

Life is a everyday progress of growth. And the biorhythm of life is just very simply known, it increases the energy and decreases the self. When we are young, that's a different story. Otherwise we have to live by our maturity and by experience. That is where as human we get caught, because human experience is sometimes so sad and so cumbersome or so eager that he will become victim of his own philosophy. It is true that negative mind will give you negative feeling for anything and everything how positive that we mean. That's true. Positive mind will give you positive asset, but if a positive mind give you all your human experience, you will never make a correct decision. Then it comes on to your neutral mind, it means positive, negative all considered, your life should be relevantly carefree and you must judge right. That is human. But that's not enough. You have to take a higher consciousness your own elevated self and relatively you must relate to that higher self. That is where you bring the nature of God into play. Three steps do not make sense.

‘Chauthey Padh Mey Mukthi Paaayey.’

‘It is the Fourth Place where person feel redemption, freedom.’

As far as religion is concerned, it serves your geography, it doesn't serve your soul. Religion is a reality actually, personal reality, identity and it needs to be understood with a point of view of grace, not what you want to understand out of Infinity. When a religion become rituals, then you can hang in there, you won't progress. And normally, all religion dictates are based on certain, the need of the time. But within the circumstances where the religion is born, you will find its growth is very challenging. But when time of Nanak came, he rebelled against all the standing religions. He didn't negate[d] anybody, but he tried to correct everywhere. He even went to the extent ask the Moslem, “Moslem you are part of Islam, that means you should be humble.” He asked Brahmin, “Your knowledge is perfect, but if your heart is not open, you are not aware what you are practicing.”

In-between his talk, people start liking him, following him and understanding him, because he told them, the rituals will not take you where you want to go really. He made a essence with people and some people started following him and they were called disciple Sikhs, it means Shishya, that means the disciple, a student.

Now student and the teacher have a relationship which nobody has. Student and teacher relationship is relationship of merger. Student has a urge to merge in the teacher. Teacher has a urge to merge with the student to make him better, because student is the tomorrow of the teacher. It's a very unique timeless relationship, it's a relationship of golden chain where a student is tomorrow's teacher.

So naturally, a good teacher will try to furnish the student with experience, with growth. And shall like to see that the ego of the student doesn't come in the way. Normally, it is very difficult to become a teacher, it's impossible, but worse than that is to become a student. Because, individual insecurity... You see, today majority of the people, they have a problem of inhibition and exhibition, non-tolerance of violence and majority of the people live in denial. So, that put a permanent scar on the personality.

So tonight we are going to start a series in which we like to balance our hemisphere and majority of the things which I am trying these days that dead neuro-cells which do not give you the sensitivity and sharpness to face the life, may be eliminated from the body and being and person may have a better, calm, quiet, sturdy self to which you can go through the time. That's important. Young people do not want to follow the rule, because they think they are tying in. Old people do not want to follow the rules, because they think they are being enslaved and adults do not want to follow the rules, they say, **“Well, life is for once. It will never come again, let us make best out of it.”**

All this has brought people to a point of no return. If you see people, you will see them very dissatisfied. There is no fulfillment and it is not because there is a fault that you do not get fulfillment, **let us see tonight why we don't get fulfillment. What's wrong or short in us that we are unable to fulfill our life and constantly we are in pain, when we are born to be happy and enjoy?**

This is the fall season. No tree will try to hold the leaves. But is there any fall season for humans? They like to hold to everything. They like to even hold to their neurosis. There is no fall season and there is no fall season for them, there is no spring. They will never grow up a new leaf or page of life which they can turn to. **The greatest today is that parents are afraid of their children. They never discipline their children, because they feel that if they discipline their children, they cannot get their love. actually they sow the seed of hatred. Because the undisciplined child will never be a disciplined person and undisciplined person will never be successful. An unsuccessful man will just feel cursed, angry and he will put that on somebody. So life has become to claim unhappiness and blame others for it and nobody wants to improve the self.**



31 minutes: So please, put your both hands into each other at heart center and put your thumb, joining them, it's kind of a triangle you make just at the heart center. And then take your shoulders wide and side and just be nice. And close your eyes. See your elbows are up straight like wings. That's the only thing in this. Normally you angle the elbows. Now elbows have to be straight and the line at the heart center has to be very straight. That's all is required. And kindly close your eyes.

We are setting up the tape, ‘Ardas Bhai Amar Das Guru,’ music type and you will all whistle with it. That's all.

It's a very beautiful meditation. There is a possibility if you are set in it, you will be gone in it. In case that happens, have more fear that can be expected reality. Kindly close your eyes.

(The 'Ardas Bhai...' tape is played).

YB (talks over tape): ... **Every western knows how to whistle...**

(Last minutes) Now sing...

(The tape stops).

(41:36) YB: Inhale deep, hold. Balance your inner being. Concentrate on your navel point and with power, breathe out.

Inhale deep again, hold, concentrate on your navel point and heal your body by the power of the mind. Direct your mind to all places where you need healing. Collect all the disease and breathe out.

Inhale again, concentrate again in a very pleasurable powerful way, direct your mind and your body energy to heal, total being. It's a self-hypnosis direction which can effectively be creative. Breathe out.

Relax.