

Strength for your personality to meet your totality, TO BE SERVICE!

NM277 980602 : Où notre individualité et notre totalité se rencontrent.

<http://www.libraryofteachings.com/lecture.xqv?q=%20sort:dateDescending&id=d7fd8354-a6b7-e412-2dbd-37a0916dea02&title=Espanola-Lecture>

E442

Espanola, NM

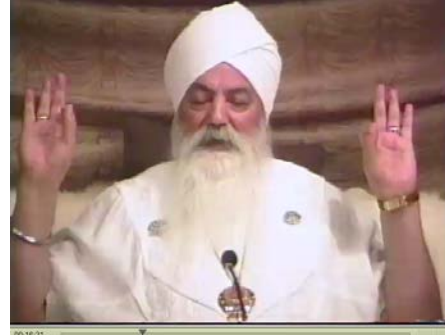
Résumé de la méditation:

Alors ce soir, nous allons faire une chose très simple, vous allez m'apprécier. Quand nous l'aurons terminé, nous verrons où notre individualité et notre totalité se rejoignent. Vous suivez ?

25 min

Donc kriya 28 minutes : prenez le Gian Mudra et asseyez-vous comme le Bouddha. C'est simple, pensez simplement que vous êtes une statue. Ne pensez à rien d'autre. Donnez-vous une pensée. Calme et tranquille, fermez les yeux et inspirez par la bouche et expirez par le nez. Faites-le très consciemment. Nous vous donnerons quatre Har et Gobinday pour que vous puissiez inspirer tout du long, puis expirer sur la prochaine ligne du mantra. C'est ainsi que sera le rythme.

(La cassette 'Har Har Har Har Har Gobinday...' est diffusée dans la classe) YB (par-dessus la musique) : Allez-y doucement, ne bougez pas le corps, c'est encore deux minutes. Vous appliquez le contrôle de soi. Contrôlez le corps pour que l'énergie puisse (?). Respirez en suivant le rythme.



Réactivez votre engagement.

Inspirez profondément et retenez la respiration autant que vous le pouvez. (La musique cesse)

Repeat another time, then inh deep and take your Arms up, spread your fingers, tighten your spine, Vertebrae, pull hard, ... exhale.

Faites de votre mieux. Vous avez la capacité physique de faire circuler l'énergie maintenant par votre propre volonté mentale, faites-le s'il vous plaît. Expirez. Inspirez profondément encore, tenez-la fermement et commandez votre être intérieur. Comme le pouvoir que vous avez. Votre esprit a un pouvoir, ce n'est pas quelque chose qui ne reçoit que sa propre dictée mais vous pouvez le dicter aussi au-dessus de lui. Expirez. Maintenant prenez vos mains en l'air, inspirez profondément et écartez vos doigts comme cinq solides clous en acier inoxydable, serrez toute la colonne vertébrale, inspirez profondément et retenez votre souffle et amenez la colonne vertébrale, les vertèbres étirées jusqu'en haut, tirez, tirez, tirez, tirez. Tirez fort et expirez. Détendez-vous (44:15).

Au cours de l'été, nous ferons certains Kriyas qui auront un effet profond de changement de personnalité et nous donneront de la force, plus de confiance et plus d'intuition.

Audio 28:32 minutes



LECTURE

I think you should read it. Wait.

Student: The whole thing sir?

YB: I don't know....

(Student's laughter)

Student: (?) it's called "The Washington whispers."

The (?) friend, (?) father has to figure out where he is to get her ego back to power. (?) Monica Lewinsky (?) on the beach in a little black dress. I find it something funny that nobody else has noticed any similarities including (?) himself. (?) a news reporter (?) Catch 22 bears all the resemblances to an earlier novel by Louis (?). Okay next.

Twenty-five thousand dollar award offered, rather flattering. (?) commenting on one of his killings in a diary (?) released by prosecutors.

The next one, the horse can't read, he doesn't know what the odds are. Jenny Craig the (?) rock n' roll a fifty to one shot in the Kentucky derby. And then there is a cartoon and there is a man sitting on the edge of his bed with his bottle of Viagra. (?) One pill makes you larger and one makes your both parts small. This is the evening of the Age of Aquarius.



This is transcribed from a speech given by Angeles (?) at the nineteen ninety-one organizational developmental network. Based on the work of (?). Fact one.

As each goose flaps its wings, it creates an uplift for the birds that follow. By flying in V formation the whole flock adds seventy-one percent greater flying range than if each bird flew alone.

Lesson.

People who share common direction and sense of community can get where they are going quicker and easier. Because they are traveling on the trust of one another.

Fact two.

When a goose falls out of formation it suddenly feels the drag and resistance of flying alone and quickly gets back into formation to take advantage of the lifting power of the bird immediate in front.

Lesson.

If we have as much sense as a goose we will stay in formation with those who are headed (?) to go. And we (?) to accept our help, as well as give ours to others.

Fact three.

When the lead goose gets tired, it rotates back into the formation and another goose flies to the point position.

Lesson.

It pays to take turns during the hard task and sharing leadership. As with geese, people interdependent on each other's skills, capabilities and unique arrangements of gift, talents, resources.

Fact four.

The geese flying in formation honk from behind to encourage those in front to keep up their speed.

Lesson.

We need to make sure a honking is encouraging.

(Student's laughter)

In groups where there is encouragement the production is greater. The power of the encouragement to stand by one's heart or core values and encourage the heart and core of others is a quality of honking we seek.

Fact five.

When a goose gets sick, wounded or shot down, two geese drop out of the formation or follow it down to help and protect it. They stay with it until it is able to fly again or dies. Then they launch out on their own with another formation or catch up with the flock.

Lesson.

If we have this much sense as geese, we too will stand by each other in difficult times as well as when we are strong.

YB: Yeah. How many are better than geese?

(Student's laughter)

Student: Laugh for the day

Is your computer male or female?

As you are aware ships of long characterize is being female. (?) study as she goes or she is lifting to stop (?) captain. Recently a group of computer scientists all males announced that computer should also be referred to as female. The reasons for drawing this conclusion follow. Five reasons to believe computers are female.

Number one.

No one but the Creator understands the internal logic.

Number two.

The native language they use to communicate with other computers is incomprehensible to everyone else.

(Student's laughter)

Number three.

The message bad command or file name is about as informative as, if you don't know why I am mad at you then I am certainly not going to tell you.

Number four.

Even your smallest mistakes are stored in long term memories for later retrieval.

(Student's laughter)

Okay number five.

As soon as you make a commitment to one, you find yourself spending half your paychecks on accessories for it.

(Student's laughter)

Okay we have our turn, however, another group of computer scientists, all female, think that computer should be referred to as if they were male. Their reasons follow.

Five reasons to believe computers are male.

Number one.

They have a lot of data but are still clueless.

(Student's laughter)

Number two.

They are supposed to help you solve problems. But half the time they are the problems.

(Student's laughter)

Number three.

As soon as you commit to one, you realize that if you had waited a little longer you could have obtained a better model.

(Student's laughter)

Number four.

In order to get their attention you have to turn them on.

(Student's laughter)

Number five.

Big power surges knock them out for the rest of the night.

(Student's laughter)

YB: How many of you were on this Sunday in Gurdwara? Did you listen to me? What did I say? Give my whole lecture in one line.

Your power to stay, be prosperous, be happy, be gorgeous is not at all in your knowledge, education and your opportunity, good luck or all that stuff there is. Your power lies in thought and a good thought. Good thought will bring you God and God will bring you goods. Life of a human is in thoughts. How you think, how you want to think, how you feel to think and how much expanded you can think. How much elevated you can think. How much value you value yourself in your own thoughts. You can never go wrong. You know I learnt this.

When I was an officer I used to write a note. And I used to write a note which was supposed to be a note. And somebody said, "Why you take so much precaution to write?"

I said, "It's not my precaution, hundred years later when they are going to read my notes they are going to say what a bum he was." My own writing will judge me, not anybody.

Your own acts judge you. They create a reputation as you repeat. But thought is the base of all what you are. If man is very depressed, very sick, there is nothing to help. Give them a positive thought and leave it alone there. When with a positive thought you add emotions you mess up the things. Then you bring feelings and emotions and logic and system and arguments and rationalization, then your thought becomes very, very rusted. There is so much dirt on it from all the maya then its purity is lost.

Yesterday I was supposed to send a message for somebody who was very wonderful person, professor Har Bans Singh who wrote (?) encyclopedia for Sikhism. A good friend of mine twenty-five years in the university and they asked me if I can send a message, I sent the following line. 'The country has lost gem and Punjab has lost a genius.' One line. And that explained everything. That was my thought.

When you talk too much your impact is less. The only way you have to talk again and again to somebody who is totally dumb and idiot. Keep on talking, keep on talking, till you sleep and the other person sleeps. But if you say one word with one thought behind it, it will give your personality a mileage you can never get otherwise.

One day somebody was fighting with me, (?) a bombardment. What to say? So when I thought the person has let all the pain go I just turn around, I said, "Do you love me?"

"Yes, don't you hear it, yes I love you."

I said, "Do you know the meaning of it?"

"No."

I said, "Try to know that then we are all right."

You do not know people who love you they do not know the meaning to love you, they do not know your personality, they do not know your frequency, they do not know your psyche, they don't.... nobody knows anybody. It's just a surface. We are all in surface. And we cover the surface with each other in depth actually the thoughts become similar. That creates a unisonness, that creates an ecstasy between two people, there is nothing more or less. Some people say well, I don't agree, I never listen to my parents, why should I listen to anybody? You don't have to listen to anybody but somewhere you have to learn how to obey so that you can learn how to command. Same thought which will be obeyed will give you experience. Same thought which will give you experience if you can command and the confidence will be there. That's how human life is based on being social.

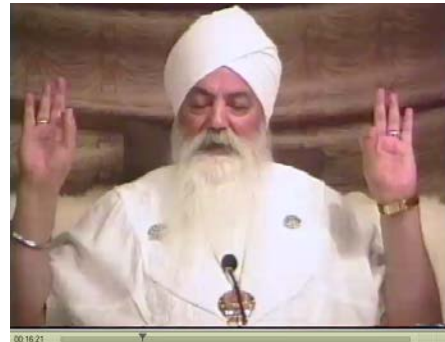
Latest theory they have found out now that one minute breath if is done keeps a person absolutely healthy. We have been telling that for thirty years. And it has also been found people who idealistically or commonly try to become individual they get sick more than anybody else. And their accomplishment of those people who negate everybody or let down other people and all that, seventy percent of them have been found with fatal diseases. They are realizing now. Guru Nanak said five hundred and thirty years ago, "Sadh Sangat Lagthariye." With the congregation of the holy you always swim across all the problems.

So tonight we are going to do a very simple thing, you will appreciate me. When we will finish it, we will see where our individuality and our totality meet. You follow?

So **kriya 28 minutes**: kindly take the Gian Mudra and sit down like mahatma Buddha. Simple, just think you are a statue. Don't think anything else. Give yourself a thought. Calm and quiet and now close your eyes and very kindly breathe through mouth and exhale through nose. Do it very consciously. Give you the depth of the long, we'll give you four Hars and Gobindey so you can start from the one word till it ends, to inhale and then the other line to.... that's what timing shall be.

(The tape 'Har Har Har Har Gobinday....' is played in the class)

YB (Over the tape): Go steady, don't move the body, still it is two minutes. You apply self-control. Control the body so energy can (?). Breathe by the rhythm.



Reactivate your commitment.

Inhale deep and hold the breath maximum as much you can.

(The tape stops)

Try your best. You have physical capacity to circulate the energy now by your own mental will, please do so. Exhale. Inhale deep again, hold it tight and command your inner being. As power you have. Your mind has a power, it's not something which only gets its own dictation but you can dictate him too above it. Exhale. Now take your hands up, inhale deep and spread your fingers like five solid stainless steel nails, tighten the whole spine, inhale deep and hold the breath deep and bring the spine, vertebra stretched out all the way up, pull, pull, pull, pull. Pull hard and exhale. Relax (44:15).



As we will be progressing through the summer we will be doing **certain Kriyas which will have deep effect of personality change and give us the strength, more confidence and more intuition**. However we are only with you twice a week, that's maximum we can afford. But you should do it everyday at home. If you cannot do it alone you can make a group of three, four people and do these exercises. It is a must. Let us prepare ourself for the sake of the world at large.

There is a good news, cookies will be served in honor of Amrit Kaur and Siri Pritam Bhagvati Kaur. It must be their birthday so we are going to wish them happy birthday. First we will sing a good song for them.

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

YB (Over the tape): (?).

Side B

The tape continues.....

(Tape stops)

May this day make your birthday and your life worthwhile to recognize, to organize, to elevate your thoughts, your personalities and your power to endure. May future write your stories as a legacy of time and circumstances and may you all serve the mankind with your best in the name of God who gave you life, in the name of time which gave you space, in the name of space which gave you a chance to leave legacy. It's our prayer that God should bless you, bless you and bless you. Thank you.

Now class is over. But you should not move. You are all dirty, dirty, dirty westerners.

(Student's laughter)

In last three thousand years you have not known how to clean yourself. So one of our person has tried to create this very systematic system to clean yourself it's called bidet. And she will explain to you how it works.

(Student's laughter)

Come on, come on, this is a good thing, everybody if you check the (?).

Student: Oh my God, my father wants to distribute bidet so he sent one to the Siri Singh Sahib, I wasn't sure if exactly they just (?).

(Student's laughter)

But....

YB: No my all seats have it. The only thing I didn't like in Paris was there was no bidet. They had the other bidet but that never worked, they (?) I think they never use it.

(Student's laughter)

You have the habit to keep yourself downstairs dirty. Your, this paper washing is no good. I don't know how you people live even. Enjoy bidet, then let me know.

What they, what they cost.

Student: Some hundred and thirty dollars.

YB: You can fix it on your present bathroom yourself. (?) They have walls. My main complaint is this one she has given me when I go to India I will take it with me. Unclean anus is not a good job.

(Student's laughter)

It's just starting for the wrong day. And there is nothing you know. Indians can do it because they sit in a crow pose and they have a water tap right there and a cup. You don't. You pull the paper from the roller and (?).

(Student's laughter)

How that can clean you. There is no way. At least I have not found any system. So finally... this is very painful to see you guys mentally disturbed just because your one Chakra is stuck up with your own stuff. So that's what is all about, she is very shy to tell you. But I am not because I know where I have gone the difficulty I have faced. It's not healthy.

Number two, there is a news there in the, where is that stuff. Certain things you should know. You know that already you must have heard. They have found a brain protein that (?) neurons in the certain (?) to the mutant gene. (?) the protein as a primary cause. Not the effect of the diseases and it maybe primary cause of the (?) disease as well as reports on the (?) suggest new direction for research. So that's everything is protein. So that's one thing.

(?) we don't want to talk about this.

And the second thing is which nobody wants to agree but now they have found hundred percent true. That if you are smoking, (come on baby) smoking or in the company of the smokers you go deaf. Forty-eight to ninety (?) loss was about twenty-five (?) and this is done by Wisconsin university. Even people who never took a puff had more hearing loss if they lived with a smoker, says the investigators.

That's another good news for you. President Clinton, Mr. Star is making lot of fuss so his popularity went another six percent.

(Student's laughter)

Which is shocking.

Oh yeah, another joke which I said, it's not a joke it's real. Somebody is suing the husband because after that new medicine which has come, he became very active and mess up the marriage. So she is suing everybody. I think traditionally world is on the brink of change and people who will have a mental stamina will survive the onslaught. Look, I am the head of the religion and I am not supposed to say it. But I don't believe anybody who is religious and is confined to a certain sect or section, sentiments and all that that and has not become very universal even knows what damn religion is. Religion only is a reality which your base and through which you can love all. And understand affectionately there is no difference between good and bad.

I was counseling somebody today and she said, "My situation is this, this, this."

I said, "No matter, it will hurt you."

"Oh I don't want to be hurt."

I said, "Then don't do it."

Because it's not a reality and non reality it's a cause and effect. Don't make cause and effect as reality, non reality game. That's not true. Cause you cause effect you must bear. So definitely you must always though, what you have been doing and what you want to do.

Some (?) think 'Oh, I am unlucky.' Why everybody is unlucky. Therefore everybody is lucky. But it's better when you cause a cause, see are you ready to face the effect. And most of the time sometime you are caught innocent and people want to let you down. It happens.

I remember in my own life when I have two, three teachers of mine, they came to me and they said, "We feel...." now this was a declaration of independence. "We feel that you should leave here and go in India and meditate, we will take care of your all facilities and humanities and everything."

I said, "That's fine. But we need some about half a million dollars to pour in to run this Dharma how you are going to pay that?"

They said, "That we leave it to you."

I looked around, I said, "You want something I agree. But you should also pay for it."

I know this land of twenty-five acre whatever, lot of people live there nobody collects a rent. Some people refused to pay it. There is always a note after note of that struggle. Why not? Why not you pay? If you at least have not paid, tell the secretary of the ashram I am not paying and I have not paid, go to hell. At least there should be some communication. Sleeping behind doors and saying well... Do you know when things go sour we have to come in and pay. All your money, it is your future, it is your tomorrow. That's why in the very beginning I decided I came with nothing, I am going to leave with nothing. I have technically left everything to you. It is up to you. First we used to do seva. Everything was free. That was your (?). Now everything has to be paid. That is also you. What's wrong with that? Whether you do it, tomorrow you are going to charge for lungar seven dollars a person that's you. Or lungar is always by tradition free that is you. But seva is a act of grace. And paid seva is a act of labor.

I was asking somebody, I said, "Why don't you call so and so and get this done?"

She said, "I don't have time to even telephone myself, who I am I, what should I do I don't have time."

Some people are very busy. But it's a responsibility of all of you. The lights at nights are okay. Sooner or later whether you like me or not you have to run a patrol of your area. You have to. That day policeman was telling somebody, he said, "When the Sikhs moved in here people are so scared of them they have guns and this and that and swords and all that stuff now they think they are gentle people that's why few thieves have their chance." But now you have to watch and be alert.

So there are certain things you have to do as a community, you have to live as a community you have to guard the welfare of the community without offending anyone. There is a one question came to me today which I would like to answer our Miri-Piri Academy. Institution is set. We have spent lot of money on it. The idea is very simple. And that is in planning and it's going to be executed. We will send from here rats and we will bring out of them the panthers, we will send from here the panthers who will bring out the lions.

The idea to build this Miri-Piri Academy was only to have a our administration rather joining the administration which people... and our people, I don't think our parents will ever not send money to the kids and chocolates and all that stuff. But now, next year if any parents will send money without our knowledge or chocolates or this kind of stuff, not only we'll confiscate it, we will give them a notice. And we will take a very serious view of it. Why you want to give your children money when they have all what they need? And you make them to lie and tell you the story they are hungry? They are hungry? Amritsar rate of ice-cream doubles when these kids go. Hungry who? Go and ask that what is that crystal whatever that is. That restaurant man has become richest man in Amritsar. Thanks to you.

We got to stop to live this false idea. Because... what is guilt to sending a person to India there is no guilt. Rather they should go and see there is a whole world beyond United States. Try to cooperate. There is nothing wrong to cooperate. If we can give our children values they will be useful to us as parents tomorrow. Otherwise you lose them. Love is something you cannot buy, you cannot sell. Love is the ultimate reality. So give your children chance for God's sake. If my house is complete so what I am going to do, be there winter months myself. And I will apply the rule of thumb. You know what is rule of thumb is? Anybody knows? Anybody? What is it?

Student: (---).

YB: You are right. It was legal to beat your wife, it was your right to beat your wife but you cannot use a stick which is thicker than your thumb. Can you believe ladies what you have lived through? It is a amazing the country which calls itself England and leader of the whole world had these laws on the book. And nineteen eighty-seventy something French starting using bidet. America still doesn't have it. Let us change our position to the best. And I was asking the group to go to India and when our people will go perhaps we have to go everywhere but I am going to ask them to get commode and fit them with bidet. I don't want you walk on that holy land with something sticking between you,

(Student's laughter)

I like to be very assuring and this paper rolls don't make just.... I don't know how you justify it but medically I have checked with certain people it's not true.

So we will teach tomorrow transcendental breathing. That's the first class we will give you and give you a week in-between to do that.

Friday is the funeral of Shakti Parwa's son. James. First person who lent me T-shirt when I came to United States. Most genuine and genius person, in its faculty he lived very well to his own extent. Died of a heart attack. Some of the members of the staff are going, some people are just going Friday morning, attend it and come back, something like that. It's amazing. There will be a majority of the 3HO at his funeral. That's how goodwill works.

Thank you very much for the night. I do not know what is the result of the election, did somebody see the news today? Primary? No.

Student: (---).

YB: Oh let us go home and watch him.