

NM141 940613 Ardh Karni Secret kriya to clean subconscious

SUMMARY MEDITATION

(13,21)Kriya 38 minutes: Keep the hands in balance, hold the standard and let the change take place, don't worry about anything..

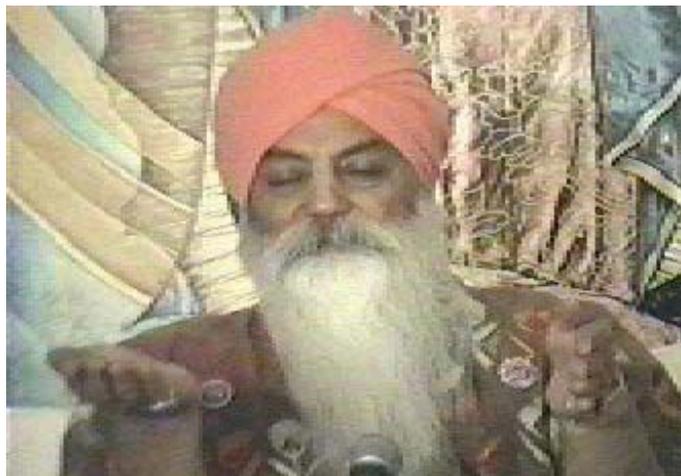
Put that "Ong Namu Guru Dev Namu."

(Tape 23,52 "Ong Namu Guru Dev Namu..." is played)Tape continues.

YB: (Talks over the tape: 48,31)...Start breath of fire please... must you do it powerfully...

(49,20) Use the power of the navel, it will balance out every part of the body... breathe powerfully...

(50,31) now, slowly raise your hands up, straight, palms open, keep



breathing...(51,30) inhale deep and stretch the spine, stretch.

(Tape "Ong Namu Guru Dev Namu..." is stopped)

YB: Cannon fire out. Inhale deep again, stretch the spine from tailbone all the way up, stretch it hard, fire out. **Inhale again, balance your hands and your shoulders** and your space from base to top and now stretch, stretch, fire out. Relax. 52,16

This exercise as a matter of fact is called **ardh karni kriya**, it's one of the most **secret kriya** and you may not have anything to say, but for a long time you have nothing to say, it does affect the very inner layer of the subconscious and it clears you out like good, good, powerful moppet. 53,02



LECTURE

Hey Gurucharan, all it proves is, if you discipline your mouth miracles can happen. But you have still twenty five pounds of it. I have, out of the blue I have concluded that I have to become skinny. You know, not that, nothing I can't hear anything, when people say, don't do this, don't eat, doesn't mean anything. Because, they have been telling me twenty five years, don't do this and do this. So, to me it sounds like some bell rings all the time but out of the blue I decided, okay, I will become skinny. Purpose is not to become skinny to lose weight, purpose is to try can one become skinny. And once I become skinny if I don't like it, I will become fat again.

Students: (Laugh)

YB: You know, how many are you in the class, lot of you all right, none of you understand the real purpose of life. You ask me why? Life is not to get scared. Life is not to get scared and the only way you will never get scared in your life, if you just remember, Ang Sang Wahe Guru, God is with you. You hold the hand of the Guru's word, walk in life and feel God is with you and once you feel God is with you, you are never lonely and you will not do millions and millions of mistakes which you normally do. It's amazing thing and I have to tell you something very positive.

There was a young man, once he talked to me and he said, "I have all the wealth, happiness but I am very unhappy."

There was not one area where he was not successful. He was the most successful person. But he was very unhappy. He has a wonderful wife, he was unhappy, he has a beautiful home, unhappy, businesses unhappy, money unhappy.

I told him, "What is your real problem?"

He said, "Whenever I see somebody, I can see through it what is being said and what it is."

I said, "Oh, you have common problem."

He said, "What is common problem?"

I said, "I do the same. This is how you live." I said, "When somebody tells me things which are wrong, I feel very happy, because I feel God is with me and I have somebody with me, I don't have to lie, I don't have to manipulate, I don't have to do anything." And this guy, doesn't have anybody.

So actually I tried to tell him that, have God and mostly people don't like me for that. They run away.

You are created in the universe for God because God wanted a universe. Otherwise, God was happy by Himself, so He had a itch, so He created the universe and when God created the universe, He created for Himself, not for you. What you feel that universe is for you, so you are in direct conflict with God. God is not seen, you are always seen, so He does it like unseen, like a holy ghost, He punch you here, punch you here, nod you here, pin you there and He makes your life miserable. You think misery doesn't come from God? No, no, it is directly from God. Misery comes from God, satisfaction comes from you. When you and God are one and one piece, you have power of eleven times and when you are you, you have minus one power, but you are fighting against your own creator. It doesn't matter what the situation is. Once I remember, I interviewed a thief and he was a classic thief and it was his profession from generations, so I thought it is impossible to catch him, so we end up with him in a very friendly way. I asked little question. I said, "How can you cannot be caught?"

He said, "God is with me."

I said, "Wait a minute. You steal things and everybody is sick after you and police is after you, the government has declared you a rewarded head and you say, God is with me."

He said, "Well, let them do everything, I am not saying they are wrong, I am a thief. It's my profession."

I said, "What is this profession to be a thief?"

He said, "It came to me I like good things and I cannot get them otherwise, so I steal them. Now I steal them, I know I am in trouble."

So I said, "What you do with them?"

He said, "I go in the temple and leave them there."

"What?"

He said, "Yeah, I steal them and leave them in temple."

I said, "How you live?"

He said, "I have lot of money, I don't have to steal. I am just professional."

So I talked to the investigating officer, I said, "Find out his things in temples."

Three fourth of all things lost came out. We asked the priest, "Where you got these?"

He said, "I don't know, somebody just left it here. We are keeping it."

When we were discussing one day and I told them, I said, "This guy is a habitual thief, he is doing it for fun and he leaves everything in the temple and he thinks God is with him."

He said, "But what should we do?"

I said, "Next day, we'll just sit in temple, different temples, see where he comes."

So two days later he showed up at a temple with lot of bundles.

And we said, "Hello. You are coming to visit the temple? What is in this bag?"

He said, "Nothing, nothing, nothing."

I said, "We would like to join you in the offering."

He understood it. He just did a very clever thing. The officer who was there, I was in civilian, the other officer who was there, who told him he is man from department. He hold him that bag and fast he ran like a cat, there was no way to catch him. And I told him, I said, "He has gone but you have got rid of the thief forever."

Year later I met him. I said, "Hi remember me?"

He said, "Yeah."

I said, "Are you a thief now?"

He said, "No, God doesn't like me to take it to the temples, so I don't steal it anymore."

Can you believe a human can believe this? Your folks, problem is not you, your problem is your belief. You can believe anything. Well, if you are going to believe, why don't you believe one thing simple, God is with you. He is watching over you, He is with you, He created you, that's a fact right? Created you, for you, with you, be with you and you want to be with Him. Don't try to die and go to heavens and go to God. Do it today when you are alive. When you are alive, be with God, when you are dead, fight the devil. Do it other way. You know, when I am going to die, I am going to go straight to hell, straight, without any stop on the way and set up my classes in kundalini yoga as fast as I can. Why not? It will be the same as we started in L.A. Now what, tell me what different it can be? Many of us will be there. We will do the job, right? Nobody will ask for any fee, nobody do any collection, but we will try to teach you the best classes and if our credit becomes better, we will leave the hell and come to the heavens to freeze. I don't know what conception you have about heavens. Heaven belongs to those who have pure discipline and whose life has no priority but their discipline. Hell is for that which has no discipline and the indiscipline is the only thing which kills them and that's what you see it here. Between you and God there is a relationship and that relationship is, He created you and He became the creator, you know, simple facts and you are the creation. God created creature to create a creation. Repeat it, see how it sounds.

Students: God created creature to create a creation.

YB: Then why you killed the creatures? You don't kill physically, you kill mentally, you kill people socially, you kill people emotionally. So how to get out of that subtle killing and learn ahimsa, that's the class today, okay? Let's do it, it's very simple.

Left hand, just as I am pointing, watch this. It's a very beautiful class, just do it exactly, it is a science now. I am preparing you for this Jupiter hit. We are going to have fun. Not very big thing. They say, there are some suns are, duplicate suns are going to burn, but whether we are going to see or not, Hubble will see it and CNN will show it, that's all right, we should compromise, but take this hand like this, right? And put this hand like this. This hand has to be like this and this hand to be like this. Both hands straight and rest them at the chest. Close your eyes and look at the center of your head and try to relax rest of the body, you will be surprised what goes on inside will be all yours. Do this class once a while and it will balance your left and right zone of the brain. What else you want, blood? This is a best thing we are teaching you and any balanced person is a great person.

Roll the eyeballs upside, where that soft area was. I know I did it and it's wonderful, it works very good. Just stay stable. Oh, do it right.

Today is a, hey where are you going? Today, cookies are going to be served. There is a beautiful Hari Singh and Prabhu Singh's birthday and who? Sat Bir too? That's not written here. Oh yeah, Sat Bir has a birthday. So, all skinny guys have birthday on the same day? Well, we will sing to them and we will have cookies. It's very good, I know.

Finally, it came huh?

My dear Siri Singh Sahib Ji, Wahe Guru Ji ka Khalsa, Wahe Guru Ji ki Fateh. On our 14th birthday we would like to thank you very much for all the gift that you have given us over the years of our life. We feel very grateful to have you as our spiritual teacher and to be sons of Guru Gobind Singh, Sat Nam and love. Prabhu Singh and Hari Singh. Wow. Wise people.

Kriya 31 minutes: Keep the hands in balance, hold the standard and let the change take place, don't worry about anything..

Put that "Ong Namu Guru Dev Namu."

(Tape "Ong Namu Guru Dev Namu..." is played)

Tape continues.

YB: (Talks over the tape): ...Start breath of fire please... must you do it powerfully...

Use the power of the navel, it will balance out every part of the body... breathe powerfully...

now, slowly



raise your hands up, straight, palms open, keep breathing... inhale deep and stretch the spine, stretch.

(Tape "Ong Namu Guru Dev Namu..." is stopped)

YB: Cannon fire out. Inhale deep again, stretch the spine from tailbone all the way up, stretch it hard, fire out. Inhale again, balance your hands and your shoulders and your space from base to top and now stretch, stretch, fire out. Relax.

This exercise as a matter of fact is called **ardh karni kriya**, it's one of the most **secret kriya and you may not have anything to say, but for a long time you have nothing to say, it does affect the very inner layer of the subconscious and it clears you out like good, good, powerful moppet.**

Once a while, as you have done today, you should use it with this prayer tape, so that your constant contention should be towards the higher self. This you have to understand in life. This is life, right? Just feel little higher in life. Take every day your life little higher, don't you ever ground yourself with useful thoughts, with useless beliefs, how great everything may be, just remember, that you have to go little higher. Just a thought to go higher it enough for you to be positive and to be gracious and once you start dealing everything gracefully, you must fully understand, you will be prosperous, popular and appreciated, specially now. Many who started with you are trying to come back. There is nothing to worry about it, but you should be always careful. This is all to test your faith, test your grace.

I was discussing with Maa today and she said, "This child of Yogi Ji is in pain."

I said, "Sure. Ask her to come here and work. When you are working, there is no pain. Where is time for pain when you are working."

"But she has very bad memory of yesterday."

I said, "What should we do? Now make a bucket, have a long rope, go into the yesterday, pull it out and take a bath with it? Yesterday was yesterday, it went away. Shouldn't we grateful that it was yesterday?"

Everything was yesterday is in yesterday. Don't bring that into today, leave today alone and smile for tomorrow, because it has to become today.

Somebody told me today a great powerful dialogue story, I was very surprised, after hearing it for forty five minutes, I said, "You must be making lot of money because your telephone bill is going to go very high."

"No, no, I want to talk to you, I want to tell you the whole thing."

I said, "Far out, yes, what is it?"

He said, "Did you hear what I said?"

I said, "Word by word."

"Then, what is it?"

I said, "You were miserable yesterday and day before and day before and day before, I understand and today you are making yourself miserable by repeating it."

"You mean I should forget it?"

I said, "By the way if you asked me what it was, I have already forgotten it." I said, "How many yesterday you have lived and if you bring all the memory of all the yesterday and today, there will be no energy left for today and today will become yesterday. More stupid act of the part of a human to fill your today with yesterday and fill your today with worries of tomorrow."

Just remember, if God has given you today, make it great day and if today, because gave you today, you cannot make a good day for somebody, better day for the other and best for other, you never had the day. Days are not for you, days is for the social incompetent and believing and serving and liking and loving others. No day is for you. Man is a social animal. You are in love with one person, what about five billion minus one person, what will happen to them, are you not in love with them? Please include the trees, flowers, bugs, lizards. If you cannot see God in all you have no eyes to see. You live in God's words and you live very limited, professionally limited, please become unlimited. It is His universe. God created the creature to make a creation, so He will not be lonely. How can creature be lonely when there is God, creature's creator. Make the relationship very simple, all wisdom shall be with you. Because, when you open your psyche, drop you the shield of your ego, the entire universe opens to you and that is a way to prosperity. Those who close themselves, close their windows and close their doors and shutters, they shut their prosperity's entry pathway. Those who believe in isolation shall never believe in God because God is a universe.

I was asking somebody, "How's this person?"

Reply came, "He is a triple Leo."

I just got shocked. I said, "What is that triple Leo?"

There must be some sign as a Leo and possibly Leo sign, Leo rising, Leo moon, Leo earth, whatever it was. Triple Leo. This gentleman must have done something that the only thing the person remember about that person is that he is a triple Leo. Didn't say he is a great Sikh, didn't say he chants Wahe Guru, didn't say any peaceful person, nice, nothing, triple Leo. So if you want to be known as triple Leo, triple Virgo, triple Gemini, then you are not human, you should be up there in the zodiac. There is no place on the earth.

Once it is very funny, I saw a great man showing his hand to somebody, I laughed, he said, "Why you are laughing?"

I said, "I do it for entertainment, you are doing it seriously."

People are very serious about tomorrow and when a psychic tells them everything, believe me, the people believe it. When psychic tells you for fifty bucks, can you not tell yourself for five bucks? I am seeing the future it is turning and I also see that you know a new friend is coming in your life, you may be dead impotent and your wife is urged to divorce you, you are crazy, cold, a slob and moment the psychic says, your friend is coming, win. Rather than spending fifty bucks and bringing home some present for her, you give it to the psychic. Hey, why you listen to the promise of other when you cannot give yourself a promise, aren't you crazy? Somebody read you, somebody know you.

I have very funny phenomenon going on, people say, "You know."

I say, "I don't know."

"You know everything."

I say, "You all have taught me for twenty five years, I don't know. It's not a American, I don't know, I am freezing, I am starving? I have learnt."

Tell me honestly, when a psychic tells you what's going to happen, right? Right? Is that real? Do you at that time can anyway remember what God is telling you? You are not with psychic seeing God in the psychic, you are seeking psychic in the psyche. You know what that mean? You do not believe you can see yourself and when you put down yourself, what you are up against? Trouble. One most beautiful thing, feel God with every limbs. That's what "Ang Sang Wahe Guru" means. Feel it. Hold the hand of God and walk, listen to the words of the Guru and live. Your future will be safe.

This world is not for triple Leo and double Virgos and four Aquarius. This world now is the Age of Aquarius, it is for those who are vast, who are open, who do not believe in eye, start with eyes, talk with eye, they just have only third eye to see all. Those who shall see all shall never fall, neither in the eyes of God nor in the eyes of universe.

Now stretch your body before you can, I can do anything for you. Stretch every part because now you are right, now the energy must penetrate out into all parts. Please, this stretching is useful for you. Stretch, stretch, stretch, it's good thing. Energy is energy, you know that? Guru Teerat Kaur, Maa is coming to and here and there, all the way right? And we need a help. So you get along with whole thing and get the volunteers and get steady and talk to Niranjan and see everything goes smoothly. All right? You don't know anything? Maa is from Brooklyn and just try to be on her right, that's all you can do. Be on the left, forget it. Yeah.

Student:

YB: And other thing, Maa Jaya is coming and then Guru Maa from New York is coming. So there are lot of Maas on their way to here. Huh?

Student:

YB: She is coming, I think twenty, Guru Maa from New York. Oh, you are talking of Guru Mayi.

Student:

YB: Oh, forget that case. She doesn't go anywhere. She is better be where she is. It will take off our fifty years to move to something. She is Guru Mayi. Mayi, not yours, it's my. You are talking about Malati. I raised her, I know her.

You know, test of the Sikhs of the western hemisphere is what? Albert became Baba Ram Das, right? And the fun is, he is Albert again. And, God bless America here, Albert become Baba Ram Das and Baba Ram Das become Albert, nobody knows what is going on and Albert, Baba Ram Das, wrote the most famous book, "Egg on my face." And all he wants to discuss is sex and Guru Maa said, Maa Jaya said one thing publicly in San Francisco, he alleges, he has sex with me, God, if he would have had sex with me, he would have had my lotus feet.

Students: (Laugh)

YB: She said, "I am Kali, if I had sex with somebody, God can't stand it, how can he ."

Two line statement took care of that book.

When spiritual person discusses mundane earthly behaviors. Somebody has stolen the spirit already. These are reactions. You know, problem is, kundalini yoga starts from navel point and above and you still live in your toes. What should I do, I don't understand. You know, the problem you have is, you are all byproduct of sex and you have not carefully read my article I wrote, there is nothing in sex and there is nothing without sex. I would like you to save your marriages, save your life, save your lot of pain, just have one copy of that article with you. It's very good, very good.

Now, we are going to have lot of guest. We are going to have a very unique marriage on Friday, you understand? I was asked today to explain the principles of marriage. Marriage is done to feel not lonely. Therefore, when marriage is not lonely and meant for not being lonely, let all come. Invite the angels. So I hereby, under my own authority as a grandfather, cancel the invitation restrictions and invite you all to this marriage of my grandchildren and those who will bring invitation has to stand on one leg, because they have been invited for some special reasons. For those who have not been invited they can come free and clear. Is that understood? You all understand?

Students: Yes sir.

YB: And come and bless the bridegroom and the bride. Because, I am want to shift them both to India. Isn't funny? I thought you both get married here, it will be fun, so that in India they may not be lonely. Did I think right? And please come and be invited yourself, self invitation is the best invitation.

Students: (Laugh)

YB: Get into the spirit of marriage, okay? Remember Friday, it's coming Friday, isn't it? Huh?

Student:

YB: 10 AM. And don't eat that day, there will be a feast, right? Somebody should call tonight east coast and let them know.

Students: (Laugh)

YB: That there is a very special general invitation, isn't attendance is by invitation only? But this is a personal invitation. Didn't that meant this? What?

Student:

YB: Oh, that Anthony? Oh, that guy this restaurant?

Students:

YB: Oh, wow. He is lucky and are we putting there, what they call is, detectors that on the gate? This is 3HO family, forget it. It's good thing that marriage is happening, right? And if they cannot provide you enchiladas, take your own in hand and walk in. Well, unheard of, things to learn. Remember, it used to be my Birthday? Eight day, in the whole town nobody will cook. None. And they used to weigh me with gold, silver and copper and then, different cereals and morning, night, day after, every time there will be a feast. I enjoyed that for about sixteen years. It was just kind of festival and there was only one thing, if you don't come, they will send people to ask them what is wrong. And you know, Dalhousie was hill station, so when you have a fire in your house, you can see it from the chimney, right? So, if in some house there is a fire they want to know whether they are heating the house or they are cooking.

No, no, no, enjoy your life, nothing to worry about. Just let east coast know the west coast is warm and they have the invitation to participate. Is that okay? We need your blessing actually, many of you come and grace the occasion and bless the couple, it will be fortunate. That is the desire.

Guru Tej, you have a poem?

Guru Tej: Yes sir.

YB: Come on. Happy birthday to, come on, you are not going to eat cookies?

(Students singing "Happy Birthday...")

YB: And the best of the day and may the long time sun shine. Again you are caught.

(Students singing "May the long time...")

YB: Twenty five years, you can't catch a tone. May the...

(Students stopped singing "May the long time...")

YB: Bless these children so that they should guide their way on with grace and courage and become the leaders of tomorrow and they should be today. Is that okay? So, say Sat Nam.

Students: Sat Nam.

YB: Now, listen to Guru Tej what he is saying.

Guru Tej: On all of these poems I always put at the end where it was written and the date. This poem says between LA and Espanola, at thirty five thousand feet, 1June, 1994, it's called The Door.

We were unaware way back then, when the consciousness began to turn. We were like spores in the wind with far to go and much to learn. The spirit of change was in the air and we breathed deep to get it all. The electric excitement and flowing hair, then through the music, we heard the call. It took a lot for us to change, for discipline was not our song, yet we aimed high to find the range and many who started, now are gone. It seems so easy at that time with peace, love and rock and roll, but it took more to make that climb to open the heart and free the soul. Many looked good and talked to talk, many carried trust and respect, but only a few could walk the walk and only a few are with this yet.

Now, they are calling out in pain they want to return but don't know how. Can they face themselves and their shame and before their Guru humbly bow, the test of consciousness all this time, comes for all, who walk this path. We each must space it to be divine to know our height and depth and breadth. But the door is not found high above for humility is valued above all. The price we pay as our love, for the entrance lies low and small. Many have tried to go around, many have thought that they could cheat, but all must bow, with forehead down to have the sight of those sacred feet. Guru's gate is there for us all, no one is exempted or rejected. Those who stand, stumble and fall, can recover, return and be respected. Let them know that only gratitude will sustain them at that time of test, to bow with the humble attitude is the only way to achieve our best. And let them know that in this house the laser beam of the mirror returns and those who would treacherous bows, shall find themselves on a lost sojourn. We are not false and we are not real, but no longer do we drift in the wind and those who bow, their soul shall heal, they shall find the door and enter in.

YB: Quite a good one.

Okay, I like to have a little request if you can join me. Siri Tarang is badly injured and we need today to get to our old trick. As she and her arms are twisted, so we want to twist the hand of God, it's a friendship, right? Sa, re, ga, ma, pa, da, ne, sa...

Students:

YB: Remember that? We will go in the twenties. Everybody, now inhale deep and go.

[Link to videohttps://drive.google.com/file/d/1Tv13GQB3fCvMZVEC1Iq4BZXEzHBr1h3r/view?usp=sharing](https://drive.google.com/file/d/1Tv13GQB3fCvMZVEC1Iq4BZXEzHBr1h3r/view?usp=sharing)

Students: (-----)

YB: Come on, come on, don't forget it. It's the most powerful mantra.

Students: Sa, re, ga, ma, pa, da, ne, sa, sa ta na ma Ra ma Da sa...

YB: That is offering one breath. Try it, don't forget this kriya. Deep, deep breath, what are you trying to do?

Put that Amar Jeeth tape. Amar Jeeth tape from Washington. Loud.

(Tape "Sat Nam, Sat Nam..." is played)

YB: (Talks over the tape) that is I think, because, put that on very loud. Himmat, listen to this, it's good one. Put it on the high pitch.