

LA827 950307

**Vivere la realtà - La vita è un Dono: Sperimentiamolo**

**31 Minuti:** Questa è la scienza degli angoli, dei triangoli, delle posizioni, dei mudra.....



Pressate i gomiti sulla cassa toracica e lasciate cadere i palmi delle mani, con gli occhi che guardano la punta del naso, petto in fuori, spina dorsale assolutamente eretta, respirate lungo e profondo, collegate il II con il VI Chakra, (il sesso con l'intuizione) quando il respiro è lungo, la vita è lunga. Comincia a suonare Guru Ram Das versione di

Singh Kaur..... state ascoltando il mantra dei miracoli. Riempitevi di energia, mantenete i gomiti pressati sulla cassa toracica con le ascelle attappate, ..... godete dell'eccellenza, l'energia del vostro respiro lungo e profondo vi sta totalmente ringiovanendo. Guardate dietro il vostro cranio, il vostro "scalpo". Immaginate di essere un uomo delle caverne, loro pregavano in questa posizione.

Ispirate profondamente e portate le mani al centro del cuore e pressate con forza ed espirate con un colpo di cannone dalla bocca.

Ripetete pressando al centro dell'ombelico.

Da ultimo ripetete pressando una contro l'altra le mani al centro del petto nel mudra di preghiera e rilassate.

Sat Nam

**LA827 950307 Living the truth - the life is a Gift: We experience it**

31 Minutes: This is science of the angles, the triangles, the positions, the mudra .....



Press the elbows on the thoracic case and left to fall the palms of the hands, with the eyes that watch the tip of the nose, chest in outside, dorsal thorn absolutely erected, breathed along and deep, connected the 2° with 4° Chakra, (the sex with the intuition) when the breath is along, the life are long. It begins to play Guru Ram Das version of

Singh Kaur ..... been listening to the mantra of the miracles. You fill up yourselves of energy, you maintain the elbows pressed to you on the thoracic case with the closed armpits, ..... you enjoy the excellence, the energy of your long breath and deep there is totally to become young. Watched behind your skull, yours "scalpo". Imagined of being a man of the caverns, they prayed in this position.

Capacities inspired deeply and the hands to the center of the heart and press with force and expired with a gun shot from the mouth.

You repeat press to the center of the navel.

From last you repeat press one against the other the hands to the center of the chest in the mudra of prayer and relax.  
Sat Nam

LA827 950307 HOW TO BE INTUITIVE # 7  
Los Angeles

certain things after class. Yeah, I am working these days when I wake up white tantric yoga, good. This is the course I am going to teach because after teaching here I am going to skip to Europe tour, and I'll be teaching there. Teachings have to change from, what you call, professionally satisfying students or to getting to students who become humans. That's where it is. Normally, this is west. And in west, commotionalism works, emotions works, window shopping works and it is not very enduring to tell people the truth. Neither anybody is willing to hear it, because there are two ways of life. One is you live. So, a crane lives, fish lives, a horse lives, a deer lives. Living is living. The other is processing the life. That is difficult. When a human does not process the life, the Mother Nature does not help. Then you are alone. Then you need drugs, booze, sex, friendship and emotions. There is no way out, I am not trying to justify that you become saintly overnight, there is no way you have to decide in your life either you are you or you are not you.

If you foolishly think that somebody can help you, somebody, including me, you are totally stupid. Absolutely stupid. There is no dearth of truth in it. Because in you, there is only you in you, which can help you. Not ego, but your spirit. You have a hummungus reserve spirit. And that's in you. And you cannot take that spirit and let it be dormant. And then deal with physical emotions. I saw this time from same India twenty five years I came back. I was there and thousands and thousands people just wanted to touch me. I just went berserk. I have never seen this. And I never thought it will happen to me, I thought people are emotional, you know, that's, that's the way it is, but when it happened to me, it blew my mind how hungry people are, how thirsty they are, how much they are dying spiritually and how much they want. You do not understand that in your capacity as a human being, how many virtues you, how much virtuous you are. Nobody tells you. I can tell you, you are miserable, you are born insane, you are terrible, you are horrible. I'll tell you hundred things and then say, well, to correct you, you need to do this, this, this. That's way I can steal your money and live off you. And if this is teachings, then forget it. You are not going anywhere. You keep on paying and keep on suffering.

Teaching is experience that my today is better than my yesterday, I am better than my yesterday, I am beautiful than my today. And it's moment. I am beautiful to myself, not for sale. I was talking to one of my girl, she spent three hundred and fifty dollars to look natural blonde. And I just say,  
"What is this natural blonde?"

He say, "This is you go to a saloon, and you come out of the saloon, and looks like you have never been to saloon."  
I say, "That much money? You can just brush your hair and you would have found it."

She said, "No, it was cutting and it was coloring and it was this. And I think....."

I said, "Could you look in yourself in a mirror, you look stupid?"

She say, "No, no, no, no. This is the dirt blonde."

Three hundred eighty dollars for dirt blonde. I say,

"Well, you are admitting you are carrying a dirt on your head. I think that's it is."

And she recognized, first I don't, I don't think, I mean to say, when you go to a person, he shapes you and he colors you whatever and you are satisfied you give a tip, all that. You feel good when you meet a person who doesn't know you then and know you differently. So I told her, I say, "Look yourself into the mirror." And she really looked and

"Oh my God," she said. "What I have done to myself?"

"Look, look, look. You have spent three hundred and eighty bucks to look stupid, that's all you have done. You look natural blonde." I say, "What is this natural blonde? Some hair are blackish, some are just whitish, some are ..... what is this joke?"

Because there is nothing else to do, something has to be done. So everyday, there is a theory, you have to look organically blonde, you can even look organically gray and young and tremendously beautiful or hummungusly this and that, but do you know you can never be anybody except you? You are you in the beginning, you in the middle and you in the end? And everything what you have been told is a pure lie? And you have been told only to tap in your own self? That's what Kundalini is to awaken the dormant energy. That's what everybody say, Kundalini yoga is dangerous. Yes, it is dangerous, I agree it's very dangerous, because it makes a person pure self. Then you are really not depending on anybody. You know how beautiful it is that if I see somebody independent? Walking tall, carrying their God in their heart? Dealing like humans, sufficient, efficient, well mannered, well controlled, elegant, graceful. Do you have any idea how good that is? You can't buy it, you know you can't come to this class and pay few bucks and you think you are going to get it done, you have to practice it. This money is to go to the yoga center, into the rent and all that, it's . You are not paying for the teachings. Teaching you pay by practicing yourself. You can never buy with money your consciousness. Your consciousness is more important than total of you. Are you alert? Is it the art to be smart all the time and alert? Is your nature?

So today, we are, we are practicing the science of self-hypnosis through which we transmit ourself to the progression of certain non-realities. Non-realities we'll practice because normally we live in non-realities, we live in imaginations, we live in fantasies, that's what we do. And we say we are real. I am not going to put down anything, but all teachings have been put for a man so that the man can be controlled. There is a hummungus control issue. When I became a student of Kundalini yoga, I thought I'll be initiated. My teacher told me, "If you are that idiot you cannot initiate yourself, I am not going to bother myself, get out of here."

I said, "What? You are not going to initiate me?"

He say, "No, there is no initiation here. You initiate yourself and you become you that's in the beginning, that's in the middle, that's in the end." And he said, "What is in your heart, if that is not in your head, you are stupid."

First time I learned the definition of a stupid. Then you can all understand what a stupid is. If what is in your heart, if it's not in your head, you are stupid. You never listen to your heart. Your head works and that's what you are. That's not practical, that's neither possible, and that in the long run will stress you out. I have never slept in my whole life, I am sixty five year plus, since I have come from India, I am sleeping, sleeping and sleeping, I have broken all human records, twenty two hours sleeping. Never slept, worked twenty two hours, now I know sleeping twenty two hours is possible, too. Because those eleven days we didn't even close our eyes. We went on and on and on. I asked them, I said, "I learnt from you guys. Didn't learn from anywhere, I learnt from you and you want to learn from me? What has gone wrong?"

So, that is how it can be. You have come tonight, ask yourself to bless yourself, call on your courage to go through this class. It's a very simple class, it's not I am going to teach step by step, in para projection, which is my specialty, which made me to leave India, which made me what I am today. I am a one human being who knows this science and I do not know how long I will live and it's my obligation to leave it to my students. So some of you will sincerely become the master of it. And tradition will go on. I was fine.



**Today, we'll go by first step. All right? My, my angle, this is a science of angles, triangles, postures, mudras, it's a very technical lesson. If you have come here for any other reason, you can quit. You don't have to come tomorrow. Or you have to learn the way you have to, exact.** It is for people who understand geometry. Because the energy flow is very vital to you and nature must come in harmony and you must come in harmony with nature. Your hands are here, there is no uptightness in my hands and they are just like this and they are held here with the bracelet brackets of my ribs, my lower ribs, correct? My chin in, chest out and look what I am going to do. My eyes will come to

the tip of my nose. And I'll start looking from the back of my skull. Mental projection reverse. See, the eyeballs are here. Just imagine that. The two testicles and two eyeballs are the same size. The length of the male organ and the nose is the same. One hangs on your face and one is between your legs. If you understand science, then you understand. It is going from second Chakra to the sixth. There is no more journey in this planet you have to do. And total journey is thirty six inches. And we'll do it inch by inch.

Now, put your eyes on the tip of your nose in a solid state and start looking from the back of your skull as you have a hole through your eyes, and your eyeballs are looking in the back. Though they are not I know that, don't misunderstand me. But always these two eyes what you see is very nominal, minimal, but when you see with the third eye, that's positive, the first step to find what third eye is, go in the back of your skull. And see from there as you are seeing from the back of your skull. Absolutely in divinity you are practicing this.

Put some light music. Like those space out Singh Kaur's music.

This is the first posture man understood how to pray. This is the prayer posture of the caveman what you are doing right now. Chest out, chin in, spine straight. Eyes on the tip of the nose, whether you see it or not, doesn't matter; and try to see that you look in the back. Breathe long distance, give yourself a breath of long life. Long breath is a breath which is a long life. Long breath is long life.

(A tape is played).

YB (talks over tape): ..... Just imagine you are in the cave. Sun is just rising and you are praying for your energy..... There is a mantra of the miracle which was personally given to me..... Niranjana, you can do it yourself..... Make your posture steadier. Let the ribs not slip your weight..... Long breath of life life..... Don't move, let the inflow penetrate your being..... is above your physical, you are crossing now the twilight zone where you will be asked to leave the physical feelings. Please do voluntarily.... Awareness shall expand beyond your physical and let it happen, because your aura is expanding way beyond , but you are....

(The tape continues).

YB (talks over tape): .... But you are insecure therefore you are resisting. Let it go..... You are bigger than yourself. There is a very powerful, pure, famous, graceful, divine person in you. That jinni is coming out of the bottle, let it come. Let it expand.... Endurance is the principle of expansion and experience..... Your glandular system is working full range and support your blood stream. Part of your body will start itching. But if you contain yourself in your energy, then you will be experiencing better.... You have to go through this twilight zone just calmly and quietly and solidly as you can. And same way you have learn through life. Life is a very precious gift, you can't buy it. You can shorten it, you can prolong it. Hey, forgive yourself long breath of life so you can make your life long. Bigger than your mental horizon. Let go your restrictive feeling then now try to enter the step zone of 'I am I am. I am that Infinity, I am that God, I am that creation, I am that Creator, I am that purity, I am that piety, I am that excellence.'..... Let the bud of the rose blossom into a flower and fragrance ..... Tons of spirits are dancing with you, dance in that expanded consciousness like stars and the space... It will heal your neurological brain cells, your energy will be back to be very young and you will become disease free. But just remember you need a long deep breath with it..... Please inhale deep and put your hands on your chest.

(The tape stops).

YB: And press hard. Hard as you are going to put the ribcage deep into back to your back. Hard. Hard as hard as you can, put your, employ your entire force. And then please exhale. Inhale deep, put your both hands at your navel point and please press hard, as hard you can, harder, breathe out. Inhale deep, please press your hands against each other like as you are folding and press hard, as hard as you can to seal the energy in you for what you gained today. Tighter, tighter, tighter. Relax.

Ha, step by step when slowly, it's not a question of I can't hurry, we will develop you into a psychosomatics of projection in which you can be aware of your environments through your consciousness and intuition. Without consciousness and intuition, a person is an animal and nothing is done to do that. Because you know once you make

a person intuitive and conscious, then you can filter truth from untruth. And it's not good for teachers to do that because then students become smart. But, but basically that has been the policy don't teach the masses because then they will revolt. That's the theory of the state. And so mankind has been told many things and those things are lies. Like we have aircraft carrier. Let's put it this way. And it costs four hundred and fifty million dollars to run one, you know how many you got and we are a super power and we run those, we send them to the ocean, I don't know what for, I mean to say, there is, there must be a reason for it, because people are coming from Mars to attack us and Russia has put their own in the, in , they don't move them. We do. Four hundred fifty million dollar a year is going through this, plus our submarines are working out and everything is alert a, do you understand? And one third of our children do not have food? Just, just something to learn.

It's a humble class, it's small place, but somewhere we have to start. Somewhere we have to start making people alert and aware their expanded consciousness. It is not what you hear in the TV and newspapers and what you know through political channels and through your friends and through your emotions and feelings, in you there is something much more bigger and brighter, that's called spirit. That's much better, precious than anything else you have. It is the spirit in you and the habit to call on that spirit is the reality of life. I mean to say, in couple minutes, you are much more precious than you were when you started. So, what we'll do, we'll gradually educate you step by step to bring you to a status of self-realization. Not just to write a book or say we have self-realized. Most realized being there is a MRBs running around in this society these days. And people cater to each other but most realization is a very simple thing. When you face the adversity you face the adversity with a smile when you save, face the worst with a courage, when you face the greatest hate with very firm warm affection, when A -ve is faced with A ++, ++, then you are human. If negative is negative, then you are living by your impulse and that's what every bird and animal and fish lives. There is no difference between you and other mammals. So it has to change the way fundamentally human has to come from dormant to active.

I'll continue, you come, you don't, that's not, that's not my, what you call is my way of life. I don't teach by numbers. I never did that first day, never did it today. First class which I taught, not a one student came. It was me and me alone. And I taught myself the best class and that's the way I look at life, because there is nothing more beautiful than one within oneself, if you know what self is. But normally we know everything else but self.

So there is a technological situation right now and that is Sat Bhajan has a birthday today, is that true? Sat Bhajan means, Sat means truth, Bhajan means the word. Word of truth. She is really. She lives to that expectation. And, there are going to be cookies served on her happy birthday and we have been eating all day for this birthday, I don't know, everything, and there is a, there is an announcement here that on the April 8, the Saturday '95, LA convention center you are going to have a tantric course. Because I am the one who choreography it, so I have the authentic knowledge to say, not only attend it, please do it. And go through the hell of it, so it will straighten you out and they are not put it in a very authentic words, but it can break through your subconscious blocks and have a clear head and expand its spiritual awareness, call yoga center number is there. Eighty thirty AM to six PM in LA convention center. It is amazing what we are starting. What we are starting is to serve to mankind, spirit.

I was thinking what has gone wrong with those two hundred thousand people in India, why, why, why they want to touch us, why they want to be with us? I thought there was something wrong, but let them learn that, there is a spirit. how you went thorough that? Ha? It was more than what you call is that, survival course?

Oh God, we rolled through the dirt of the streets and the people and you cannot believe all these people who are with me, they had to have a ring to just, you know, there was a Z security, first of all. There was tons of police to protect me and there was tons of men from our spiritual center there to protect me, too. Plus there were fifty students our to protect me, plus there was our security to protect me and still bones are hurting. Am I, I am not kidding, you should have seen me, just to walk ten paces, it was impossible. They just want to touch, I mean, there was not madness was so much. They just want to touch. They didn't want to do anything else. And somewhere where they wanted just the car going, they were five to six rows deep people standing there, just to have the glimpse

that we'll pass that way. And some roads, I couldn't pass through every road, you know there was only 'x' road and, and they thought I'll pass through this road and they this road. It was amazing and all those who were on my security, I shall personally thank them, it was unbearable. Flood came to touch. Dream comes true. Twenty four years ago I came and sat and I said, I have come to create teachers. We'll go to the east to teach. We have done it. Now cookies.

(Students sing 'Happy birthday.....' to Sat Bhajan (YB: Oh this is good.).

YB: Wow, this is good stuff.

(Applause).

YB: She is a very good interior decorator if you want to refurnish your house.

(The class sings, "May the long time.....").

YB: See Sat Bhajan they did it themselves. That's great prayer.

Thank you folks, this was my request, the fortune cookie. That was added later. We missed in India fortune cookies, right? We had everything. What main theme in India was the quantum impact of the coming century. It was pretty good. We talk in the universities, we talk in schools and colleges, we talk to audiences, but we didn't said a word here yet. Maybe sooner or later we'll talk to you too. Because, I mean, in four, five years you are going to go through it. And it will be different world and you know the computer chip hold four billion mega memory, all illiterate will become literate and all literate become insane. Yes, yes, yes, you are going to face this. Four billion is not a small number. It's....

What happened to my horoscope? You ate? Hey, you cheated me ha. Where is my cookie?

Student: You are very expressive and positive, (-----).

YB: I want my cookie back. The message is fine.

Student: (-----).

YB: They want to know what the message, read it to them.

Student: You are very expressive and positive in words, acts and feeling.