

FEAR #20 TO EXPERIENCE PARTHA HAR

When man was born he began to live, to breath and and to die. The problem began when to got sick, weak and tired. Young people think that they can do everything they want, but they are quite idiot. When a child is born, the parents give him all the best, so the child takes for granted that everything is going to be the best. This is poison for him; when he goes off a little bit, instead of confronting the facts and educating a rational being, we create an extra armor of affection and forgiveness, but unfortunately, when this child grows up, there is not forgiveness by the time of nature. Every family has internal fights. The fight between a man and a woman is to establish who has the control, to know who is the boss.

Pain goes so deep into the system that you cannot do anything about it. Sickness and disease are the 2 things that make man scared; when this happens a man to think why he is healthy and I am not? Why that man is rich and I am not?. To conquer these fears man began to learn the nature of natural treatments, which were very simple and not so complex like in our days.

The second thing man learned was Self-Control, (which ultimately became the Science of Yoga) and Pranayam (how I do breath, how the breath effects me...) You should be able to change the gear of your car as the circumstances change.

There is a basic difference between religion and Yoga here: religion gives gives you a hope and says: "Lean on God and keepo on moving." Yoga says: "God in in you, lean on yourself and move on." There are 6 schools of phylosophy; one of them says: "Leave everything, don't touch anything." Oanother says: "Control all tattwas and do whatever you want, but you are not going to solve everything." The third says: "Stay away and just be yourself." The fourth says: "Lean on and it will be alright." Religion tells you to find your reality but Yoga tells you to experience it. This is the reason why the Sikh Dharma is based on Raja Yoga: be imperial and a Yogi in the same time. In your life you have to be royal. The problem today in America is that people don't want to be royal, they want to dress for sale, every girl try to look pretty so than men like her and men do the same thing. Man should dress up royally and he should look like a king, and woman should look like a goddess. You should

understand deep in your mind who you want to be. When man find out that when his mind is get lock up he doesn't have any place to go he began to meditate. Pranayam was for the times when he felt weak and Partha Har was the way to hear himself. When he wanted to be stable and walk tall he began with the Asana, the posture. If you don't have a posture in your personality, a posture which you will command, you will never be happy; it is just like if you don't have a home. So Yoga had this DO's and DON'T's, the IAM's and the IUM's, which are a kind of commandments. Pranayam is for the breath's control, it gives as much expansion and vitality you want. Sometimes when I am tired, I do 3 minutes of Pranayam...and I am ready for another 4 hours...almost!

Parth Har is the most wonderful ecstasy in life. In our books of knowledge Partha Har is Partha Har...it is not written anywhere what it really is and how to reach it. Partha Har is that you can aloft yourself in the middle of the crossfire; Partha Har means to be away, to have no part in anything; pears and apples, good and bad; right or wrong must not touch a Yogi, because something bad for somebody is good for somebody also and viceversa.

Each man is been created in God's image and he must be like Him, when you are important to yourself then nothing touches you and you fit in any situations. People must do their best, in order to be their Best. You must be the best in everything you do in life. If you do things under the influence of somebody's also then you are just a puppet of somebody's also. I always dress for myself not do please others.

In my all life I always dressed only for myself not to plesdr others. I was once an uniform officer. Nobody could wear a uniform better than I, but when I came home, I took it off, wore whatever I liked and walk like this, whitout caring about other people could think. When I was dressed with something I was the best, when I was not dressed with something I was the best. Life belongs to those who just know and do their best. When I came to U.S.A. people asked me: "What are you going to do there?" " I will be a teacher and I shall not have any problem on finding students." Because tomorrow, each individual made in God's image will have to walk like Him. I never initiate anyone. I just say what is this good or bad for you to do and then you

decide your path: if you go this way you are a fool and if you go the other way you succeed. This is the reason why people start to like me, not because my first word it is always accepted, but because they first make mistakes, they get disappointed and then they realize that I meant in the first place.

When you are angry, the world should trumble for the effect of the of your own expanding psyche's vibrations and when you are calm the world should be doing fine.

What it is important is just your presence. The energy of your own psyche must go in your direction and vibrate to control the all environment .

In life we have to go through experience and knowledge so that we can keep our human dignity. It is very important to be important within you than you can handle everything also. If you are not important within you than nothing also matters. The ego cannot take what is necessary for a person to grow. It is amazing how insensitive we become by our own creation, our defensive mechanism become to the point that...For instance, I do not mind if you eat canned food, but you have to eat the preservatives that are in it; and do you know how bad those are for your stomach? Microwaves are very bad for you too; you think that they do not have x-rays. People are scared to go under these x-rays machines but they don't mind microwaves. People think that microwaves have not radiation, but this is not true because they have an acceptable mild dose of it. Microwaves change the molecoles of the water. The water in California is very bad: when I came to this country I had beautiful, shining teeth, now I have only few left, all gone; no cavities, they just went. The same thing is with vegetables and with you.

This is why I talk to you so much, not because I am a big talker, but because while I do that I give you some of my extension so you can relax, and then, when you are enough relaxed we can do the work. So when you come to the class you bring a lot of garbage with you, and my job is to fix a little bit the atmosphere, to look at your aura all the time and then when it's the right time I go ahead and make the kill. I just keep control, slow and steady, calm and quiet, free and clear; come when you want, don't come if you don't want to; say hello when you want to, don't say anything when you don't want to, but when discipline is

concern I don't take any compromises. I have 2 sides of my personality: those who don't follow the discipline are not able to follow anything, anyway, but those who want to follow it, must follow it with the person, exactly as it is, by the book, by the rule. It should not be: Friday you follow the discipline, Saturday you just break it, Sunday you don't remember it, Monday you don't want it, Tuesday you don't understand it, etc....**THAT IS NOT FAIR.** I tell you how unfair you are to your own psyche. I want that you understand that you isn't with you.

This exercise is very simple: 31 minutes. Put your left hand on your belly, close your eyes, bring the Sun finger of your right hand on your forehead **GOD IS WITHIN ME** (Nirinjan). Don't let your thoughts and mind take you away from you. Try to be you. Sit very fondly like if they were 33 millions of people before you and you were blessed; this is a state of self-hypnosis, you have to exercise yourself to hypnotize yourself moment after moment.



To conclude: Breath in...hold the posture...feel your skin...exhale. Do it again...then...breath in...squeeze your entire body...and exhale...

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SAT NAM