

SUMMARY MEDITATION:



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(The tape is played in the class)

YB (over tape): Eyes at the tip of the nose.

Sometime take their pictures also you can show people how good they are. . Unheard in America. goat's milk, he likes it, don't laugh, I am diversifying you, concentrate. Feel like a kid again, drink goat's milk. It is utter bliss, not udder bliss. used by Guru Ram Das, my God. Herd of goats. Actually this guy of ours, what's his name, no my one who takes care of my Dev Murthy . He wants you to drink goat's milk. This is an order from him.

(The tape stops).

Inhale deep and tighten your body as much you can. Specially O of the lips make it very tight. Breathe out. Breathe in again and go ahead. Push the energy to any fiber but specially O of the mouth should be so tight and if they punch you in karate it won't be hurt. Breathe out. Breathe in again. And take your hands up and lock your fingers and stretch your spine. Stretch it for God's sake, take advantage of all what you have done so far. Stretch, relax.

Simple Kriya, no problem and you are not the same as you were. **So we go through changes**, we keep on going through changes, people go on through changes and we know one thing change is very practical happy thing to do and we can always go through it so we can take others through it positively. That is the theory behind it.



LECTURE

It's not a donation, it's a participation. Good. What other mischiefs are happening , something new. I am having some kind of trouble to talk to you in the Gurdwara because of some remote control and the things are not working all right but did you hear me clear this Sunday. I am going to start from where I left for the coming generation. Those teachings are not for you and you don't have even brain to masterpiece them. But that's the reality of the next age and that's what going to happen. And that's what Guru Nanak laid down in a simple focal language. But we all have our egos and we think religion is a process. We obey no discipline, the ten commandments say thou shall not kill. The priest who has to guarantee the sentiments of thou shall not kill stands on the killing and utter few words and therefore killing is pious. You understand? For our cereals and other things that they are kosher we have to pay them annual fee to get a certificate. Now tell me how much meat we can put in granola, have any idea? And mostly our customers are Jews. Therefore we have to have a certificate, our granola is kosher. Things are like that.

Fight in the religion is not how many people are real or not real it's the turf. It is that money how many congregation, how many Yogiji students you have got, how much money you have got, how much, how much, how much, how much. They are so stupid they do not know I don't know any much, God does for me things which I even cannot consider and think about. I always believed in one thing. A person has a discipline then he has a commitment. He has a courage then he has compassion. If he has the grace he has the lord on the tip of the tongue, in the palm of his hand. If you belong to God then don't run away with twenty five things. There is one God and there is one thing, what He gives is a blessing, what He doesn't give is a curse. Maya plays a role.

I gave a Sadhana to somebody and it's only the sixth day. He is a fanatic Sikh, I mean real Sikh you mean real, and all of a sudden he saw in that his meditation goddess appeared and wanted to bless him. He got scared. He said, "I don't want a goddess, I want God."

And I told him, "God and goddess have no difference."

And this will happen to you many times. You will start seeing things and not believing it. Those are blessings they are not dramas. And we can't afford to waste our lives in our conclusions. I saw a movie and I was so interested and I saw it again. It is on TV it is called, "Real blonde." All right? And it's about life... if you look at this you all will be worshipping me that what I have saved you from. You know what I am saying. I saw twice. That's a real word beyond these walls. How many of you seen Mummu? No you all are there, I know what are you trying to hide. To me Mummu is a very simple movie that Mummy is your past. And it's sealed up and done and everything. You wake it up, you bring your past into the present. It makes your present miserable and future nothing. That movie you it was all you movie. They asked me, "What do you like in it?"

I said, "I like only one thing." You are like all pharaoh of the Egypt. You are going to carry everything you have with you, you get it by stealing, lying, cheating. Whatever happens to you, you have to take it with you. So you have to be in that pyramid. You remember there was a fashion everybody wears pyramids. What they call them?

Student: (---).

YB: With copper. I see people on the hat wearing it and on the head wearing, sleeping under it.

Student: (---).

YB: Pyramid. I just want you to say, sometime participate. How funny you will look if I come tomorrow teach class with a pyramid on my head.

Well I and God was talking on lunch and He said to me, "There is no problem with your people they are old cheats and they have been reformed and become very godly but they are very into small time. They do not look at the long range. They are very microscopic. They forget there is a telescope also. There is horoscope and if you three things don't connect, then there is a horror-scope."

So we got to grow. First thing you insult God. Spell insult. I N....

Student: I N S U L T.

YB: S U L T, you insult God. Ask me why?

Student: Why?

YB: Because you do not consider He is Almighty and He manifested you and you are His own formation in His own image, in His own grace, in His own energy. You have not yet stood the of Ek ong kar. The one created all creation. And you are part of that creation. You are for that Creator, you are part of that one, you are the only one perfect God will never be in a position to produce imperfect. So you are perfect according to your Karma. Longitude and latitude of life, your body, your wealth, your relationship, your bullshit, your grace, it's all by His grace. You know how I found it? I have resolution with God. You send me here, you take care of things. I'll teach two classes a week that's all more than I can't go. I knew that dignity is the must in Dharma.

'Taal Khaye Kuchatho Dey.'

'One who works with the sweat of breath and then still gives.'

Three years later I came here and I said we started business. We started business and we started business. But you do not take these businesses as your kit. I named it, "Khalsa international industry and traders." I made a world for you. It is your kitty. It's for you. I have nothing to do with it. But you will never be beggars, you will never not have a position, you will be in a prime social order and you will be graceful to working for your own future. Which nobody else has opportunity.

I have seen, I have counseled people between man and woman and husband, wife and this game goes on. That day Dr. Sat Kaur came that day and I wrote him all the woman who reaches divorce and all the woman who cannot be divorced. I think she is going to print it and distribute and finally we like to get that on the sex book we are preparing from last five years. We wanted a unique book where all the counseling, experience without the personality name can be set so people can relate to something. You know what people think. It's not for me. It happened to so and so. People have split personality up to fifty two personalities. And each personality suffocate each other. One person one day was talking to me very fine, nicely, I thought he is going to have heart attack. I said, "Wake up. What happened?" Four, five personalities started thinking and what he was talking and his throat got choked up. It can happen, yeah, what is a wet dream. You have woman, you have a man, you have intercourse, you discharge all in the morning now you have wet bed. You have ejaculated. When psyche is performed with mental capacity of yours own, it can even kill you.

Some guy took his car all the way from the freeway, all the way down to the other freeway, all the way down to other freeway, and then stopped. Because he was thinking he is flying. They asked him, "What happened?"

He said, "What happened? What happened?"

They said, "You are three story down. What happened?"

He took his time, he said, "Am I driving the car?" He thought he is in airplane.

Now we are discussing this because this is going to come. Very healthy man, friend of mine, he came to Delhi see me, came to East Coast, Boston. And just because of the traffic.... you know Boston pressure ... you know because of Boston pressure, he had a heart attack. That's it, done.

We have to understand we don't have problem. We have solution to the problem. If we understand God's will then we can solve other's problem, everybody's problem. If we don't we are now listen I am seventy year old. Many people have died at sixty six and sixty and fifty year old. I am driving on, now people bless me I should live another twenty five years at least as I am the only sinner on the planet. I have done wrong I can't go home. Right?

I was talking to somebody I said, "My health has become A one after getting to Germany and whatever I live is now very good because I can actively live and finish whatever God wants me to finish."

He said, "No, no, you should live another hundred years."

I said, "Are you crazy? How I'll drag my legs at hundred seventy?" You don't want a person to die.

We have problem in Phoenix. All those who know Phoenix or from Phoenix help Phoenix Sangat this time. They were so afraid that if the Indian leaves the Gurdwara will collapse. Now Indians have left, they have collapsed. Indian's come here for money and raise their children western way, so they have to cut hairs and they are just bloody Chicanos as Patat. We are not supposed to say it. They are not Patat, they are great Guru Sikh. Who like a child never let their hair grow, never let themselves grow.

What is the value of man who adjust itself to all circumstances? Scattered we call it. Man is a confirmed identity and it is between two words Akal Murath, God in person, God in personality, God in His own picture, and Akal Purkh God in His existence. Relationship between Akal Murath and Akal Purkh is very simple. Direct relationship. We are not and converting people they should become Sikh, they should not. But if they become then they should act and live on the dictates of the Guru. And I don't have power, you don't have power, nobody has the power to change those dictates. They are there. And if you don't get it anyway, that's our question. How can we become, then Guru says very ,

'Gur satgur ka jo sikh aka-ay, So balkai uth har naam dhiaa-ay.'

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Man when thinks his brain, his feeling, his thing is just his or hers, that's where you get stuck. There used to be ad very good. Jeep goes, it goes into the mud it goes right in. Then it uses its fourth gear and comes out have you seen that by mistake. That's what happens to us. With our ego we go into the world which doesn't belong to us. Which confines us, suffocates us, we can't even breathe.

Where is Guru . Can you read all this what you have give me to read? The proposal. Why should I be your secretary?

Student: (---).

YB: Yeah why not I am them. You have any doubt. Let them see how good you are and how bad work you do, come on.

Student: How I spent my summer vacation. No wrong paper. Thank you.

The next generation internet.

The architects of the next generation internet are shooting for speeds up to eighty five thousands times faster than the fastest connections available today. And their building tools to let you do things on line that today are nothing but pipe dreams of science fiction authors.

The next generation internet is funded entirely by the US federal government and is working on projects primarily for government agencies. Internet-II on the other hand is never undertaken by a coalition of universities and companies that have contributed both funding and research. I-II, Internet-II members primarily universities are the initial beneficiaries of this research and development.

Here are the key features of the next generation.



Ultra fast optical networks will be able to replicate information throughout the net reducing congestion and bottlenecks and they will be smarter acting like air traffic controllers of busy airports to negotiate bandwidth. One of the key goals of the future internet is to guarantee specific levels of quality of service based on individual needs. New multi cast technology will send data to multiple recipients at the same time and the system will be able to reserve bandwidth for real time applications; no more choppy or low resolution audio or video. And beyond providing sizzling speed and rock solid reliability the next generation internet will whole new array of applications.

At the basic level all of television and radio will abandon their current equipment and migrate entirely to the internet. They will enhance their programming with a variety of interactive features such as movies on demand. You choose when you want to watch and it comes. Video conferencing and chats will transform into tele-immersion where you fully... where you enter into fully three dimensional virtual world and appear to physically to interact with other users in real time. You will be able to attend colleges, universities, classes of colleges and universities anywhere in the world, surgeons will be able to operate on patients via remote controls. Virtual tourism of both the earth and extra terrestrial locations will become commonplace. But when? Well this future internet is currently in use right now by its developers and probably start to see parts of I-II make their way into our internet later this year, early next year. And within the three years the next generation internet will be ubiquitous and researchers will be working on internet three and internet four and beyond. Now you can't access to the next generation internet unless you remember one of the research groups developing it. But there is lots of information available.

And there are set of links here for people who want to research more about it and I came up with a paper called how you can participate in the next generation internet. And here is how we can participate. First of all you have to be an institution of higher learning located in the United States. And you must be making a definitive substantial and continuing commitment to the development.

... Networking and you have to commit to spend at least five hundred thousand dollars a year to be able to participate in the internet two project. Applicants should be committed to at least this level of investment or more depending on their own state of advanced networking preparedness. So how do you join up? Well, all membership applications are subject to of the board of trustees, the annual fee for the regular membership is twenty five thousand dollars built annually on a calendar basis. Plus you have to pay another two hundred thousand dollars to become part of the network which is called Ablink and then you have to have a connection, so let's see questions and answers.

What is my membership for nineteen ninety nine?

You will pay the twenty five thousand dollars annual membership dues to Internet-II, the twenty thousand dollars participation fee for Ablink and you will pay at least a portion of the annual fee to a connection to the network which is three hundred and twenty thousand dollars annually. And it says normally people share that connection with other people. And there are two separate research labs-one on the east coast one on the west and you can apply through the federal government to hook in through either of these. And it says here, lastly we want to use these questions and answers. We want to use the high speed Ablink network to communicate with other parts of our organization, can we become a collaboration site in order to do this? And the answer is no. The purpose of Internet-II is to serve the teaching, learning, research and clinical machines of higher education and proprietary and commercial traffic along with classified or illegal traffic is not permitted. That is the report on Internet-II summarized for your enjoyment.

YB: What we have to pay?

Student: About four hundred thousand dollars a year.

YB: Why don't you earn it and pay it?

Life is going to be very costly.....

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

YB: Lord God bless our soul to shine, give us the character and the courage to play our life in the highest moment of elevation and excellence. Give us the strength to recognize thee in our heart, may we all live in peace and tranquility and serve our existence unto infinity to merge in thee forever. May we be blessed by thy image and by thy intuition and by thy integrity and live in grace, peace and strength. Sat Nam.

Student: Sat Nam

YB: Technically we are going to meet again tomorrow and I will like to ask you something as I am teaching these weeks, exercise is going to become tough and tough. Therefore if you do not take lot of vitamin C which body doesn't produce you may not feel nurtured. So lemon juice or lemonade they call it. Secondly you are entering summer now. Is it? Write down this formula because it triggers every part of the being to inflate and take the information out, whatever you want to call it or two, ginger three, black pepper four, five, horsetail six, and your toe nails, no, no, I am joking, peppermint. Make a very strong tea, mix it half with yogi tea. You will have a wonderful result with that, take about four ounces of this tea you made, four ounces of yogi tea, mix it together, in the morning start sipping, first glass in life and the last glass in the night. Clean you out. Don't gulp it like step by step, drink by drink, mouthful by mouthful.

Student: (---).

YB: No milk. You can buy goat milk separately. It's very funny. You bought these goats and I only bought two, I was innocent and I thought they should not go to the butchers and I buy it, that's how I bought it. And now we have so many this little I can't count their number. I know the other laid number on us and gave them the best home he could. Now poor Dev Murthy twice milk them and twice

feed those little one, it's a scene worth seeing. I have never seen, he has a bucket which has ten, twelve those nipples. It's a fun I watched it.

What is this?

Student: (---).

YB: Who made it?

Student: (---).

YB: 3HO has this tape, you have one. Why the hell even you exist? What's the idea just carrying your log weight everywhere? It is your job to get this first and should have been playing it. Can somebody out of his mercy give him one? I am not going to give mine. No way, forget it. He has got a such a wonderful, smart, beautiful wife and he is not changing, this is surprising to me. Put it on. What he said.

Student: They don't have a CD player.

YB: Wow what a rich man we have got. People turn out your face to him and say thank you, thank you, thank you log wood. Turn your face to him and tell him thank you, thank you, thank you log wood.

Student: (---).

YB: What are you doing? Born in the spirit, we are born in the spirit, oh ladies nobody will know you have tons of money in it. Nobody will. Specially in Santa Fe. They think... oh I got a lecture from Fateh. She said, "The prices are not going up in this area, it's the Sikhs who are pushing them. By competing, grabbing, going and showing off, things should be slowed down," that's what she said.

Jokes.

Student: Before the jokes one friendly reminder: our friend the head Jathedar, the Akal Takhat will be visiting this week and we have a box in front here, a red box.

YB: Red box, the sign of dangerous box is not to collect money from you. I want to be very clear and efficient about it. It is for your participation, it's not a donation.

Student: Excuse me, not from the Akal Takhat, from Siri Kesgarh Sahib.

YB: This is what we want to participate because we went there and he participated. You got it? Understood it? I don't mind spending money on him, I will. But I want to show myself in my consciousness that handful of them all participated. in anything. But I didn't tell him how much marijuana I collected. How many bushels were picked out in all the area so you may not freak out and burnt. You know what I mean? When I went there to see I goofed I said, wow, Sikhs are Sikhs but others will love it. There in that land the plants grow about eight to ten feet high. When you cut them they look like a bush.

Student: (---).

YB: Natural, golden, we got rid of that. Then the school was three times hygienated to the blemish possibly we got. Then our friend Ranvir who has come here you see him got you all the matting, three hundred mattings for you guys and thanks to Raj Singh and our spending money on the lungar which was very mathematically, calculatedly, save you from any kind of disease. Your tents there were brought from all the way Amritsar with fans because in this area no tents were available. And you have six tires of security. Each one you were secure, personally, privately, then it was the state police, then it was the federal police and then it was the what they call, it's commandos. Because we didn't want any accident or incident to happen. And we are very grateful for those officers who very silently and properly and privately provided us with the means, so everybody came out healthy, happy and holy. Wahe Guruji ka Khalsa, Wahe guruji ki fateh.

You are very rich, isn't it?

Student: Yes so, to show our thanks for all of that, there is a box, we can drop our donations in, thank you, Sat Nam, thank you sir.