

M141 971207 Med. To Bless Yourself

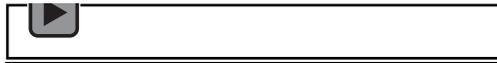
link to open & dowload video - kriya 34,26 m

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Guadalajara, Mexico

Belowe is the video kriya 34.26 m.





MEDITATION:

POSTURE: Sit in Easy Pose with erect spine. Chin in and head balanced.

MUDRA: Place your left palm flat against your heart center. Place your right hand, palm facing down, about 4-6 inches directly above the 10th gate, the crown of the head.

EYES: Closed.

MANTRA: Chant aloud, using the tip of your tongue. Call with grace and reverence, and take your mind into the heavens. Nirinjan Kaur's recording was used in this class.

Ong namo guroo dayv namo

TIME: 11 minutes. For last 30 seconds, increase volume and full resonance of the chant.

TO END: Inhale deep, squeeze your body tight. Hold 15 seconds. Exhale like cannon fire out the mouth. Inhale a second time, squeeze so the energy can go to all parts. Hold 15 seconds. Cannon fire out again! A third time inhale, bring every muscle under your own control, squeeze. Hold 15 seconds. Exhale in a cannon fire again. Relax.

COMMENTS: Blessing oneself is a communication with the higher self in every cell of the body and fiber of our projective aura. It is an act of self-dignity and humility. It accepts that everything is part of the One and that we have a right to bless. Yogi Bhajan says: "It is the first human right and duty to bless the self and to bless all. It is a function of the spirit as fragrance is the nature of the rose."

To bless, the ego has to be less. Blessings and prayers are closely related. Both require a communication or creation of a common notion. Prayers are the common notion of oneness between you and your Unknown. Blessings are the common notion of elevation and expansion between every finite part of your life and your unlimited self.

What we often neglect is self-blessing. This is not narcissism or a focus to satisfy any need in the ego for recognition. It is more like the responsibility of changing oil in the car or watering the orchids in a greenhouse. When Yogi Bhajan guided the students in this meditation he said:

And something for our daily use. Please cause the fingers like this. Very easy exercise, at heart center.

Hey, you have a tape that 'Hum Dum Har, Har,'? No, you don't have.

All right, I'll make it for you and you chant after me. Because he didn't bring the tape and you become my tape okay? Each, each one of you.

Now. 'Hum Dum Har, Har,' (chanting).

Students repeat the chant.

If there is anything in your life negative, it will disappear, you can't (?). It is that (?) which (?) dirt out. So make, make your posture like this, sit straight and let's chant.

Students chant 'Hum Dum Har, Har.'

Keep going.

SIDE - B

Eleven minutes. Eat sound, 'Hum Dum Har, Har.' Come on, keep up. Rhythm will churn the mind, clean you out.

Everybody. Get into it. You must experience. Right from navel now.

Bravo. Keep up.

Bravo, there are three more minutes, try your best. Invest, invest, invest.

Keep up, keep up.

Bravo, bravo.

Come on, two minutes.

One minute.

Inhale. Inhale deep and put all the pressure on those first finger and the thumb and press hard. Hard, hard, hard. Breathe out. Inhale deep again. Deep, deep, deep and now press first finger and the thumb. And press hard with the total strength of the body. Exhale. Inhale deep again. Now squeeze your whole body and put whole pressure on that connection. And fire out. Relax.



HUM DUM HAR HAR HUM DUM HAR HAR

As prayer dissolves the gap your mind created between your Self and God, blessing becomes an automatic habit. It is the prerogative of every soul to bless. But sometimes you are taught only to bless others or the less fortunate. Certainly you should bless all, regardless of state and status. To develop it you must also bless yourself. This meditation gives you that experience. It may be the first time in your life you have learned to bless yourself. Just feel you are blessing yourself, and the sound that you chant calls on the Infinite God. Become very calm, quiet and project your Self into the Heavens. Take your mind to Infinity. Concentrate on the height of your mind. Enjoy the heavens. Feel it is the God within you that repeats this mantra. Just sit in the presence of God and be alert. Direct the mind like a missile to shoot straight up to vastness and Infinity. Drop all limitations. You do everything for everyone—can't you spare 11 minutes for yourself? This meditation is best done in the morning. At the end of this meditation, Yogi Bhanan offered this beautiful prayer: Blessed are those who bless themselves. Pure are those who purify themselves. Divine are those who worship God in their heart. Graceful are those who give their head in service of others. All the best graces are with those who see God in all for every reason. May this earth and Nature Mother and Heavenly Father be with us as our best friends and may we excel in the new age as people of dignity, divinity and grace. Sat Nam.

LECTURE:

Good morning and welcome to this course.

What we are going to talk and learn is a human necessity. This is subject human relationship and harmony, which is our basic need. And for that, we do everything wrong. We fall in love, we get married, we have children, we have family, we are in wealth, we built homes and walls and haciendas. For what? For harmony, for our relationships. Birds do not have pockets. They live in great harmony. They live by impulse. Humans do not have capacity to live by impulse. They are supposed to live by intuition which we never develop. The fact is beyond you.

If there is a woman here and a man there, it means their psyche will circulate and will touch each other. It can touch by sight, it can touch by feelings, it can touch by just in existence. There are million ways a woman and a man, man and man, woman and woman, person and person can touch each other. How to channelize that touch? Require discipline, endurance, wisdom and process of pros and con and a man can come to a balance. You have seen that. It's a commonly known factor.

A person gets married, he loves his wife "Oh, she is a beautiful doll (?)" and she is feel that she is in heavens. "Oh he is next to God." Later on, our real nature comes out, which is not us. Which is subconscious nature we call it. And the fact is, nobody wants to recognize that we have split personality. Our real nature and our acting nature are very different. So when we go on a date, we lie a lot, show we are perfect. She show she is perfect and two perfect become one perfect and after a while, that perfection to remember that we started as perfect, wears off. And little bit here, little bit there, little bit there, little bit there, something else starts showing. Man said, "This is not what I married." The woman said, "This is not what I thought of. But okay, now we have children, it's all right. Let's keep up."

So, one day children grow up, bad and good I am not discussing, children are gone. These are two old people who live together and trying to have a harmony, but searching out diversion. That old zeal, that love, where there is a love, there is no question. Where is no, where there is a question, there is no love. It's now life of question. Wife has become why and if. And man has become man, I can, I can't.

And in old times, people lived through this turmoil. But now it is not. Woman can stretch her youth and beauty about twenty years. So she feels 'This man doesn't work out, let me find another man.' And the man even doesn't feel he'll grab something right away.

So our social structure has no endurance. It has no strength. There is a church, there is a God, there is a priest, there is a doctor, there is a shrink, there is a psychologist, psychiatrist. Doesn't work. And then? The byproduct is the children. They suffer.

Where were you?

Student: (-----).

YB: Umhu. He heard it.

And they suffer and they suffer in their anger. Because there was no harmony in the home, there is no harmony in relationship. It was all surface. Patch up work. Family has become makeup. Men and women are on makeup. Environments are makeup and amazingly they go further angry. And they go insane.

I have seen something yesterday which totally blew my mind. One person insisted that something one should not have should have for the taste. I was shocked. What happened to years of discipline? What happened to the self? What (?) is the power to say "No.?" Where is the caliber to walk through it? Where is the freedom? Where is the independence? Where is the powerful human?

You are going to fall apart for taste, for sense, for sexuality, sensuality, convenience. Is that life? Are you supposed to lead your life? Or drag through your life? It's not poverty of richness. Poor is poor. And their problems are poor, too. Rich are rich. And the problems are rich. So there is no, what you call is escape. You develop a mental attitude, you want what you want, then there is a subconscious power in you which guides you and when subconscious start guiding you, you are not you anymore. Rich or poor, beautiful or ugly, right or wrong, you are gone. That is the social problem we are going to deal today.

Normally people think it is a sex and it is meeting each other and enjoying and laughing and humor and convenience and big dinner and dance and drinking and I don't even remember all things. Those you do to blind yourself. That's how you look. That's how you are. Yeah, this is how you are. You hide your reality on everything. If you look through the corners of your eyes, you know you are not right. And he want to look (?) big smile show your white teeth, (?). You know who does this? Monkeys. Our ancestors. When monkey is cornered, he is going to do (?), he is going to show that he is very humble and submissive. But you just your eyes little (?), there he goes. So we have a basic nature of called 'Escapism.'

Humans do not want to confront anything. They try everything on this planet to avoid confrontation. So much so people cannot even confront their old age. What's wrong to be eighty year old? Think of those who die at thirty. Fifty. You are a eight year old. Why not be happy and grateful to God that you are eighty year old?

No, They don't want to be eighty year old, they want to look eighteen and they want to work as eighteen and then go to bathroom and fall and break their hips. Then they learn they are eighty. They can't do those things what they used to do. Criteria is, eat for taste. Don't worry for waste. If you have nothing else to do, go shopping. If you have nothing else to go, drinking party. Party will finish two AM. Come home as dead. Lie down. Get up eleven o'clock, twelve o'clock next day. And think something else. That's how young age these days. You don't believe it?

There are so many cities which have curfew. After nine o'clock, they feel any teenage in the street, straight to the police station. Because, it is creating a sense of crime. And society cannot handle it. We have become prisoner of our own life. We were supposed to be masters of our own life. Life (?) to us to relate to each other. One to one. I am for you, you are for me, through Time and Space, we'll get through. You remain you, I remain I, there is no limit. 'A' should not destroy 'B,' and 'B' not destroy 'A.' 'A' supports 'B,' 'B' supports 'A.' That's the game of AB. And that's the basic religion. That's basic reality. Endurance, tolerance, compassion, kindness and clear consciousness. If you ask word 'consciousness,' it's look like we are talking from some other word.

Now. Our life is based on consciousness. Consciousness, consciousness, consciousness. (?) real estate they call it location, location, location. Human life is based on consciousness, consciousness, consciousness. Whether you are young or old, working or sitting, political or nonpolitical, your home life will not be safe if you are not consciousness. That much vital part consciousness plays in life. There are lot of people, there are lot of theories on family. Fine with me. But as far as we know, in three thousand years, we built a structure of family. Now we are civilized people, now we have no family. We are not familiar with each other. Husband doesn't want wife, wife doesn't want husband, children don't like parents and left and right, things are falling apart. Do you know what is the reason?

Our basic honesty is not based on basic endurance. We do not value each other. We do not understand the twenty years we have given to each other. That has far more value than any other thing. Person is not getting into the spirit of it. When we are young and we are hot, we do hot (?), boys smell girls and girls smell boys and somewhere parents walks in and sometime, it's a chance, so she likes him, he likes her. They get married. She convinces him, he convinces her. You are choosing a life partner by likes. Not by depth. You have dates. You have dates. But you forget every date has a pit in it. You can eat the date but if you try to eat the pit, you can lose the tooth. It can break your crown. So question is, this is all we know. I am just repeating it. And what I am repeating, you all know. But one thing (?) don't want to accept it. 'No, I am fine.'

I was counseling somebody, I say, "This man has been divorced four times, why you want to marry him?"

"Oh I want to turn his life to be beautiful."

"How?"

"Oh, I, I know, you trust me, I'll do it."

Year and a half later, she was for a divorce also. She say, "What should I do now?"

I say, "You didn't learn four who have gone ahead of you."

We are living in denial—"It cannot happen to me. It's not for me. I can change anything I want. I can get anything I want."

But we forget our proportion is different. A millionaire for a thousand dollar means nothing to him. But a person who has ten dollars, for him thousand dollars is far big enough thing. Human experience is human proportion and on that depend human projection. But if our spirit is with us, we are whether poor or rich, limited or unlimited, we have a height. Once we have height, we have horizon. Once we have horizon, we can see better. We can feel better. We can know better. Then we have not to convince each other. Slowly and gradually, you will start learning the new age which is coming now is the age of experience. Not of knowledge.

I am very glad that you are very much, you know you are very attentive to the lecture. And he actually test you here and there, that you are really listening or not. So, it's a very important day. Today, your life will either change or you'll continue to be miserable as you came here. We are going go make ourself understand something very new. Three thousand years, you have been told worship your God, love each other, don't judge. You were given ten commandments and many other things. With all that knowledge, your homes are still not healthy. They are not still happy. They are not still holy. So what is gone wrong? In every corner of the city there is a church and there is swamis, yogis, priests, psychologist, psychiatrist, family counselors. Oh God, it is a army of it. Still poor man is not happy. Still there is a divorce. What's really wrong? Really wrong is that our self must understand, we are not body, we are not mind, we are not spirit, we are we. It is we which will decide how my body, mind and soul will work. Me, me, the honor, me the grace. Me above time and space. Me, the beauty, the bounty. Me the bliss. See? That's me. That me is in all of you. Simply you have to know it. And simply you have to love it. That will do certain things for you.

Whenever the opportunity arises, you will not sell yourself. Last night, we couldn't come through the traffic. One store wanted to sell things on, on discount. I don't know, everybody wanted to buy. And some of us as a human put ourself on sale. 'I am available. Twenty five percent off. Offer me better. I am yours. If not for a day, for an hour.'

I was counseling one married woman and I say, "Why you did it?"

She said, "It was just wrong place, wrong time and I put my guards down and I said why not? Just for experience," she said.

I say, "Then what happened?"

She say, "I came home, I couldn't face anything."

I say, "You are Catholic?"

She say, "Yeah."

I say, "Didn't you know before that you cannot have a guilt and face it?"

She say, "That all I know. When I was having a sex with him, I did this. I worshipped to the Christ," she said.

So there are some things commotional in a human where all knowledge fails and something wins. How to conquer that something? That something which makes you animal, totally impulsive. Though you get up later and regret it and feel bad, but that moment, now let's do one thing. Everybody should imagine, you are going to hug a person of your dreams. And don't misunderstand you don't have dreams. You all have dreams.

Now, open your eyes, keep them open, don't close them and look straight and imagine before you through your eyes. You are going to hug a man or a woman of your imagination. That something which you are carrying on with you. It should be done by now.

Make 'O' of your mouth and inhale deep. And hold the breath and look if that image is still there. Breathe out.

That much it takes to control the mind. One breath.

Oh you didn't clap. What do you mean?

(Class claps).

Any person in any strike of the emotions and in the intensity of the feeling, when person is knowingly knowledgeable and become helpless, makes it lips like 'O' which is the center word of God. The imagination come when the breath commence and breath is, breath leaves and imagination leaves, mind become clear. Does it cost? You have to get into somebody's bed? You (?) steal a ring of somebody? You have to write a (?) check? When you know you are wrong, you know always you are wrong and if you just have one deep breath through the 'O' of your mouth and let it go, that Time and Space will pass and Karma will not affect you. That's the simple rule of life. Because you live by breath. You die when there is no breath. Your life is nothing but breathing. But moment you breathe consciously, you know, there was a situation where somebody was very angry always. He told me, "I am very angry."

I say, "I am very angry also. What do you want to know?"

"But how you control your anger?"

I say, "I control my anger, why should I tell you my secret? What are you angry about?"

He say, "I am mad at God, I am mad at my parents, I am mad at my professors, I am mad at the university." He say, "What are you mad about?"

"Look at me. I born rich and I was trained well, I went to the university, I am on top in the university, I am top on this, I am top on that, but I cannot hold the job. I know too much. I am very angry."

I say, "That's it? Just angry? Not depressed?"

He say, "Little bit depressed."

I say, "Don't feel negative?"

He say, "Very negative."

"God has done nothing for me."

I say, "(?) at least you recognized God. Whether He does anything or not, doesn't matter."

I told him to make zero of the tongue. I am doing it, you can do it, too. Feel angry. Feel angry, (?) and just do this. Moment you, you breathe out, you will be fine. Isn't funny? Isn't better than yelling and screaming? All right. Yeah, man, these things are known to us for three thousand years. Our ancestor used to be angry, they used to be flirt, they used to be freaky. Don't tell me that there was not all this what is today. Simply our ancestors were natural organic people and they had a hummungus endurance. And today, we have to find something for endurance. We can't even relax. In yoga, you relax in one minute. You go to a bar, you have to take twelve beers to relax. And you become seven month pregnant with your belly and they call it a beer belly. Look how we do things. You do things for right and we end up wrong.

Once a woman came to see me, she was very well-known female and she told me, "Yogiji, I love you. I want to serve you."

I say, "Very fine, thank you very much."

"What I can do right now?"

I say, "Understand the meaning what love means."

"Love is love." She said.

And I say, "No, it's a state of mind. The day you will have no question about me, that day you will have no question yourself. That day you will be real. That day you can say you love me. Right now, you can't even say."

She say, "No, I really love you."

I say, "Don't you have a question whether I'll accept it or not?"

She say, "That is sure."

I say, "Question is still there."

Because with your wealth and with your charm, all you want what you want. Have you ever considered that what you want and I want is somewhere together? Is it human today (?) first thing rule of living is, life is mutual. Life is never independent. We all depend on each other. One concern is also with the concerned. So, we need to understand life mutually. That's all affection, love, grace means that you don't hurt anybody. You feel each other, you understand mutual grounds, you understand mutual system, you understand mutual interest. You understand each other mutual, honor, respect and grace and then you move in mutual appetite, loving each other. Life can be most

beautiful if we give our mutual essence a chance. No relationship. You can drag a relationship. But there cannot be any relationship if you not mutual.

First I have to be mutual with my mutual with my essence. Me and my essence. My essence is, I must love all. My essence is I must see divine and all. My essence is I must elevate all. My essence is I must serve and pray (?) for all. My essence is to go deep into the dirt, so that the seed of the spirit may blossom. There are lot of my essences. They are my needs. That's what I am. That's what surrounds me. That's what my thoughts are and that is my livelihood is and that's my existence. Now in this me and my essence, if you can mutually participate when I and you have frequency. You have come here to be uplifted. I have come here to uplift. There is a mutual essence. There is a balance. There is a understanding. We today will take time to purify ourself.

Normally what I see people have so much garbage, all the environments give them ideas, all people give you the ideas, all news paper and television give you the ideas. There are ideas and ideas and ideas. You are totally robbed of yourself and ideas are miles over you. Somebody tells us what to wear, somebody tells us how to look, somebody tells us how to eat, somebody tells us how to sit, somebody tells us how to live and make the living room and drawing room and bathroom. And we pay for them. The guy comes and spend our money left and right, without knowing who the hell we are and we pay him. We call them interior decorators. Sometime they bring a sofa where you can't even sit. They are specialized. So, doctors tell you what to take, now people have personal exercise, personal exercise (?) the man who give you exercise. Tomorrow you are going to have a personal poop director. You can't go to bathroom yourself. Everybody is at everybody. Everybody is under everybody. Everybody is told what to do. Somewhere we need strength to liberate ourself.

I was once asking for a glass of milk. And somebody who was with me, say, "You can't take milk."

I say, "What's wrong with it?"

"It'll create mucus."

I said, "When?"

"Tomorrow."

I say, "Oh, I'll drink glass of milk tomorrow, wait for tomorrow (?). Let me drink it now."

Can you imagine? Glass of milk turning into a glass of mucus? Do you know how brainwashed we are? We have no space in-between. We have taken from here, drop there, taken from there, drop here, we have no life. Man can't relax, woman can't relax, husband cannot relax, wife cannot relax, children cannot relax. You can't even sleep, you have to take a sleeping pill. Sleep the essential need of life. It is the need of Time, Space, body, organism and it is the command of God. God created day and night. He, the Almighty rotates the whole earth. So what we do? At night we have put a daylight. Night out. Isn't something, aren't you something? Have you any idea what you are doing?

"Oh you didn't get up this morning, what happened?"

"Oh, we were watching the TV, we, we slept at three o'clock."

Now three o'clock is the time to get up for sadhana. But they are sleeping at three o'clock. They get up at eleven o'clock. Work starts at eight o'clock. They are three hours late in the day of life. Loss has already happened. Human is born to be one step ahead of time and one step ahead of space. And that's the only way to balance life. And there is a old saying, 'Early to bed, early to rise makes a person healthy, wealthy and wise.'

So, now we are going to put you in a very simple exercise. Little exercise. Not much. But it is little technical. You have to take this hand,



put it here and take your right hand and make a kind of blessing, aura and for God's sake, hey ladies, this God gave you, I didn't. You understand what I mean? Pull it, that's another problem. You have bad vertebrae in the back because you always walk like this. No. Pull, pull this out. I mean, chest out, out, out, means out. And just like that. Now close your eyes. He is going to put a tape, 'Om Namo Gurudev Namo,' and you will chant with it, with the tip of your tongue. You will be fantastic, we'll do it for eleven minutes. I am watching time. You are just first time in your life blessing yourself. You refuse to bless yourself?

(The tape 'Om Namo Gurudev Namo,' starts).

YB (talks over tape): Just bless yourself. Built your mind and your consciousness that you are blessing yourself and the sound is calling on the infinite God. Calm, quiet, unto heavens... Take your mind to infinity... Keep your eyes closed, concentrate on the height of your mind. Enjoy the heavens. Eleven minutes...

In the beginning there was a word, word was with God, word was God. It is your word which God is you is repeating. Your word, your God within you... Sit in the presence of God alert... Call with grace and reverence and take your mind into heavens. You must rise. You must resurrect. We are born in the image of God. Take His strength and guidance.

Shoot straight up. This missile of mind must go up...

Resurrect, it will free you of all the acts...

Mother Earth will serve you, Heavenly Father will protect you and you will find your peace...

Keep up. Endure, endure, endure. Courage, courage, courage...

Open up your heart. There is a minute more left. Be regularly correct.

Half minute more. Loud, loud. For last thirty seconds. Reach out and touch.

Inhale deep.

(The tape stops).

YB: Deep, hold the breath and tighten your body, squeeze your body, total body, so energy can go everywhere. With a cannon fire, out. Fire out. Inhale deep again, deep, squeeze your body, so the energy can go in all parts and with a cannon fire, out. This is better. This is last chance you have got. Inhale deep, inhale deep, deep, deep, hold tight and bring your every muscle under your command. At least own your body, demand it, command it. Fire out. Relax.

Now don't ask me, ask yourself. We can't spare eleven minutes in our life? Eleven minutes only for ourself? We do everything for everybody. Can't we not do for eleven minutes something for ourself? If you do not know how to resurrect, you can never be free from action and reaction. You can never know what reality means. It's like ocean waves. If you not jump up and let it pass, you may get caught by the undertow. That's what life is all about. Whatever comes to you, don't react. Resurrect. You are divine. Life will become perfect harmonious. In last thirty years, people come at me. It happens once a while, we are open people and as a religious person I am open to everything and some people come at me. I see their anger, I see, I read the aura, I understand it. And man say, "This is this, this is this, this is this." Well, what you can do? Go above it. So I say, well, (?) you are in great difficulty. I don't think you are in a mood to pray together. Well, let's pray together. Let's go to our ultimate height. See how you feel. Everybody (?) them. It is your right to be angry. It's your right to be depressed. It's your right to be nasty. You have lot of rights. But you have some duties. And that is for eleven minutes, concentrate on your breath of life with one word for one infinity and purify yourself. You don't have to do a ritual like a religion and all that, but you have to understand, you will be different very fast. First of all, you will start loving yourself. Once you start loving yourself, then you can love others. You have to love yourself first, before you love anybody. You have to be fulfilled before you share your life. You have to be to work with people what to be, not to be. It's not that you have to give a lecture. Just your presence can work. It can work miracles. Because you are the miracle of God. That's why it's amazing when we started the class and now, look at you. You are very different people. You are not who came here.

And something for our daily use. Please cause the fingers like this. Very easy exercise, at heart center.

Hey, you have a tape that '**Hum Dum Har, Har,**'? No, you don't have.

All right, I'll make it for you and you chant after me. Because he didn't bring the tape and you become my tape okay? Each, each one of you.

Now. '**Hum Dum Har, Har,**' (chanting).

Students repeat the chant.

If there is anything in your life negative, it will disappear, you can't (?). It is that (?) which (?) dirt out. So make, make your posture like this, sit straight and let's chant.

Students chant '**Hum Dum Har, Har.**'

Keep going.



SIDE - B

Eleven minutes. Eat sound, '**Hum Dum Har, Har.**' Come on, keep up. Rhythm will churn the mind, clean you out.

Everybody. Get into it. You must experience. Right from navel now.

Bravo. Keep up.

Bravo, there are three more minutes, try your best. Invest, invest, invest.

Keep up, keep up.

Bravo, bravo.

Come on, two minutes.

One minute.

Inhale. Inhale deep and put all the pressure on those first finger and the thumb and press hard. Hard, hard, hard. Breathe out. Inhale deep again. Deep, deep, deep and now press first finger and the thumb. And press hard with the total strength of the body. Exhale. Inhale deep again. Now squeeze your whole body and put whole pressure on that connection. And fire out. Relax.

These two exercise which we call kriyas, are yours now. You have earned them. You have practiced them. If you keep practicing them, they will effectively elevate your life. Bring you peace and prosperity. Give you strength. The word what you are using 'Om Namo Gurudev Namo,' is the permutation and combination of sound and the word to call on the infinite power. And the word which is, we chanted right now, '**Hum Dum Har, Har,**' Hum means we, Dum means the breath of life. This Dum is very important word. Baba Adam, you call him Adam. His real name is Baba Adam and you (?) Hava, lady you call it Eve. You made the names like Adam and Eve, actually it is Aadum and Hava. There is no such thing as Jesus Christ. He is Yesu. We switched as we want. And there is no Mary. It's Fathima. So sometime we take the nickname and keep going. Aadum, Aadum means 'Oh breath, come.' And you said 'Hum, Dum.' We are breath and we are God. So long you breathe, you know God and talk about God, against God, for God, real God. God of the communist, God of the leftist, God of the righteous. You know, in the name of God we have killed this world again and again? Now we have to learn how to live in God's will. And that is what new age is all about. We all live in mutual harmony. There is no harmony which is not mutual. There is no strength if there is no endurance. There is no kindness if there is no tolerance. There is no beauty if there is no service. I hope, from



HUM DUM HAR HAR HUM DUM HAR HAR

this day these few things I have said and few exercise we have done, you will change your life. And when we meet again, you can gladly say, "I am exalted, I am purer, I am prosperous, I am happy and my relationship between me and my God and His word and nature is at peace."

Now we have few minutes before we are thrown out of this room that if anybody has any questions, even to say hello, you are welcome.

Student: (-----).

YB: Oh, you write it down, we'll calculate it. We can't, we pull it like that, we have to, it's a procedure we must follow. You'll get it. Go ahead, take your (?). Take your (?).

Student: (-----).

YB: Me? I am coming along. You know, I was born and I was told I will live forty eight years. Everybody in the world told me, "You have Yogiji forty eight years," I thought I have come to America, I have eight more years to go. You know, easy. Permit didn't show up. No going. Sixties, (?) isn't sixty eight I am? So I overlived. But it's very funny. When I am very sick I teach beautifully. And I am healthy, I like to sleep.

You know, I have been to India, God I wish you should be with me. On and on, we were going on and on. Unbelievable. They took me wherever they couldn't take me anywhere. And when we come late night, we put our head on the pillow, I forgot my age, my (?), my tiredness, I just went in a very deep sleep. It was good. Health is getting better. But one day, I live forever. You'll practice purity, piety and you'll be great people. And others will come to you in hoards to be touched, talked and healed. That's the new age. When you will be doing the same which I did in last thirty years. Touch, talk, see and heal. That's life. Your presence will work. So all this what I am sharing with you is that your personality met grace. And you may be the most powerful as your own right. You should become you in the beginning, in the middle, in the end. In the end because God made you you. The perfect God cannot make anything more perfect, but what he made you. Trust it. Believe it. And then live it. You will never regret.

There is one way to live. Hassle for everything. Go after. Or sit calm, let thing comes to you. You can choose. You will get what is your destiny. Don't worry, don't hurry and don't feel empty. Feel exalted, God will keep you that way. He's my peer.

I have given you two best kriyas. One for the morning and one for the evening. Each one is eleven minutes. Don't believe or trust me. Just do it and find it our how much strength and bounty you get. How much blessing you can feel. Try my way. And if there is any difficulty, please call me. I am next door.

Yeah?

Student: (-----).

YB: You repeat everyday. One in the morning, one in the evening. In yoga center too, it is you. It is given to you. It is you who is going to feel, it is you who is going to feel the purity and piety. It is you who will feed your mental vastness. It is something worth knowing. Do everything else what you are doing. This is what I want. Do whatever you are doing, I have nothing to worry about it. Nothing. Nay, nay, nay. But just do it twice a day, eleven minutes in the morning, eleven minutes at night. And see the miracle. Don't stop anything. Then it's no use. Then we are handicapped. No, no, no, no. Do what you are doing. It's not a problem.

n the morning, at some convenient time, give yourself eleven minutes. In the evening, at your convenience, make your body comfortable and do that for eleven minutes, not even twelve. Watch what happens. Watch what's wrong. I mean, you are going to, not going to lose anything. See what happens. That's a new age. Age of Aquarius. People will live by experience. And what is knowledge, you can press a button on a computer, you are going to get anything you want. Now it is a time we to be, to be. Exalt yourself. Excel and I understand very sadly that you Mexicans are not eating raw onions. You are all, all getting cancer. Many cases have been reported. Raw onion a day keeps the cancer away. You used to have those, what they call that, that heated what? Ha? Onions yeah?

Students: (-----).

YB: I used to go and shop and eat them all. And now I understand it's out of fashion. Onions out of fashion, cancer fashion.

You know the (?) what they do (?) heat it up on the, they roast them, right? Those long, (?) yeah? It's very easy to prevent cancer. Onion has the ions to keep the blood cells absolutely in formation and in combination.

You know there is a area in Punjab, where it's by habit people eat raw onion with their food. You won't find one case of cancer. And some ladies are getting fibrosis and lot of other troubles. Pear juice. Write it down something very beautiful I give to you. You will love it.

(?) two ounces, two ounces of pear juice, two ounces of apple juice, two ounces of cranberry juice and two ounces of this, pomegranate. Two ounces of pomegranate. How many are total ounces? Early in the morning, brush your teeth, clear your monkey glands and sip that glass. In fifteen days, you will find the difference you can't believe. Understand?

Student: (-----).

YB: Cranberry, Mexico there is no cranberry? How come? Cranberry is for kidney. Cranberry. All right, if there is no cranberry, is that, that, cornsilk available? Cornsilk? Corn silk. That's available? Make that tea. Two ounces. Instead of a cranberries not available, then corn silk does the same thing. You make tea.

Now one thing I like to ask. Hey, what is the name of Methi? What they call it English?

Students: (-----).

YB: Wait, wait. What? Fenugreek. Is fenugreek available here? It's like a green little. Not the dry one.

Student: (-----).

YB: Fenugreek leaves are available?

Student: (-----).

YB: Oh seeds we know. If you have seeds, you must have green.

Aah. Now this is the problem. This weather is changing and temperature of the ocean is changing, ecology is changing, human is changing. And if you can get, green, green, fenugreek leaves and, and roast it with pearl onion and pearl potatoes. You know what I mean? And eat it very good. You will love me for telling you this. In case fenugreek is not available, oh what is that we eat in New York? Escrow. You have escrow? You have dark green. That can be a substitute. It's a very common sweetheart, it is very common dish. Its green is pitch green. What that's made of?

Oh now, (?) come here and talk. (?) no, no, no, no, it's not lettuce. Hello. Tell them. And then (?) slowly, slowly, they are writing. It is chula-chula, what's...

Student: (-----).

YB: Hey, Carlos, come here doctor. Carlos the herbalist. Come, come, come. Hey come here, Carlos. You know, this is Mr. Carlos, the greatest healer from the jungle of Mexico. He and the holy mother come to heal me. Where is Mama? Mama. Oh there she stands up. (Applause).

Oye Carlos. What is that green, what is that they call it?

Carlos: (-----).

YB: You know the seeds of, what they call it?

Students: (-----).

YB: You know what is escrow (?).

Oh Mexico you have mangoes, you have, where the mango grow, there it grows.

Student: (-----).

YB: It's not grown? That's why they are pale. It builds blood. New blood everyday. It's a fountain of blood, it makes cheeks red, face bright.

Come on Gian Singh, what is it now?

Student: (-----).

YB: No. Hey you, come here. Siri Ram. What is called Methi? Fenugreek leaves. Fenugreek green, right? And then there is fenugreek seeds. If you have seeds, you must have fenugreek green. Right? Yeah.

Student: (-----).

YB: Fenugreek you import? God, how can you do that? Fenugreek green if is sautéed with pearl onion and pearl potatoes, it makes the healthiest dish in this earth. Your pure blood is immediately comes and your old blood is. It's very good. It is fenugreek leaves green. It is this much leaf and plant.

You know I was in India? Ah, you can't believe it. We worked morning till late night an on and on and on for four weeks and I strictly ate that. We did the whole work and excellent. That is the body food which you need (?). Because it builds blood in you.

And what they call the other thing? Hey, Siri Ram. Hey. What the green other thing in America which we take the green dish?

Student: (-----).

YB: New York. Escrow, what they call escrow?

Escarola. You know that?

Student: (-----).

YB: No Escarola is escarola. And you make it right, the dish is very good and next day you will feel marvelous. And these kind of things (?) is little bitter. It's little bitter.

What I am trying to give you some diet, forcing on you, because your spleen and liver get tired of cleaning that liver blood again and again and again. I am asking you nothing. I am asking you to make a cornbread with a tons of ginger and, and eat it. I am asking you certain good things because, you must also built blood in you. New blood. New blood, so that the old blood can say goodbye and go through, exit. But when you do not built good new blood, then old blood circulate (?) thick like oil. And what happens then your face here. One sign that you are not right is your this portion which is a liver, this, these cheeks will not be bright. So you have to eat food which give you.

Oh those onions, (?), eat ten, twenty of it each time. Brush your teeth later, don't worry (?) smell. But you are going to live. That's, that's total Mexican and what is that chili (?)? Oh. Great. There is a (?) cheese in it, right? Yeah? You take that out on the sand and start with chili. You will sweat here. You will. You don't need medicine. If you can sweat here by your will, you don't need medicine. I did it that day. Ate five of them.

(Applause).

They are good. Our hotel must be thinking we have come from some other planet. And that's true. If you take five (?), start with three, not five, three. And put a glass of milk and blend it. What I said, three (?), glass of milk, blend it and drink early in the morning. If you get old, come and talk to me. We'll have a fight. I am not kidding. It is true. It will give you hummungus nervous system. It will give you strength you have never seen before.

Na, na, na, na. (?). green, young. Beautiful. Three, three, three. And glass of milk. Blend it. No, you are going to be look great. It is the best thing for your nervous system. In three days, you are going to walk like this. It is true. Yes.

(?) is a (?). Take it from the top, take that little thing off, count three, tell them, "My (?), bless me, bless me, bless me and dip them in the milk, run it for fifteen minutes. Your drink is ready and sip it. First thin will happen, you start sweating. You are getting younger. Each day you sweat here, you are getting younger. And that's the way to live. Hmm.

Student: (-----).

YB: What?

I don't want to commit. But it's not my nature not to commit. I have seen people who take religiously three (?) and milk and they have gone to five (?) and milk glass, are beautiful and better than they ever could be and this one guy used to be like this and that day he shook hand with me, he pulled me out like, I say, "Wait a minute. He is a wrestler or what?" Nerves, nerves, nerves. (?) with milk make a combination of that which gives your nerve the extraordinary strength. And it gives all the blood to the brain you need in the moment. Also, it is said it is true or not, you can test it out. You will not (?), you know what happens? The brain burst out. What they call it here?

Student: Stroke.

YB: Stroke. You take (?) one, two days and see how much you feel, how different you feel right away. It is something to test right out. Uumm?

Student: (-----).

YB: Yesterday. You should have taken yesterday. Till you go to the graveyard.

Hey, is it something wrong to eat healthy?

You know, you are still good because yesterday I ate a very good dish, I don't know that they call it. It has red chilies in this like, and my tongue burned and my stomach said (?), but I felt good. That was a fun.

And then last night, they brought a dish. It is shocking, it was hot, red chili and chocolate and those, what they call (?).

Hey, Dharam Kaur, where are you fatoo? Stand up. She excited us to eat that. And she ate a whole big plate. With a cream, fresh cream from milk. Umm? Whatever they call it, something good. But the best part which was liking in it, whatever camouflage is chocolate and cream and all that, there were tons of red chili gone in me. So that has a purpose.

So folks, live and love to live. So other can live also.

May the long time...

(The class sings, "May the long time.....").

Blessed are those who bless themselves. Pure are those who purify themselves. Divine are those who worship God in their heart. Graceful are those who give their head in service of the others. All that best graces are with those who see God in all for every reason. May this earth and Nature Mother and Heavenly Fathers be with us as our best friends and may we excel in the new age as people of dignity, divinity and grace.

Sat Nam.

Students: Sat Nam.

YB: I am now introducing you somebody who brought Kundalini yoga to Mahico. Now I understand he lives in some jungle, I don't know where, but luckily he is today in this room. I am asking Babaji to come here.

(Applause).

Come on. And Guru Dev is his son-in-law.

What I did wrong? Tell me, is that not true? Is it not true what I said?

You know, God bless me, I, I never switch things. You brought Kundalini yoga to Mexico. And the problem is between you and me is, with all my sins I am continuing, with all your sins you are hiding. That's the difference. You see somebody tell. You know, there is no such thing as guilt and sin and this. Just to make a man slave and take him away from God, these all terms are manufactured. God is everything. He is good in us, he is bad in us, he is right in us, he is wrong in us, because he is us. God has become mischievous in you. That's okay. But still people know you. Bless them.

(Applause).

That's not enough. That's not enough.

He will translate don't. No, no, no, no, you speak anything you want. We are nothing to tell you. Go, go. Bless people.

If the soul, if the soul is separated from God and sent to earth, if the soul is separated from God and sent to earth and it reconnects back to God, it is not called lost. You came, you are redeemed of all your pleasures. That's why people have a teacher for. To wipe out the debt account and start new.

Babaji: Wahe Guruji ka Khalsa, Wahe Guruji ki Fateh.

Babaji took upon himself to bring Kundalini yoga to Mexico. He is a very, very Mexican in heart and he went through all kind of beating you cannot believe because I know, because he kept going and with all faults and success, he is here today. That matters. He looks good. Very smart. He looks younger than me. So, when you do a good act, then prayer works. And when you touch people heart and elevates them, then God works. It is very amazing. Those who bring peace with their Heavenly Father and Mother, Mother Earth, nature works for them miracles. That's why I gave you two most beautiful kriyas for the Age of Aquarius. One for morning, one for evening, the twilight zone and you'll feel the experience. And I didn't want to tell you, it is a very perfect thing to do.

God bless you. Sat Nam.

Students: Sat Nam.

YB: Wow.

(Applause).