

### NM387 A10312 From Moment to Moment For Contentment

, Everything is moment to moment—your existence, the planet Earth, the moon and sun, the whole galaxy, and ultimately the two circling energies of creation and destruction that we call God. Be attached to the Infinity of God, not to your spiritual teacher, your partner, your house! How contracted and confined a human can be! And how vast is God's All-Pervading Essence and Joy! Life is a consensive, contained, comprehensive and coordinated existence of the Creative Power, God, or whatever you want to call it. What has to happen will happen. Your tomorrow is pre-determined. You can change only if you understand that you exist moment to moment. When you bifurcate your life, moment to moment, as an atom is bifurcated into atoms, you become glowing, wise and holy. When you bow, and bow, and bow, the entire Prakirti, the Nature of God, will help you, opportunities will come, life will be most contented. Everybody will come to you, because everybody wants to be content. A sadhu, in great contentment, sat in complete silence under a tree. People who sat beside him felt contentment and peace of mind. Soon 20 people were sitting there, then 100, then 1000. Someone asked him, "What are you doing here? "I'm doing nothing, shuniya, zero." When you understand zero, the creativity of the universe turns it into hundreds. That is how the universe works. Kundalini, our inner energy, exists to raise our consciousness to know that in the end everything is zero. Everything in the beginning and end is zero, so why are you suffering inbetween? Because when passion is blinded and controlled by attachment, you lose your basic energy! You are a living orbit of energy that is constantly changing—your skin, features, organs and blood circulation are constantly changing. Change is inevitable. We do not recognize it, we feel we are permanent. We leave nothing up to our organic nature and we forget that the Universal Flow is continuous. Stop speculating! Your ego and attachments do not serve you. You set up a tent with lots of stakes, and by noon the next day you can barely pull out your stakes and leave. You put in stakes because you want security from a partner. What about security from the One who created us? You fall in love with Maya. What about the One who created Maya? Have patience, be with God, see your Self, and nothing else. Your Known and Unknown are with you.

#### NM0387 MEDITATION - For Contentment

1. Sit straight in a cross-legged position. Raise the right hand to neck height with the elbow against the ribcage, hand facing toward the chest with fingers spread wide open and held tight like iron. Place the left hand over the heart. Eyes are closed. Do a powerful Breath of Fire and mentally chant "Har, Har, Har, Har..." in rhythm with the breath. Continue for 11 minutes. To end, inhale, hold, make the whole body like steel and pull up the spine so that your electromagnetic field can be re-charged. Exhale. Repeat 2 more times. Burn out your karmas and your impurities! Come face to face with your consciousness, reach the Infinite! There is nothing outside of you. All the power is in your body! Your finite body has the power and capacity to reach Infinity. Feel the energy coming from above you. Give yourself a lift—work out your nervous system, your muscular system, and your existence.
2. Bring both hands in front of the heart, facing the chest, fingers closed, thumbs extended, 3-4 inches apart. Eyes are closed. Circle the hands around each other, upwards and away from you, in rhythm with the mantra "Har, Har, Har, Har..." ("Tantric Har" by Simran Kaur and Guru Prem Singh). Chant from the navel and continue for 10 minutes divided into three parts: First part loudly, second part whispering, last part in silence. You will enter a diagonal energy. Put yourself into it. Be consistent.

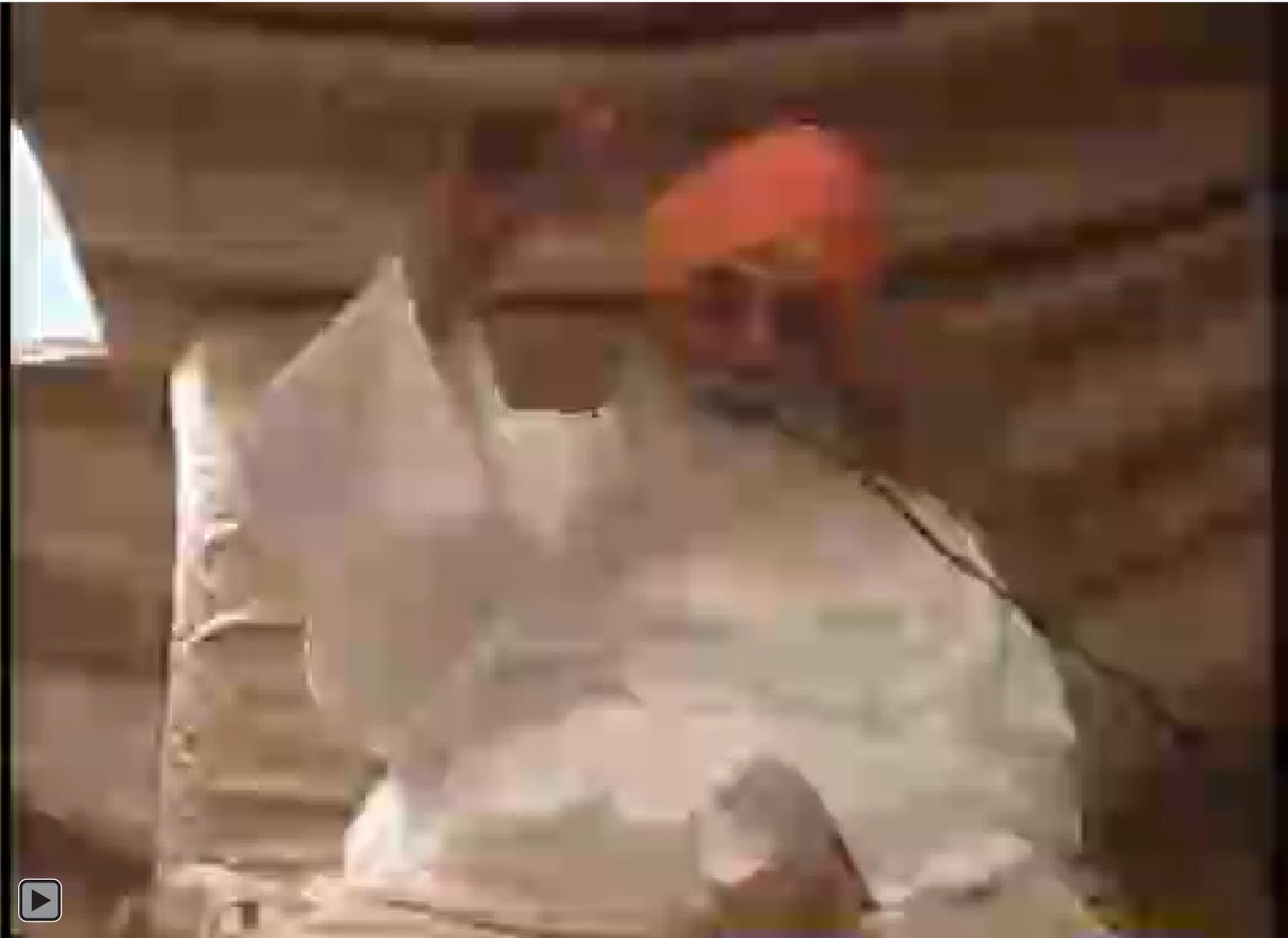


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Break the barriers. The waves of body and mind must coincide.

3. Place the hands on the heart center. Go into thoughtlessness and complete contentment, shuniya, zero. Everything is the play of God, whether it is even or odd. Continue for 1 minute. To end, inhale deeply, hold, and press the hands against the chest as hard as possible. Exhale. Repeat 2 more times. Relax.

kriya 23,28minutes



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<https://www.libraryofteachings.com/lecture.xqy?q=all%20sort:dateAscending&id=be0bb2f0-693c-91d3-c70d-a8ca5af42544&title=Espanola-Lecture>

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I have got something to talk to you. Okay, good. Now sit down. Now, put your hand in your purses and give me some money. Come on, come on, quick, quick. Hurry up, you blind people. Chalo, chalo, quick, quick, get the money. This time I thought that you have two eyes, not buttons and you will see the situation. You did it, right? Now give me the money and I'll tell you later why I am... not going to get it done. (?) come on here, put it, that's all right. It's okay. Your penny is better than anything else. You think I am joking? Come on, bring money! You guys, funny. I am not looking at it, whatever you are... don't feel shy about. Oh Wahe Guru chew, that I'll eat. Ajao, ajao. Come on, come on please. He

is a rich guy, watch out. Come on quick. Oh you want to give too? Oh sure, why not Canadian. You are okay? Oh, very good thank you. Personally obliged.

Now I want to tell you what you people have done wrong. First let me collect money because psychologically... You know every time we have money, we do spend and this parking area, right? Have you come to this parking area? Today money is not a problem, but it will eat up deep, the ground is so stoned it will eat your tires. Have you ever thought of it? Where is Jathedar? Come on collect. Take this. Somebody count it, quick, quick, come on. Hey, come here, you Jathedar. Take this and if it is not enough, then rest you will pay. You know but I want the edge very right like that and whole ground with that proper, what they call them, whatever it is, yeah, look at it, oh thank you. And that's why I closed my road. We spent so much money to make the road and you people drive there like and everything has gone into the field. Now I have put bumpers nobody comes. Okay, whosoever has given thank you very much. So your parking lot will be done, in how many days? Yeah, our Jathedar is very important these days. In how many days this area will be totally done?

(Students' laughter...)

Tell me exactly.

Student: (----).

YB: Okay, this day and tomorrow I teach classes I am not going to say anything to you, it's too urgent, right? But next Monday and Tuesday it should be perfectly parkable lot. Got it?

Where is that Guru Chander is not here? He is in India, oh yeah. They were playing Gatka everywhere. You know that? This time kids did a wonderful job. You have paper and pencil, all of you are just you are sitting idle. Okay, there are certain things you have to know technically what I am saying so that you can understand that. Rhythmic indifference. Rhythmic?

Students: Indifference.

YB: Rhythmic indifference is a total existence. Rhythmic indifference is our total existence of our creativity, but we think it is continuous. You breathe in, you breathe out. That's it. If you don't take another breath, finished. Like you sit in a river and you dip and you come out, river is gone. Then you take a second dip, then third. Every time you are born on a longitude and latitude, longitude and latitude will change in rotations. That's why it is very difficult to accept the discipline of Dharma. It's not... It's the beauty of the human who understands the rhythmic indifference and he has to come out of the rhythmic indifference to parallel continuity. If you understand your life is moment to moment you can't do a wrong. You can't do a wrong. When you are moment to moment, everything is moment to moment. The planet earth is moment to moment. The moon and sun is moment to moment. The whole galaxy is moment to moment. And ultimately what you call God and what you have been God is, you know what that is? It's a two circling energy like ying and yang. Best way to see what God is go to northern lights and it will hit you at night, you will be surprised. It in play it is creative and destructive. Everything in you is creative and destructive. That's why your attachment is to the Infinity of God, that's what you are for. But your attachment becomes to your spiritual teacher, your attachment becomes to your man, your attachment becomes to the surrounding, sometime house, sometime...

I have seen some people I talked to once here, that person has never been from Espanola anywhere. I told him, "Have you visited Santa Fe?"

He said, "Where is it?"

I said, "Well, this is our capital."

He said, "Oh, I have heard about it, I know, I have never gone to."

Do you understand how much contracted, confined a human can be and how vast is Chatr Chakr Vartee, Chatr, Chakr Bhugate? They never stop, they go and go and go and everywhere they go. You have idea? There are some who never get married and there are some who marry every week. You know, when you see this, this is because we do not have knowledge of our frequency. We do not have that our life is under a frequency. And the speculation of this frequency in relative terms is what makes us idiot. No, it doesn't fit in, right? Do you understand what I am saying? You have no idea that you are going through. And when you are going through somebody if somebody counsel you, it's unfortunate. That's why Guru said,

"Murkhay Na Ulajhiye."

Don't entangle with a foolish person, because they are very one pointed mad people into one thing. Until they fall on their face and break their head, they are not going to change. And that is greatest human weakness. Have you heard in Europe that hundred year war? Have you heard that? That war had no cause. One country will attack, the other will attack, the third will attack, then they have no ration, they have no men, they have misery, they will stop for a war and then somebody will start and it continued for hundred years. It was European bankruptcy of moral ethics and self, it was the darkest era of a nation. Among families... How should I say it-You have a tragic association with your past. And proportionately as you are attached to your past you are indifferent to your future. As you are?

Students: (----)

YB: That's how it goes.

The life is consented, containing, comprehensive, coordinated existence and that is not you. That's the creative power. Call it heavens, call it God, call it nothing it doesn't matter. It shall happen what has to happen. Your tomorrow is pre-

written. Understand that. But you can change only when you understand you are for a moment. When you bifurcate a... When you bifurcate a molecule into atom it becomes energy which nobody can face. If you bifurcate your life moment to moment you become growing and glowing wise and holy and whatever you want to call yourself. Because you know it is not, it is not, it is not, niyath, niyath, niyath, namo, namo, namo. No, no, no, I bow, I bow, I bow. What happens then? After all, you will ask question, if you are telling us not to do anything what should we do? If you do this then the entire Prakriti, entire creative nature of God will come to your help. The opportunity, the situation, the place where you should be and all that will be right before you. You will be led to.... complete the word.

Student: (---).

YB: You will be led to?

Student: (---).

YB: You will be led to contentment. Life will be most contented. And moment you are content, everybody comes to you. Because everybody wants to be content. Nobody wants to be a monkey. Nobody wants to jump around. So this is content. I shall become content too.

Once there was a Sadhu, he sat under a tree, people... it was a... go and go this way and go that way. He never said anything. Some people just out of curiosity sat down, he never said anything. But they felt very content. So when they left this side, they started talking "Hey, don't cross that guy, there is a guy, sit down there for few minutes, you will feel peace, you will feel peace of mind, you will feel content and something you will feel, he doesn't talk. But don't give up the opportunity." So all these who were coming this way were talked by that who were going that way and so that way. One day there were twenty sitting, other day there were hundred sitting and then there were thousand sitting. He never spoke. Never said a word. He got up in the morning, there was a little river by the side, took bath, come on, stay there. Some people will share their food, leave it there and some people will eat it.

One day he went on a yatra, he left that place. And he went to yatra to visit a temple. But in his absence everybody were there. It became a feature permanent with all the travelers. And somebody at the temple asked him, "Baba, what are you doing there?"

He said, "I am doing nothing, shuniya. It's my shuniya, my zero. And people come and multiply with me and they feel the zero. That's what I am doing."

They said, "You don't have love for any worldly situation you should get married, you should have home, you should have children, you are young, about thirty year old."

He said, "The same attachment I have done to my shuniya."

Because when you understand zero then creativity of the universe makes it hundred. That's how it is. And that's how universe works. You are qualified as a human with that reserve energy, we call it Kundalini. Kundalini raising is not to take a rope and go on the tree. Kundalini is to raise your consciousness, to understand ultimately in the end everything is zero, therefore in the beginning it is zero, if it's in the beginning it is zero, in the end it is zero then why in-between you are suffering?

You know Kalidas (Valmiki) who wrote Ramayana, the most learned man ever born. He got very passionate and horny and it was such a day, with wind, air this that his wife had gone to her parent's house. So he went there and there was a veil of glow, so he took that and through the window entered her room and she saw and she said, "My husband, what are you doing here?"

He said, "Oh, I couldn't live without you, it was so..."

You know the whole dialogue and she said, "If with that longing if you would have just gone towards God you would have got it. Blinded by your passion you call it attachment and contracted by the attachment you are losing your basic energy because the world is circulating and you are pushing on one side."

He left under the same circumstances through that wine again. Came back, he was the wisest person ever got born. Energy is one. Waste on a tent, waste on a man, waste on a palace, waste on a ground, you live in heavens, doesn't matter. You are a living orbit of energy and everything around you is changing and you are changing. Your skin is changing, your face is changing, your features are changing, you know, your organs are changing, your blood circulation is changing. Change is inevitable. But we never recognize there is a change. We feel we are permanent. Yeah.

There were two tribes living at a distance of ten miles and the boy and girl were in love. They happened to be in love. One day the boy crossed the line and they both met and he said, "I am in love with you."

She said, "You said you are in love with me, right?"

He said, "Yeah."

She said, "You do not know love is. You are passionate about me, you are attached to me. You do not love me."

He said, "Why you doubt me?"

She said, "I am not doubting it. We both decided when we love each other that we will leave it unto to God and you have no patience, no contentment, you are speculative, you are like a metal mercury, you move."

That's why in United States you fall in love with somebody, you marry, you have a child or children whatever you call it and then the polish goes away and then now chemistry doesn't meet, now this doesn't meet and you separate. But if you understand the force you had at that time when you wanted to have that love completed and the pain you

[Link to video](#)

understand at the time when you are separated, if you put them two together you will come to conclude that you have wasted your life because we leave nothing organic or to nature. We have a tendency not understanding the flow is continuous, within us, with us, without us and for us.

There is a one example that in history. It's not too many years ago. Not too many years ago. The Sikhs were cut limb to limb, put on the wheel of death. Mothers' children was taken limb to limb and made into garland around their neck and they were asking them to have a hard labor. That human tragedy existed. It so existed and for such a long time it existed, not a one person freaked out. Why? They knew that our life is dedicated to Guru and God and we had to pay the karma now in exchange of Dharma. What happened? They became rulers of Punjab.

When you want to rise and you want the heavens on your back and you want to be, to be then you stop being to be not to be. If you stop speculation your ego doesn't and will not serve you. Neither your attachments. It's just like a tragedy. Somebody put a tent you know. Put lot of stakes and everything fix it and then fix the double ply and make it perfect and shook everything, and looked at everything it was perfect. So he slept at night. There was no problem. Next morning he was to leave, he was trying to pull those stakes, won't come out. So by noon he hardly could fold his tent. That's what you are. You start putting different stakes. Because you want security from a man. What about security from who created the man. You want to fall in love with maya. What about who created this maya? Because you can't see it, but you can feel it, you can know Him.

"Chitragupt terey sang bithaey."

'Known or your unknown He is with you.'

That's why we have (?) who can read the aura of a person and try to talk and make them understand, not to talk that much which is going to happen just say something. "Please don't go, this road is very muddy." What shall be the answer?

"The tread of my tires is very good and my car has four gears and it's a stick shift and it can go through every damn thing and you don't worry about me. I am not worried about myself."

For this little sentence the road is muddy, you will hear that long lecture. There is a sense of blindness. Like a fish there is a hook in you. And fish does that on the hook, you do on that attachment. Finally they pull it out of your mouth and put you in the fry pan and you are done. But you went through that hook not saying it, but grabbing it because there was a bait on it. Bait makes to lose you your state and your state of mind and your reality. Understand that? Have patience.

Be with God. Temporarily! I am not saying permanently. Because if you all become permanently with God then I'll have no students. It's a very dangerous situation. So be with God temporarily, see that you can see yourself. Don't see everything else. Don't see what you see, see your...

Life is a challenge and it must be met. And this Prakriti is most beautiful, maya is very charming, but there is one who made this maya. Remember, remember that you are all very young, some of you are in thirties-forties, something like that, fifty maybe. It's all young. You don't understand that. But when you will understand you have nothing to do, there is no energy left. Game is over. So let's see what we can do.

**Let us see, let us put our hands like this and spread our fingers and keep them spread like, tight like iron and this hand put on your heart, close your eyes and go on a breath of fire. You have forgotten breath of fire** I don't know why. Burn out all the karmas, come on, and there will

be a problem. You will not keep your fingers that tight. Now these are your fingers and you have to keep them tight and separate. Okay. There is nothing outside than you. These all powers are in your body. Power of your body is a finite existence and it has the capacity to reach the Infinity. That infinity you call God. Face to face in your mind and in your consciousness. Split the fingers of one hand only and make them tough like a steel. Put your other hand on the heart and you breathe the breath of fire. Burn your impurities inside for...

Side B

... And in a while you will start reaching out to that what we call is Infinity. And mentally with each breath of fire chant Har in your mind, no word. Because even in this Kriya if you feel very good, but it should be felt it should be coming from somebody above us. In your silence chant. And in your relevant existence breathe and feel the breath of fire. Come on folks, you need an offer for this. It is the situation how you direct your energy. Breath of fire should be heard. Give yourself a lift. It is to work your system, your nervous system, your muscular system and your existence. There are five minutes more and you have to put all efforts you have. You know why it is becoming hard and hard, because breath of fire is one breath. It's the continuous, perpetual breath. Please keep on trying.

Now there is a pressure on your nervous system. Cut through it. Steady. Steady for a little more time please and put in your last effort.



[Link to video](#)

Inhale deep, hold it tight and as the fingers will make to look like steel make the whole body squeeze the whole self; breathe out. Totally breathe out. Now breathe in. Hold the same position tight and tight and pull the spine and pull the spine so that your electromagnetic field can be recharged. Breathe out. Breathe out totally and absolutely. Inhale deep again. Bring your toes, your calf and your legs and all that into total stiffness including the body. Let it go. Now see. Har, Har, Har, Har, Har, Har, Har, Har, Har...

The class chants: Har, Har, Har, Har, Har, Har, Har, Har, Har, Har...

YB: Come to the rhythm.

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

YB: (Over tape) pull it from the navel. Whisper. Now you are entering diagonal energy, put yourself into it. Keep up silent. Break the barriers, keep doing, be consistent. Wave of the mind and wave of the body must purify. Lock your both hands at the heart and go in thoughtlessness and complete contentment. shuniya, practice zero. Everything is the play of the God whether it is even or it is odd. Inhale deep (Tape stops.)

Deep, deep, press against your chest please, as hard as you can. Just touch your ribcage. Exhale. Inhale deep again, press hard, exhale. Inhale deep and now this time when I say exhale, completely exhale okay. Exhale and relax.

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

YB: Blessed are those who find in themselves, their soul, the light of God and raise their consciousness in their own heavens and feel balanced. Blessed are those who trust in the creativity of nature and the surrounding which is empowered to give us existence. And blessed are those who walk towards their objective self in contentment and find the actions and reactions contained in their own self and life. May the God's grace be with us and His power may elevate us in our own eyes to find peace, tranquility. Sat Nam.

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