

**NM384 A10219 Discipline Hust Kriya.**

A student once asked his teacher to show him the cycle of life. The teacher took the student to the ocean and asked, “Do you see the waves, and the sun shining on the ocean, causing the water to go up?” “I only see the waves coming from the ocean to the shore!” “Concentrate! See how the water rises up, becomes clouds, touches the top of the mountain, becomes rain and returns to the land, to the same shore.” Some people elevate themselves above the attachment of the earth. They bring prosperity to the earth and greenery to the same shore from which they have gone. Lift yourself higher and higher, with your chakras open and working in unison. The higher you go, the vaster your horizon will become. Most people do not understand the value of self-discipline. It is like having a car with no brakes and no steering wheel and believing you are driving! Life does not mean anything if you have not enjoyed it. Many people have the capacity, intelligence, privilege, environments and stature in life, but they do not enjoy self-discipline. They are wandering within themselves. The tragedy is that when you die, the self, which is wandering within you, starts wandering around the planet. To you, spirituality means to be a Christian, a Jew, a Muslim, a Sikh or a Buddhist. You have divided everything! You cannot live united because you cannot live united within yourself! We breathe the same air, live the same way and have the same feelings. The difference is that, with all the turmoil, one can have self-control, and one not. One is disciplined and the other is wild. Everything you do is of that wilderness, because you do not have control of your energy. You have a promise to your destiny: To be disciplined to its process. You are not seeking anything from me and I am not giving you anything. We have very deep promises made between our souls and ourselves. Prana was given to us, and our bodies were given to us to execute that prana. Our relationship with ourselves is not through our physical body; it is through our psyche. Those who lean on that psyche will grow in discipline. There is only one relationship between a master and a disciple—a disciple would like to affectionately surpass the master. We have a natural instinct to follow the heights. You need a thirst to reach that height. For that thirst you need discipline. A student said, “I have no sense of satisfaction although I have been doing sadhana for 20 years!” Not 20 lives? 20 years of sadhana is nothing! Some students who have 2000 years of sadhana are still here! Sadhana gives you the way to conquer life. It is your humility which gives you discipline, for humility makes you flexible. We have such blindness that we do not know how to be grateful. The purpose of life is to be grateful. The purpose of our discipline is to bring the grace and greatness of God into our inner thoughts. The strength of life is not what you think it is. The strength of life is life itself. You feel happy when you can give something. When you give yourself discipline and your discipline gives hope to somebody, therein lies real happiness.

**NM0384 MEDITATION - Hust Kriya 31 minutes** Sit straight in a cross-legged position. Raise the arms to shoulder height, parallel to the floor and bend the elbows so that the hands are in front of your chest, palms facing down, right over left, 1 to 2 inches apart. Eyes are closed. **Mentally chant the mantra, “Sat Naam, Sat Naam, Sat Naam Jee, Wah-hay, Wah-hay Guroo, Wah-hay Guroo Jee”** with the instrumental tape “Duni.” Breathe very long and deep: Three complete repetitions of the mantra for each breath cycle (inhale, hold, exhale). Continue for 11 or 31 minutes. To end, inhale deeply, hold the breath and squeeze every muscle of the body. Exhale. Repeat 1 time. Then inhale deeply, hold the breath and make your hands like steel, with all your force focused on the gap between them. Exhale and relax. During the meditation it is possible that your elbows or upper arms will start hurting. This indicates that the central nervous system is weak. Breathe to compensate; it will give you strength, and the pain will disappear. Be steady. Let your central nervous system access the energy of the central nerve to give you strength. Let the rhythm of your breath give you enough prana. See whether you are in control or your body is in control. If your body is in control you will give up. If you are in control you will have the feeling of elevation. If you practice Hust Kriya every day for 11 minutes you will be a different person. If the balance of the hands is correct your brain will balance itself; if the breath is balanced your consciousness will balance itself with the universe.

**Kriya 22 minutes**



... Once upon a time there was a very good student, he asked his teacher to show him the cycle of life. Teacher gave him many examples but found he was not satisfied.

Some people don't get satisfied because they do not understand the essence on which the life exists; rather than we have a life we should be grateful and try to make best out of it. But rather than making best out of it we fall into the trap of going after the mental subconscious objects which I'll discuss later with you.

So one-day teacher took him to the ocean, asked him to see at the water waves. They were all coming to the shore. And teacher said, "Would you like to look at the waves coming towards the shore?"

He said, "Yes, master."

He said, "Do you see the waves and then sun is shining on the ocean and creating water to go up?"

He said, "No, I didn't see it."

He said, "Concentrate."

After little bit of concentration he said, "Yes."

I said, "These waves are coming from the ocean to the shore, this is one thing you see. The other thing which you have to concentrate and see is the water going up and then becoming clouds. Go and touching the top of the mountains, becoming rains or whatever and then coming through the land to the same shore."

He said, "Master, I didn't understand what you are trying to point out."

He said, "Some life lift themselves up, go above the attachment of the earth. They come and bring prosperity to the earth. Bring it greenery, comes to the same shore where they have gone and some are like this. They are coming."

The purpose of this life which you are granted is not that how many wives you have got and how many women you run around with and how many children you have produced and how many sacred relations you have got or secret relations you have got and all that what your plus and minus, that's not what life is all about. Life is how elevated you can (?). And how high you can go and see in detail the smallness of the totality of what happens on this planet earth.

Purpose of discipline is not to become religious, you are all religious. Your spirit is religious. Your five tattvas of the body is like a fuel, it is going to be used one day and dropped. But question is with your chakras opening up, working in the unison of that self, can you lift yourself and higher and higher and higher you go, bigger and bigger your horizon becomes.

I was talking once to a doctor and we were knowing each other very well, I said, "I think you should start going to Sadhana."

He said, "My medicine is my Sadhana."

I said, "Yeah, you are right. I thought you are not that crazy. But now I am very sure you are."

And it's true. In two years he was (?).

People don't understand the value of self-discipline. It's very alien and foreign to people. Everybody has a self, everybody has a?

Students: Self.

YB: But they don't have self-discipline. And when you don't have self-discipline, you have a car which has no brake and no steering wheel. And you think you are driving. You are beautiful, wonderful, if you would not have been born, it would have been very happy occasion for you because life doesn't mean anything to you if you have not enjoyed the control of it. You do not even understand and I do not know how to explain it. Majority of the people I have seen in my life do not enjoy, they have the capacity, they have the talent, they have the intelligence, I am not denying that. They have the privilege, they have the environments, they have the status, they do not enjoy this discipline. They don't. And this thought is wandering within themselves. And the tragedy is when you die, when you die the self which is wandering within yourself that starts wandering in the horizon of the planet.

Now what is there to learn? What spirituality you can learn? What it means to you? Is that what it means is that you have become a Christian, you are a Jew, you are a Hindu, you are a Muslim, you are a Sikh, you are a Buddhist, you have divided everything in the mankind. This was meant to be united. You cannot live united because you cannot live united within yourself. That's the tragedy of it.

Once I was talking to two saloni monks and they were trying to assure me they are two different monks. And I said, "Well, there is one Buddha and you both belong to one Buddha, what is the difference?"

They said, "Yogiji, don't you see it?"

I said, "It's not worth seeing if there is anything different."

Then I realized one has very thick eyebrows and other doesn't have that. So that was the difference. Similarly among them there are groups those who keep umbrella always with them and the other don't. Is that a difference? Is that a difference that I am Yogiji and you are not? Is that a difference? We breathe the same way and we live the same way, our feelings are the same, only the difference is one with all the turmoil can have a self-control. And one doesn't. One is disciplined and the other is wild. This wilderness which we are born in, in human body with all things intact, mind you. This is the wilderness which forces us to take drugs, alcohol, liquor, makes us change relationship. All that what we do here is of that wilderness. Because we do not have a control on the energy and this energy forces us to go around something.

When I left Hollywood it was very conscious decision on my part. I was not very well known then in Unites States and nobody, no, nobody follows me even now but at that time absolutely no. It's true. And majority of the people said that he is very blunt and he says what he says but don't listen to him. And I said to myself, "I have nothing to achieve in this place. It's too much maya and too less spirit." And I made a conscious decision that I have to leave that pain and leave that maya.

You know when people tell me I am very successful, I have this, I have that, it doesn't make me happy. Because I know from first day of my life to this day you have all not come to me because I am very wise and practically very good and attractive, you have come here because you have also a promise with your destiny to disciple (discipline) yourself through the process and some of you may become successful. It is not that you are seeking from me anything and I am giving you anything. To be very truthful we are all unaware of certain things, we have promises to keep. We have very deep promises made between us and our soul. Pralabdh, it was given to us. And then body later on given to execute that pralabdh and people ask me, "What you have come here to achieve?"

And my answer was, "It is the will of God."

I was so popular that when I went there for first lecture only my driver was sitting with tape recorder and me, that's it. And whole big hall empty. I never forget that. And I spoke a lecture, "The concept of the liberated man." Even today that lecture stands as good as gold. The relationship between our self is not our physical body, it's our psyche. Those who lean on that psyche will grow in discipline. I may like it or not like it, it's not my problem. You may like it or not, it's not your problem. You will feel very attracted (?) that we have to become ten times better than this man. There is only one urge. There is only one relationship between master and disciple. That disciple will like affectionately, not through rudeness and connivance and all that. Affectionately will like to surpass the master.

'Gurke Grehas, Sevak Jo rahey, Guru ki Agya mann mey sahe.' (?) there will be household of the master. Understand and tolerate the order of the Guru in his mind and in his heart. And it's a natural organic human feeling. You cannot force it. Nobody has ever successfully forced another human being to do anything. Once I was given comment, "Oh that person was brainwashed."

I said, "Oh, very good, what soap they used?"

To wash somebody's head, what matters? In is there is an instinct. It's a natural thing to follow the height. But with that height you need thrust, for thrust you need discipline. Otherwise no aeroplane would have ever left the airport. And if it would not have the same (?) discipline, it would have never landed again on any earth. It's the rule of the thumb.

We make spirituality very difficult. You know what is the sign of a spiritual person? A spiritual person will understand the reality in no time. Doesn't matter from which corner it comes. Because a spiritual person has disciplined one's ego. The blinder. You have to learn certain things and you have to learn not those things but the virtues and value of those things. You can run, you can go away. You can make valid excuses. You can drop curtain, close doors, isolate yourself. Live highly secret life. But secret life is not going to be sacred life. Sacred life will be secretive life because nobody can find you. The glory, the glow which God gives you is more enjoyable than all the evaluation of the planet within your concept. And Nanak is very true to it. Nanak has put it in one form.

"Jay jug chaaray aarjaa hor dasoonee ho-i."

"Navaa khandaa vich jaanee-ai naal chalai sabh ko-i."

What more you want to know? Because what we live ever is Dharma and what we live ever in you is your Dharma. This will not live. And this is not meant to live. I never have denied the fact whatever I have learnt. In Nizamuddin where we were allotted houses, there was hazarath nizamuddin, his graveyard and his place there and on the other side was the mughal king Humayun. Humayun's tomb is very beautifully built. Now they charge money to enter. Prior to that they requested people to come have a walk in the morning. But what happens in humayun tomb? The pigeons come and do very good droppings. And at hazarath nizamuddin, there are people who worship and bring gifts. Now who was hazrath nizamuddin? He was a seer of the muslims, sufi, and he told humayun that he is no good. So humayun said to him, "I don't want to kill you, but you live out of Delhi. From the jurisdiction of Delhi, live out, out." And when humayun died they built according to him, his tomb opposite to hazrath nizamuddin. Because he realized how mistaken he was.

You will not live. But the legacy your produce with ecstasy of consciousness and uplift of your discipline that will live. This is a phenomena which we don't understand. This human life which you have which is going to change, going to change into sensory. There was a guy who was talking to me and he said, "I am fed up with this, I am fed up with this, (?) but this is my secret (?) because you are my teacher."

I said, "Hold on! Hang in there!"

He said, "What for? Don't you understand I am tired?"

I said, "You have life, in ten years everything is going to change anyway."

"What is making you sir to say this to me?"

I said, "Grace. Man has one thing which is very valuable and that is grace. Hang in there."

"I have got no satisfaction. I have been doing Sadhana for twenty years."

I said, "Not twenty life. Twenty years is nothing to do. Twenty years of your Sadhana is a joke."

"What do you mean sir?"

I said, "I can make you indirectly... I won't tell you the name, students who have got two hundred lives of Sadhana and they are still here hitting the wall."

Sadhana gives you the way to conquer life. Sadhana doesn't give you anything more than that. It is the humility which you give yourself which gives you discipline, because you become flexible. Have you seen those people among the Sikhs who are very fanatics? Have you met them? Oh God! They are fanatics and they are no different than those ladies who complaint all the time they are sick. You meet them, I am sick, I can't get up, I can't sit down. Ask that guy to see somebody who is crawling on the road. We have so blindness around us that we cannot even compare our life with things around us. That's why we do not know how to be grateful. The purpose of this life is to be grateful.

"Amrit vaylaa sach naa-o vadi-aa-ee vichaar."

The grace and greatness of God you must bring in your inner thoughts. Such persons have all discipline. We are not grateful to those who are blind and we have two-two eyes. Those who have no hands, here we have hands. We are not. The strength of life is not what you think life is. Strength of life is life itself.

Somebody told me and she said, "I have got so thick hair, I can't comb them."

I laughed. I said, "Wow, beautiful."

She said, "Why you are saying that?"

I said, "Once I used to have very thick and long hair. And now look at my bald head, should I show you?"

She said, "Yeah, I have seen your hair."

I said, "Then understand one day everything will leave you. The eyesight will leave you, ears will leave you, the hair will leave you."

"Sir kampo pag dagmagey, nain joth heen."

Head will shake, the feet will twist and (?), and the eyes will have no light in them.

I saw somebody very beautiful and she has a great image in my eyes, all the time. One day I saw her picking my peacocks. I thought somebody has come down from turkey, chasing the peacocks. Different discipline for different things. People get to different things and different failures. But you are humans. I understand politics, you understand politics. But you don't understand the spirit of the

politics. I eat food, you eat food, but you do not understand the spirit of the food. I like tasty things, you like tasty things. But you have to understand the spirit of the tasty things. You sleep, I sleep, but there is spirit of that sleep. You get sick, I get sick, but there is a spirit in that sickness. So long everything in you, you relate to be very spirit of it you are fine. But once you relate to circumstances of it you are doomed. Circumstances are like those waves which comes from the beginning of the ocean to the end of shore. They never take a lift. They never touch the top of the mountain. And they never (?) and they never come down as rivers as the cycle of life is. Have one thought. The sky is not the limit.

You talk of books, you talk of knowledge, you talk of anything is simple thing. Just understand between yourself that you are a creature created by a Creator. If you understand first line, first word of japji, ek ong kar, you have learnt all knowledge. And the beauty after all, where there is an order there is a promise. Once you know this that you are created by one Creator and you are the creature, what will happen? All what you wish, think and imagine is best for you start happening. What do you want in life? I tell you directly, indirectly, you don't want anything other than happiness. You want to be happy. What is the scope of happiness, it's a unlimited sacrifice. Because when you sacrifice you feel happy.

There is no other source of life through which you can feel happy. You only feel happy when you give something. And what you can give? When you give yourself discipline and your discipline gives hope to somebody that will (?) happiness. And I'll like to ask you to participate with me in this Kriya. It is called hasth Kriya. This is the most sacred Kriya as mankind and the sages have found.

Take your hands and put them in balance and see the elbows are parallel to the ground. Got it? No, he is going to put the tune only and you will breathe on that, Sat Nam, Sat Nam, Wahe Guru, Wahe Guru, whatever that you are going to talk. But you are going to do through the breath. And you have to say three times Sat Nam, Sat Nam, Sat Nam ji, you know Wahe Guru, Wahe Guru Wahe Guru. It is three times. It is called nine length of pavan.

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

YB: (Over tape) okay, now you know. If the balance of the hand is correct your brain will automatically (?) there is no problem. And if the breath is balanced your (?) with the universe. You have nothing to do with the tune. It's automatic. But you have to be sturdy, steady, and seriously true. Try to see how your body has been made to help you, to elevate yourself. It's not that you have to go to a gym and go on a master (?) thing. Don't build muscle of the body, build also the muscle of the mind till your consciousness can control.

It is possible at this time your elbows will fall, your upper shoulder will start hurting. That (?) center nervous system (?) and if you competently (?). It is the difference between your status of nervous system and your central nerve (?) of the results and give you that (?) or not. And also (?) rhythm of your breath. It is giving enough prana. Question right now at this time is whether you are in control or your body is in your control. If your body is in your control you will give up, you are a dead man. If you are in control you will feel a feeling of height.

Inhale deep, hold the breath and squeeze your every muscle of the body. Let it go. Inhale deep again, hold it as a precious breath and see your spine and other muscles of the body at your command, prevail. Let it go. (?) inhale deep again, now bring your hands to stillness like steel with all the force within the gap of those two hands. Relax.

(Tape stops.)

YB: You have done it for about eleven minutes totally if you honestly want to know and you are different. If you practice this everyday you will be enjoying life. After all, we have relationship with mother nature and we can get the pranas from it and what it gives you, bounty, beauty and bliss. That's what human is for.

I hope you will sit with these exercises. I'll be meeting you tomorrow again and complete this Kriya and then I have to leave for going for my central check up to country called Los Angeles. Then I'll come back and see you again okay.

(The tape 'On this day...' is played in the class...)

YB: The blessed way of life is in your own pure life, guide your way and show you the ecstasy of consciousness. Everybody born under any circumstances at any place, in extreme poverty, in extreme richness has this possibility to reach that state of mind. And it's the privilege of the mankind (?) to concentrate to enjoy that day. So oneness between a man and God is a service found and experienced. May you all reach that state of mind and be blessed, Sat Nam.

