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**NM382 A10212 Acknowledge God Rip Off the Cause and Effect of Karma**

You come, live, grow, and process. It is called a life of karma. In the fluctuating wavelength of your life, you can be stuck on nothing, or on people, or on God. Those who are stuck on nothing are in isolation. Those who are stuck on people are processing. Those who are stuck on God reach infinity. Whether a person is poor, middle class or rich, his pain remains the same. Those who acknowledge Maya are hustlers. Those who acknowledge ambiguity do not make any sense. Their horizon is not under their control. Only those who acknowledge God are free to reach any height they choose. Some people feel they are very important. Some people feel their environments are very important. Some people place all importance on the Infinity of God and God's Kingdom. I invited friends in Aspen, Colorado to visit me in Espanola. The wife said, "In all my life I have never left Aspen." I suggested, "You are truly living up to the name Aspen. Are you a tree?" She took two hours to describe the beauty of the town. Some people's wheels are stuck. That is why we have meditation. Meditation is not sitting down and closing the eyes. Meditation is seeing and reaching what is beyond the limited self. It gives a moment of beauty and bliss, where all you have is joy. When you direct your mind to that, that is. Your reactivity evaporates and life becomes supremely happy. Everything continues in the same way, but you have contentment, joy, and excellence. That is dharma. Although every human being has a chance to excel, we create our own sufferings. When we cannot flow, the waves of life throw us on the sand bar where we sit and rot. One day I sent a present to a girl. When we met I asked how she liked the present. She replied, "I do not like it. You are just trying to impress me." I told her, "I had several presents and just gave one to you. Enjoy it. If you cannot handle this gift, then return it." The next day she apologized but did not bring the present. She said, "You gave me that present!" "You idiot! God gave you presents—this life, this body, this mind, these chakras, these gunas, and tattvas. If you are not grateful and gracious when receiving gifts, you do not know a thing." Whatever God gives you is a present and you totally misinterpret it. That is the curse wherein a human loses his environments, projection, destination and completion. We can read great books and be shocked to find only a great philosophy that has been spun and spun and spun. Everything is like cotton candy. You take a bite, there is a little taste, and that is it. Such things do not fit into the rhythm of human life. What fits in? This meditation you are going to do today!

**NM0382 MEDITATION - Rip Off the Cause and Effect of Karma** Sit straight in a cross-legged position. Bring the hands into Prayer Mudra in front of your chest. Eyes are closed. Chant "Sat Naam Sat Naam Sat Naam Jee, Wah-hay Guroo, Wah-hay Guroo, Wah-hay Guroo Jee" with the instrumental tape "Duni," and slide the hands up and down across the mounds of the hands in rhythm with the mantra. Be constant and consistent. Continue for 11 minutes. To end, inhale deeply, hold, press the hands together as tightly as you can, and stretch the spine upwards. Exhale. Repeat 2 more times. On the last inhale move the energy from the base of the spine to your crown and from the crown to your base 3 times. Relax. You can do this simple meditation every day. It will rip off the evil cause and effect of your karmas by balancing you. In the middle of the meditation you may freak out, as the rubbing of the hands kicks out your monster energy. At that time you must classify yourself and stick with it.



kriya 18,49 minutes



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Side – A

... We all have a human energy to grow and it works on three channels. One is that the child is born, the child growth is automatic. He has to become adult, do what the adults do, then same child has to become old man, middle man, middle aged, then old age and all that. These are the normal process of life. That is called life of karma. You come, you are born, you live, you grow, you process, sometimes good things come to you, sometime not. Sometimes (?) gets better things you are not. Sometime you get adverse things, worst thing and somebody not. So in the wavelength of this fluctuation, in process life goes on. There is no difference that somebody gets struck on God, somebody got struck on man and somebody struck on nothing. Those who struck on nothing live in isolation, those who struck on man just process it, and those who struck on God reaches to the infinity. It's not practical possible that everybody will have equal and perfect projection. But you see, you have to grow a tree, you have to nurture it. You have to do anything in life, you have to nurture it. Nurturing is essential and nurturing is three ways-either you are consciously in a position to nurture yourself or naturally by help of nature you are nurtured or there is an accident in life you get in good karma and you are nurtured.

Sometime you are very poor, second time you are very mediocre, third time you are very rich. But you are poor or you are mediocre or you are rich the pain remains the same. Pain doesn't go anywhere. Dissatisfaction doesn't go anywhere. Because your horizon is not within your control. Where your akasha and your earth meet, you have no control on that. If you go on a very highly elevated your horizon is huge. If you go less it's not. And when you look it from here your horizon is that house.

There is a word 'Soji.' Soji called acknowledgement. Very few people get automatically acknowledgement that God is. And they can reach any height they want. Then there is acknowledgement this maya is. There, there is limited situation. They are hustlers. And then third category is those there is. They don't make any sense. For some people it is very important how they are. For some people it is very important how their environments and they are. And for somebody it is very important how the entire infinity of God and God kingdom is. So we are dividing things into three categories. But question is when you are going to wake up. When you will be in a position that things come to you automatically in a satisfaction of personal ecstasy. Now everybody is aware of personal ecstasy that's why there is use of drugs. And once you get high on something you keep on doing it. Similarly you get high on relationship. This formula of God is the last thing a person can go after.

I have seen in our written experience of scriptures,  
"Sir kampyo, Pag dagmagey, nayan joth heen."

When head shakes, legs tremble, eyes can't see, feet can't stand, then person realizes that life was a waste. Oh then you should see this guy, (?) man pray. Once you... As he is an idiot. You know you were the worst of all. So it doesn't work then.

'Pirath Paye Dambari, Hadd Marindey.' The body becomes painful and the bones crack up in pain. These things come. But when they come there is no way back.

'Jarayith Joban Hariya,'

When old age strikes, the youth goes. But when somebody is young they don't care.

I asked somebody, he said, "What is the problem, I have this problem, I have that problem...Well, what is the solution?"

I said, "Get up in the morning, meditate for sometime. Give yourself a chance to be."

He said, "This is the age for sleeping, this is the age for enjoying, this is the age for eating. How come I have to do all this?"

Now this guy... It's very funny. I got a telephone on Friday, this guy wanted I should pray for him that he should die. I said, "But why should you die?" I said, "This is the age for suffering, this is the age for pain, this is age for not sleeping, going upside down."

If that stage was then this stage must follow. Go through it.

"No, I am going to commit suicide."

I said, "When? Let me know."

"You think I can't commit suicide?"

I said, "No."

The balance and equilibrium of karma will not let you commit suicide. This is the situation on this planet folks. Man in search of happiness starts ploughing his life.

When I used to go to this town near, what is the name of this town...

Students: (-----)

YB: Aspen? And we stayed with a friend and we had fun, I invited her and her husband, every family if they can come to Espanola sometime. She said, "I have never gone out of Aspen all my life."

I said, "You are really living to the name of your husband, (?)."

She said... It took her about two hours to explain to me the beauty of the town. Some people are struck, their vision is struck. That's why there is an art of meditation. And meditation, it's not people understand meditation at all. They think they close down the eyes, they sit down... (?) yes it is calming down, it is right, but meditation is when you see to that that you are not. When you reach out to that, that you are not. And that moment of bliss, the moment of that beauty, the moment of that joy is all you have and when you direct you, when you, real you, direct the mind to that that is. What is the advantage of that? Advantage is and all the action, reaction evaporates and the life becomes supremely happy. That is Dharma.

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Things happen that way exactly as they have to happen, but there is a contentment, fulfillment, joy and excellence. Every human being has a chance of excellence. But we create our own sufferings. We cannot flow with the flow and sometime the waves throw us on the sand (?). What they call that?

Student: (----).

YB: Sand ball, yeah. And then there we have to sit and rot. It's not, actually to be very frank with you, to be very open and honest, even religion is just to rope you in. And that's not purpose of religion is. Purpose of religion is to rope you in to reality. Not the personality. It's very funny. Do you see sometimes some funny things that if there is a person you help them and they become nasty, when you more help them they become abusive and you more help them they become really rude. Have you seen that? I never knew...

I dealt with the person and I just one day gave her a present. I didn't see her six months. And after six months when I saw her, I said, "Are you okay?"

She said, "No, I don't want to be near you."

I said, "You are never near me anyway. What happened?"

She said, "You gave me a present."

I said, "Yeah. Was it nice?"

She said, "No. You are pursuing me."

I said, "Wait, wait, wait, bring my present back."

"You happened to be there, I had something."

I said, "Gave it to you and enjoy it. If you can't handle it please return."

She came (?) next day she said, "I am very sorry, I apologize, I should not have said that."

I said, "Yes, you should not have. Have you brought my present?"

She said, "No."

I said, "Why not?"

"Well, you gave me a present."

I said, "You idiot! God gave you present, this life, this body, this mind, these ten bodies, these chakras, these gunas, tattvas, the whole thing. If you are not grateful and gracious to receive the present then you don't know a thing. But anyway between you and me, bring my present back anyway."

"You really want the present back?"

I said, "Yes. I really want the present back."

So next day she brought the present and she said, "I don't want to give it to you."

I said, "What do you mean you don't want to give it to me?"

"Present is a present."

I said, "That I know. But you interpreted it wrong."

The greatest tragedy of everybody's life is, whatever God has given you interpret it wrong. You absolutely interpret it wrong and that is the curse in which a human loses environments, projections, destination and completion. You go and read these great books. Great books and you will be shocked you will find nothing. Because a great philosophy, a great thought has been spun and spun and spun. Have you seen, have you been to carnival, they give you sugar. They become big what they call it?

Students: (----)

YB: Cotton candy! And you bite in it, and then there is a very little taste and that's it.

(Students' laughter...)

So everything is a cotton candy. Iyengar yoga, Choudary yoga, Espanola cookbook. These are the things which do not fit in in the rhythm of the human mind. What fits in? What you are going to do today. You have not done this but just try it.

Put your hands like this please. You see, simple. He is going to put that tape Sat Nam Sat Nam Wahe Guru and you have to rhythm your hand like this. And just see what miracle you create. Close your eyes and just with that tape rhythm with the mantra, chant the mantra and move your hand, don't do anything more or less. It's a very simple thing to do. But in the middle of it you are going to freak out. Yeah, yeah, you don't want to do it because this rubbing of the hand is going to take your monster energy and kick it out. And at that time you require to classify your (?) with it. You know? Very simple. All right, get into the posture, put up tape, close your eyes, breathe deep.

(The tape is played in the class...)

YB: (Over tape) chant, chant. Side B

Be constant and consistent.

(Tape stops.)

Inhale deep, put all the pressure on both hands please, as much you can, hold tight, and stretch the spine upward please. Let it go. Inhale again, hold it tight, stretch the spine upward, heavy, let it go. Breathe in deep, deep, very deep, hold it, put the pressure on both hands, and take the spine bottom to top, top to bottom, three times. Relax.

This little exercise you can do everyday. Sometime you share evil by cause and effect of karma and this is to rip it off. You know, when people become negative they get depressed, they call name to the friends, you know all that stuff. Why it happens? Because you are out of balance. Nobody wants to be negative, nobody wants to be abusive, nobody



[Link to video](#)

wants to be this and that. It happens when you are out of balance. You feel so insecure and when you use your ego to survive and then you use language and words and all that which is worthless. You may regret it, but at that time you are not aware of it but you keep yourself balanced meditatively. You will have a great reach. May the long time...

The class sings: "May the long time sun shine upon you..."

YB: Blessed are those who bless themselves, and they find the virtue and the values of their being and carry it like a precious gift of God. Over and above all what is called surrounding they shine like light. Help themselves and help all those who touch them, see them and feel them and take them to the excellence where there is nothing but bliss and peace. May we all follow that path and reach for that greatness. Sat Nam.

And now you have to go home. Tomorrow we will be meditating on culturing self. Like you take milk and you put yogurt and culture kind of thing and we will see what we do, okay. Now go home.

kriya 18,49 minutes

