall no stress. Why you want to suffer? Because you need the discipline, self discipline. Now what has happened to everybody needs a secretary and needs a counselor, a psychologist, a psychiatrist, a mood changer, and a personal exercise instructor. Now how much we can go for it, you know what I mean? So we will do tonight certain things to look to our glandular system, to change the chemistry of ourself, understand our bifurcated self and all the consolidated brain we have and see if we can come out of the better end of it. So your time and money may not be wasted and you can go home little bit satisfied. I don't promise you miracles because it requires time, personal indulgence, personal environment and I have never taught in America philosophy that's why I never have initiated anybody ever. I believe every human has his life and they have the decency to carry their life for themselves not for me, not for any God or deity, not for any friends you have the right to be you in the beginning, in the middle, in the end it is important. You are very important you are not important to anybody else, you are only important to yourself. And that importance must be maintained by you constantly consistent.

**1° kriya 7 minutes: Now we are working on our interexchange in our head a thought for. We'll create atmosphere of self hypnosis** which you already pay about two thousand dollars to go through it and we'll do it right here by our own effort and then we transmit through that certain verbalizations and see whether we match our potential or not okay? Ready? Now one question ours. Do you want the hard way, medium way or the soft way.

Students: (-----)

YB: Whatever exercise, New York has its own style I'm not going to interfere. I'm just guest for one day that's my, my sharing with you. I have been doing it for twenty-five years. Now, folks sit down with the spine straight you all do it, it's not a very difficult exercise but it just makes you go crazy that's all. You see this is my **right finger can you move your right finger like this? Move it and left you cannot, and left you have to move that way, right you have to move that way. It will make you crazy I'm not (?). I understand it right comes right in, left comes left out. Left out, right in now you understand mathematically. Now sit tight and see how much your intelligence is?** This and this so this, this, this, this, this..... come on now



**qualify to do left out and right in** and out that's all concentrate not you going to do it wrong **many times** don't worry about it. I know that concentrate you can do this that's the easy form you can't do this that is easy too no one in one out, one in one out, one in one out, one in one out. Ravi Singh is doing after two times doing wrong third time he is doing it yes see. If one can do everybody can do it, and put your hands straight. Move, move, move, move, move, move..... move you have to do, you have to do it consciously. You know you can go to a gold gym rest whole and exercise and be Mr. Macho? It's a little exercise concentrate now it this is this no, this, this, this, this... and this, this, this and you put it together. It is better you do it wrong but do it opposite concentrate. All I require is not movement I require your concentration and your acknowledgment that you are wrong that's what I want. Do it wrong but know it you are doing wrong because majority of the time you do wrong thing you never you are wrong.

Students: Laugh.

YB: Until the policeman put a clamp on your wrist you never know you have done something wrong. So that's why in your brain there is nothing wrong. Move, move, move concentrate and move. It doesn't matter you cannot do it still try it figure it out. You know you didn't come here to see a movie you have come here to study with me and there is nothing I do. I do very simple things.

**Now concentrate that right is right in and left is left out and like this wrong** you know hmmm! Hmmm! Hmmm! Whatever you have to do just try that both hands do not move in one direction. **It is the best exercise of the brain it is called crimson microtherapy (42:40)it will take all the garbage in thinking,** it will give you thought clarity which you cannot get otherwise it is not something very simple you are just doing it because. Let it be wrong I'm not saying don't count on it be right but acknowledge it is wrong then correct it, and then correct it, and then correct it till you correct it. We are not running numbers here we are running a practice, concentrate, concentrate, concentrate oh, yeah it's a odd exercise I know it. If I tell you sit up and get up you'll say right now do it. That's not what I'm asking I'm saying just move, just see me how I emmm! Emmm! Emmm! I don't mind, don't feel shy go ahead **concentrate on your index finger. It is a very odd exercise you should learn this for ever do it in the morning everyday you will have clear thought** it kills the sophisticates of the personality **comes out and it kills the insensitivity and thought insensitive is the terrible disease they called it cold depression.** People are human away or.

Once a policeman said I have given you six time the tickets that you cross the red light and you always do it on my week he says is that so.

He said, "I remember you or you remember me."

He said, "Wow! Police officer I think I can't see the red light."

He thought he say and get out, he got tested he was color blind they took away his license.

So sometime you can be just, just try it. It is not that you have a create a rhythm it has to create a consciousness that when you're doing like this or you're doing like this you are doing it. Try to do it little bit two-three this two-three times that two-three this two-three times that just consciously and not mess up just, just that.

New York is very costly to rent this hall is too much money but if you don't gain anything tonight it will be a waste of money you know what I mean. Hurry up! hurry up! work hard it is funny isn't it. Now if you do at home you'll never be bold

Students: Laugh.

YB: I can bet with you and when you are extremely bold, extremely bold start doing this exercise boredom go away. You start loving at yourself. Because to split left and right and right from left is impossible for a human. Try to understand and once you concentrate on that you'll immediately become clear headed. Sometime you have very thrashing pain you know what I'm saying thrashing pain hold on atenolol just do this exercise for a minute and two see what happens to you. You don't have to ask me. Sometime you are very depressed you are very unhappy you do not know what to do? Just do this. For any depression from any breaking through pain or anything until it is a heart attack you can come out right. Concentrate, you said yogiji we never came here to do this exercise what are you doing to us? Never I'm doing exactly I know what I'm doing.

**2° kriya 6 minutes:** (47:26) **Now stop take your two fingers out like this and now start doing** like this just go eighteen inches up eight inches back like this. Just two fingers you know what those two fingers are? One is Saturn finger which you cannot raise alone the other is,

Students: Laugh.

YB: Laugh. First one is Jupiter finger and distance is this much only eighteen inches just like this I'm here see I'm going to do this it will adjust your spine perfectly do at home you'll see your spine will vibrate this is the only one exercise which can do it. Fast, normally the requirement is three time per second but you can do it two time that I'll accept that. Move, move, move, the spine the curvature of the spine will be straighten you know curvature of the spine can be so bad my curvature downstairs got locked and whenever I was doing the exercise I have terrible pain then told some person what is it?

**They said, "Well, have you lost your kidney?"**

**I said, "Yeah I have lost my right kidney."**

He said, "You know that your curvature is wrong and it is totally block the nerve and somehow you have opened it." Since then I understand what the curvature means. So I'm asking you to adjust your own curvature. I'm feeling better on the right side now but I'm twenty years late but still I'm hopeful. Try to understand how good it is move, move, you'll see hands you do not bother faster you move you see spine adjusting itself that's what you have to understand and spine is very important all your neurological nerve system goes through the central cord of the spine. So little disk even one millimeter or vertebra can almost kill your organ, and just understand up to neck you'll move you should it right. Ideas to do it like go up like this when you go up spine go up then you come down then you come go up and you just shift that.



Faster, faster, faster then this you know no, no, you put your bastion in couple more minutes we can do whole night this, this kind of stuff heemm! There is a hour to be crazy there are hour not be crazy. All right now put your hands like this please and watch me doing now understand this every woman who has a breast has to do it and man who does not want a breast cancer. Man you are forty percent getting it don't misunderstand me it is natural figures. Because our food is jump so just see, just see this here you create the magnetic field here you split and going as much you can but move this move. Arm pit is the outlet of the brain sweat unfortunately you block the arm pit by the glue called show it means everybody's driving a car with plug exhaust. It means everybody is driving a car with a plug exhaust. Oh, yes arm pit smell, arm-pit smell, smells terrible it is worst because this is the personal garbage of the brain and you block it. I don't who told you to do this but you block it. You can put a powder or you can put an ordinary oil and if you are very careful about it put a sandalwood oil and it will totally take the acid out and you'll be fine but for God sake when you block it you ask for trouble. Now, go, go, go back as much as you can so that all this opens up.

This is good now you are ready for the class. Okay, okay fine, fine, fine all right now, now let's go into deep posture **put (52:58) 3° kriya 7 minutes: your hands split your thumb as much you can put your hands very vitally straight** and as you are holding something on them and **close your eyes please and make a ring of your mouth and breath in deep and breath out and continue** now just remember this is where you are changing the chemistry of your own blood through the ring of the mouth breath in deep, breath out deep is a priceless exercise it will add prana to your blood, blood chemistry and it will demand these glandular system to secrete. **It is your positive strength no open mouth ring, ring air must both lips and valve your vagus nerve.**



I want you from tomorrow onwards live differently you can only live differently if you get up tomorrow and you experience you are different otherwise the whole thing gone waste. What is fate? Breath strongly voluntarily, consciously and breath out the same way. Proceed, proceed, proceed now just suck in the breath like with a, like a whoever is working in you, you know that? Breath out like you're firing a cannon you don't have hesitate. **Hands must be tight and flat because that is where you are building your nervous system.** You'll yawn you'll relax soon and you will falling apart that I know but keep going. Think you are praying God in your presence do it strongly move your diaphragm consciously and vibrate powerfully. Once you trigger the change of metabolism it will never stop.

You may start getting tired that's possibility but do it hard, hard, hard, hard come on you have to go three more minutes better, better and improve yourself try, try, try, try be your policeman one more and fifteen seconds forty-five seconds try your best ten seconds stand by **inhale deep make a fist (1:00:05)** of your fingers and squeeze your entire body make a tight fist and squeeze cannon fire exhale, inhale again hold the breath and just go. Breath in again hold tight this time for a longer time and make the fist and make the body totally steel fist whole body total toe to top.



**Now go, relax. Are you ready to meditate now with me? (1:01:01) 4° kriya 15 ½ minutes: All right put your left hand on your center please and put your hand just like this and we are going to play the tape the words are very simple catch up the world and sing them those lyrics are by me they are made for the touch of the tongue and the upper palate.** Do you understand? Upper palate has meridian points when you utter those words it will touch the tongue and upper palate it will stimulate hypothalamus and then it will work the thalamus and we got to have a result that's why you have been prepared for this. (play Healme ) breath of the life----hmm! I don't want to tell them the words.



(tape)

You have to catch of the word concentrate.

(YB talks over music) Dialogue of YB.....

Every heart beat is got name to me

SIDE -B

(tape)

raise again elevate your spirit within minutes \_ inhale, **inhale deep.(1:15:29)**

(tape stops)

YB: Concentrate keep the breath let it go through **the entire being change in the inner molecules of your being don't hurt hold it use your will and** now whistle it out, all the way the out. Inhale again, inhale deep hold it tight

just hold it now whistle it out **now for exact one minute do the breath of fire 5° kriya 1 ½ minutes: in and out quick, quick, quick faster than you can even light yourself and be proud you can do it. Move the diaphragm in and out fast is by seconds there is nothing you can do about it one minute only keep the posture though as one way to avoid heart attack keep that posture.** You have fifteen second left order five seconds more (1:17:30) **inhale deep, relax (1:17:35)**that's it and now don't pass out just talk to each other for few minutes be here heeem! Say one word to the next person, Hello! How are you?

Students: Conversation...

Home work

YB: Speak, speak. (1:18;44) **Now I have a home-work the home-work is this tape which you have sang is a affirmation. In our research we have found it proven the person who puts it in the car sing it in the morning keep at the night with the automatic and all that and sing it with self and get up in the morning sing with it and sleep at night singing it. It has three effects it brings you manners of prosperity, it changes your metabolism to better health and your whole thinking process is come to a point of clarity** you can't buy this three things in the market there are not on sale. The affirmations are correct, permutation, combination of words accurate and the tongue touch the meridian point on the upper palate to stimulate the hypothalamus and then the thalamus and then change the neurological pattern and get rid of dead cells and your activities totally become better but that hundred-twenty days is yours work not mine. You can buy the tape or you can duplicate or you might have it before is as simple as that is not a big deal. What you are physically set to progress, yes any time you can get to drive in the car you can sing with it at home you can sing with it at night you can play it in the morning you can get up with the lye down in the bed being in (?) sing it.

Is a question as using the tongue and the upper palate that's way the combination happens and these are the affirmations which has been totally made according to that what we said in the beginning humanity will come to the cross road where people will need to live happy. To be happy means you have to use your attractive, to be attractive you need attractive mannerism, to be attractive mannerism you need to have positive thought. With positive thought you can have friends you can have opportunity and you can have your own personality. These three things you cannot buy, you have to work for yourself and this is the positive thing to do and we have taken our calculations that in hundred-twenty days even most rigid worst cases have changed. I must say there is no need to set with great pride but fact is a person which I know was just few damn nuts youth I want him to do wise him for a million bucks even that person has come out fine.

So what we have found out that if the tip of the tongue which is the most sensitive part of the body and the central nerve start absolutely making the permutation and combination round of the upper palate which had eight-four meridian points it's stimulate the hypothalamus and the thalamus thereafter the person is absolutely set. What is the command center of shashara on which we work today starts sending signals to metabolism your physical body and disease will change. I can say it so because I tried the best medical effort on myself and damn it, it didn't work and then I said wait a minute I'm not going to be through this nonsense I have to change my own self.

Then I found out how my own teaching works for me and I think those things will work for you and these affirmations are just like a computer, those who know computer is a permutation, combination of the words and the sound systematically and they do elevate neurological plate in which your thought form and direction of your message nervous system is changed, and we have seen it takes hundred-twenty days. Keep doing what you are doing drag yourself as much you want and go to your psychologist and neurologist and everything, but also try this. May be your psychologist may need ask for a tape from you, you understand what I'm saying.

I don't believe that we have to kill our self to be happy I have come to conclude and this is absolutely true I don't believe that you are run after God actually God is running after you to find where you are ?

Students: Laugh.

YB: And I don't believe that in last five thousand years religion and royalty has light to a mankind to keep him under control and it's all religion is a pure hypocrisy now I'm head of the religion myself so I'm not going to deny the facts the mankind have been abused from last five thousand years. All you have been told is God outside you which is a pure simple lie when you die what is outside you nothing. It is only you when you are alive so why not you use that method through which you can live well of it is your own good way.

Don't fall into this pigeon pits and be exploited you want to know who you are, you are terrible, you hate black, you hate brown, you hate your neighbor, you hate yourself, you hate gringo, you whole hate Spanish. You hate, hate, hate, hate how much you can hate. Is it living as a human it's not therefore we need a inside. That's why this affirmation in hundred-twenty we'll change your basic core personality , but you have to sing. It is not available on the radio station you have to stick it in your car and you have to sing it and you have to have that hundred-twenty dollar or eighty dollars whatever it cost that reverse tape-recorder and stick in that and sleep with it and get up with it singing. Till this words come in the sub conscious memory, moment this words start pouring in your sub

consciousness memory that is when tape is not working you see find yourself automatically singing, you see that happens once it is done you are perfect, you are on your way.

You will see the changes you want to see and which you have not found in spite of all what you have done so far. Try the word this W-O-R-L-D is commanded by the word W-O-R-D so these words shall command your tip of the tongue your central nervous system, your hypothalamus and your another system metabolism of the change. Thyroid, parathyroid will be effected another part of the body you are going to work then the rhythm is so much the diaphragm also will vibrate differently. It will give you a very perfect grip as your own personality and you'll not be sorry, you can spare hundred-twenty days in your life just to try once.

So you can be healthy, you can be happy, and you can be fully. You are born by thirteen, you'll live by thirteen, you'll die thirteen. You have nine holes and you have to watch what goes in and goes out sub control is not very long way procedure we are not going to sit with you for years and in hundred-twenty days you will find your real affirmation and your here real nature, your real focus. And then you are at your own see what happens. Don't be serious just do it God sake is real it works.

You have tried so many therapies, you know what I mean? What poor little tape is going to harm you. There all good words but see the power of the tip of your tongue see what it can do? See how mannerism automatically will change, see how your habits will change. You'll be shocked and in hundred-twenty days what it can do it for you or you can do for yourself. (1:28;42)

Now coming to the end 'May the long time sunshine upon you' .....loud, louder,.....sat nam.

Give me purity, give me piouty, give me care, consciousness, compassion and love to serve, to smile, to merge with each other towards long be helpful to be kind and compassionate because I'm a mankind in the humanity of the now. May this time be my serve us to all existence life may be my mind be a total peace, and may I live in total peace and tranquillity with all my environments and myself within in myself. Give me the knowledge, give me the grace, give me the ecstasy of the self so I can share the love of God. Sat nam.

Students: Sat nam.

YB: Thank you very much and it was very good you'll won through it very good. You know I can see a person and face, and features but I do see in overall and you change pretty well. That's very positive and in spite of the effect you know your defects but the fact is you did tonight pretty good and my feeling is that this exercise you learnt are yours and it doesn't take much time and you could done it say about three minute each and that will even do you very good. You'll have to learn to be doing things for yourself we have teachers here, Ravi Singh teaches here others teaches here you are all doing pretty good you don't need me very often. But once a while passing the way if I touch New York I'll be with you again. I'm going to go to the winters classes now and if New York's blessed with lot of snow and you can breath here. That's then I know you'll hit south migrating birds and you are the same, there is not difference. So some of you may come and meet us there and we can have fun provided you have decided to pass your Christmas in Caribbean islands somewhere .

If New York doesn't freeze then you may like to be here, but can't it is, isn't it is steel jungle how you guys live I can't believe. Sometime I see God made (?) islands really, carefully take all that load it is carrying a little building I was talking

He said, "My office is in a thirty-six building."

I said, "This tiny building has thirty-six storey."

He said, "No it has thirty-nine."

It is amazing how high-sky you have gone. Moreover we still live in land where second storey is a luxury and our house is of that of mud and straw and it is a land of enchantment called New Mexico some of you'll come to this summer go through and those husbands and wife do not want a divorce they will send their wife definitely to ladies kemp. Yeah! that's that saves lot of money and it is cheaper than the attorney's fee. We have found it out, because each woman needs about four, five weeks to be herself and remunerate and then come back home go through the hell of it. So we investigated and found it there is one place in the world there are never been a divorce. So we adopted the same principle that each woman should get out of the house hold for four, five weeks and spend being herself. Then she has enough nerves to go back and fight it out.

It is very difficult you have to be pregnant, you have to have sex, you have to have babies plus you have to make a dinner and in the morning you have send the children to the schools and about sixteen eighteen other things and then the man comes and say what you have been doing whole day? Remember that? It's funny.

I'm still trying to change the woman of the word in America. I believe one woman if can become gracious thing to entire family and then her environments will become gracious. The cause you gave birth to the mankind there is no way with God but to create this universe through a woman and a woman has the right to understand the spelling W-O-M-A-N means woman contains the man, female contains the male and she contains the he in it. So your process

of life is to contain your mate at any rate and for that you need nerves, you need intelligence, you need metabolism, you need lot of love, and you have to be intuitive. When a woman doesn't have intuitive doesn't matter how pretty and how skillful she is, she will end up from one marriage to another divorce to divorce because men have only half brain. Oh, no it's medical truth I'm not telling you something make-up I myself man I'm sorry I have half too. It not we do not have left hemisphere we only have right hemisphere that's why men do not want to talk too much, they don't want to discuss logically they want to know everything yes and no and woman hate it they want to know everything, the detail of it. I think eighty percent of all the divorces I have counseled are based on one thing he doesn't take to me.

I said, "With that he is a man he doesn't know how to talk to you." So what you want out of him. (?) the sex to me and turns round and he doesn't talk even then. But they don't what are you grudging about that is what makes the man. There is nothing new and we know it for centuries. Men don't want to talk, woman wants to talk, man wants quick yes or no. Woman wants elaborate system in atmosphere, woman wanted to be appreciated man doesn't have time other than quickie so I'm in. For God sake try to understand these men are man doesn't matter how sophisticated, how educated, and how professional they are, they are men. When I started telling in UCA LA men are different, woman are different they start looking at me something I'm for or not. Now you said find this men are from Moon and they are for Mars and all books all that bold talks are going on the market that doesn't makes sense. Fact is woman is a woman and she may be so perverted, converted in everything but still she is a woman and she cannot change her faculties and you don't have to learn from me anything.

Look at the Moon it weans, wax full no, look at the Sun stationary, warm, shining, you understand what I'm saying? What do you want to learn not that? Weaning, waxing, disappearing, appearing, talking, saying, cool shining this all woman. You like her you can learn from heavens why to learn from books.

How professional a woman is, if it is her second of her period talk to her she will bite you. How professional, how well she is chief executive officer ba...ba... ba...ba... because the metabolism is going through such a itchiness thank God she is a human and she is containing herself. What second day of menstruation stay away don't get scare. Moreover they have got nails scratch it happens. Is it wrong to be woman? No has it's not wrong to be man.

When you go to a dinner watch who reads the menu thoroughly, woman. Man even wants to impress but he won't do too much and sometime this man are so machos they will go a woman take a woman to restaurant and say, I all ready know the menu of this restaurant, this is best, this is good, this is wonderful you can order this. She said, "What?"

It is not the man are manner less or they are not sophisticated or they don't love you. They have a automatic weakness to impose themselves Who is to do (?) man has to penetrate that's the way he is made ask God why he made himself. It is his nature to applied nature of a man is to penetrate and wherever you finds little crack in a female he said, "I think I know this," and they don't know. So don't fight between male and female if you want to have warm relationship. Keep it cozy, temperature as a sixty-five is very good don't raise it. You know we are getting of divorces because then we have all the children and all the children have double parents three fathers, four mothers, six, nine not right.

So, you got to society has to go back into self and coziness. Because Kundalini yoga is the yoga for the household residents it is not yoga for the celibates and who wants to find God. No, Kundalini yoga was made by the sages and saints for the household happiness to keep it together. So in case of emergency person can use his inner energy to face the fact. You can heal yourself and you can hale almighty God within you there is nothing outside you. Thank you for coming it was a beautiful New York and weather was cooperative and tomorrow I'm relaxing there are some counseling I have to do and then day after I'll be on my way and if you care to come to Florida Orlando we can meet you there.

So good night and good dreams, but if tonight you can drink lemonade. You know what is lemonade is? ha? To the extent that you may urinate before the middle of night. Ho! You'll do best for your kidneys and for your brains and for everything else. So if you can find couple blesses of lemonades somewhere around where you get it, but they say New York will open all night you know what I mean? Oh, I don't have to get commission out of the lemonades but the fact is that you can make it home or buy it somewhere and drink couple ounces so you may have to urinate tonight. No, no that much water you need to cleans your kidneys and the blood impurities which has as you have gone through and not wait till morning and that will be a good night work on yourself. If you choose so it is very foolish not to do it you know what I mean? May I leave the guilt number on you,  
Student and YB: Laughing.

YB: Yeah, go home and take lemonade as much as you can and urinate as much as you can tonight so that you can get rid of all the depository in the blood stream which the body will like to reject and help your kidney energy so that tomorrow morning you get up fresh and young. Thank you very much good night.