

M047 891029

In our life we are in lot of pain

Be comfortable. Now you have done the mistake of coming to my class, it's a very hard course. You should not have come. But I will take it easy and you should take easy. You know, naturally lot of gimmick is going on, you know, but today you will evaluate yourself through conscious evaluation of your rebirthing. You will go through changes and you go through lot of pain. I am not sorry for it. I did it myself. But you know, you have to cut up the crap in your life. I am spiritual, I am human, I know, you know nothing. If you know everything why you commit mistakes? Simple. So we will do it and see what we do. Here you go, my God look at this money. I have never seen this. But that looks fine. We will record it in the archives. So are you ready? They say there is always a chance given to a man to give him a last wish. So I knew the course was tough, that's why it took my time, so you have the last question if you want to ask anybody has any question.

Oh beautiful, thank you, thank you, thank you.

Do you have any question? Anybody has any question, (?) you have lived your life isn't it. Oh you guys made it? That open car driver, where is she. She is in restroom? You drove pretty fast with us, we drove really crazy. You are not coming I understand. But I wanted you to attend this course. This will do you good.

In our life we are in lot of pain, we cause it. Pain is not, pain is not objective, neither it is subjective, pain is self created. Pain is caused only for a reassurance to live. Otherwise life will be very boring. You cause pain to yourself, you cause pain to your surrounding and then you have something to correct it. Because if you do not cause any pain then life will look very smooth without any hassle, without... because there are two ways to live. There is nothing in between. In between there is a void, there is a gap. Either you live with your intelligence, with your intelligence, consciousness, intuition. All your feelings, emotions and with your commotions, projections. Normally we take the route of feeling. We take the route of feeling, I feel this, this is my feeling. Not my intuition. These are my emotions not my intelligence. This is my commotion, not my intuition.

We decide the path of pain. Nobody decides for us. We, I, you, us whatever we are, we do not know which religion we belong to but we think we belong to a religion, we also think we belong to some kind of a group, we think we belong to some kind of education, we have lot of weird ideas. But basic problem is we are all on sale. Closing shop sales, summer sales, Christmas sale, Friday sale, Saturday sale, Sunday sale, we put ourself on sale all the time. Our dressing, our living, our socialization, anything we do in our life is based on making other people feel either we get them or we want to reach them.

Even these courses, there is a PR, what is the (?). Just to convince you calm and you will be happy, who cares you are happy or not. I mean, just understand that why you should come along. Jump into the ocean what do (?) care. But basically there is a very strong urge that we should be happy. It's a very strong longing to belong to infinity. There is a very strong inside going on a process because there is a calling of the soul which you cannot stop answering. You know that you may die tomorrow and you may have nothing. You know that. You don't believe it.

You know, tomorrow may be absolutely zero for you. You don't trust that. Because fact is we love God, we believe God, because there is a calling in us but we don't trust God. Nobody trusts God. And a religious man is more corrupt than a ordinary man. Ordinary man is corrupt anyway. Because he doesn't know. Religious man pretends he knows and he corrupts. Because while knowing that there is a God we all are insecure. That's corruption of the highest order. That's why every spiritual teacher who doesn't come through end up as a cockroach. It's true what I am saying. It's very good to pretend to be a spiritual leader and people touch your feet and they love you and they follow you and do the whole thing. All you have to do is one mistake. One mistake, you advise one student absolutely personally. And you are done.

Everybody you have to advise, counsel, speak to, personally with a impersonal attitude. And that's how life is.

Life is a drama in which everything personal has to be understood impersonally, and everything impersonal has to be understood personally. If you can't do it you can't live. You go to university, you go to college, you go to university, you pass your degree, you become professional, and you charge fee and you become professional, that's all it is. But it doesn't make any sense. You will not have a step in your life towards happiness if you do not understand one simple thing. You are not you. So long you think you are you, you will do what you want to do and that may not be what God wants to do. And you will be in direct conflict with God. Where I lives thou doesn't exist. Where thou lives I doesn't come out. Then tell me honestly how many of you can just let the I go and let thou take care of it. We are insecure, we are curious, we have feelings, we have emotions.

I tell you today how weak you are. You will experience it. How much flesh is weak, forget about soul is weak. You will find flesh is weak, soul is weak, spirit is weak, whole thing is weak. And you live week by week in this weakness, and you go macho like a that big monkey, (?) look at me, I have built this house, look at me, I have this wealth, look... are you funny? You can have anything in the world it all belongs to this earth, nothing belongs to you. There is no way. The problem is the man through his sight, through his existence, through his presence, through his word, must be effective. And when you reach that consciousness you are fulfilled. And this life is towards that. This life has no purpose, how much money you make, money you will make anyway. It is all set. Whether you will live consciously or you will not live consciously, that's the problem.

When you are born you got certain impressions, certain pain. When you are a child you had certain pain. When you are adult you have certain pain. And even today you have certain pain. What is pain? Pain is you think your life is in vain, you are not effective, that's pain. When you cannot manipulate, when you cannot roam around the people, when you cannot grab somebody, you cannot get grabbed, sometime you have pain, you are not wanted, sometime you have pain you want somebody, I am not going in a detail but facts are that we feel ineffective. We don't live and let live. We say so. That sounds good. When you say live and let live it means leave me alone. That's what it means. It doesn't mean that I am, I am and thou is thou and you are you are, let's have a peace. There is no peaceful coexistence among people. Because there is no peace of mind, there is no peace at heart. I belong to Jesus Christ, we belong to Buddha, now Buddha goes home, Jesus Christ goes home, we are fighting. What for? Who belongs to who, we belong to fighting, we don't belong to anybody.

So what I will do stage by stage and step by step I will carry you through the grind mill today and in the end you see some light say thank you, if not that you have wasted what have you come for. Simple. I don't claim, I don't blame. But the course is what it is. And if you feel hurt you can't do it, bad luck, I am sorry. I didn't meant to hurt anybody but it is your weaknesses which are going to come through and every macho among you is going to fail. Because you have to combine your spirit and you have to clear your mind and you have to do a physical exercise with those two strength, normally with physical strength you apply your mind and your spirit. You are born upside down, that's why your head came first and it has never gone up again. It's always there down. You hear me what I am saying? There are very straight facts. But today we are going to turn you around and we are going to see if you can walk on your feet again. That's why there was one person who never wanted to come today, (?) drive to San Diego. Because this experience is needed. We will go through it, right. All right now set up and let's do it.

Sit with a straight spine if you know how to. Doesn't matter if you are chiropracticing, your spine is totally impossible, if it's impossible then sit with the impossible. You know. Who knows what your spine really was. And very calmly please take these two hands and feel there is a psychic ball between hands and play it close eyes, play this. Just.. no big deal. Close your eyes and with your hand as **we play ball, (14,30)** you know bump ball they call it, just play the **bump ball**, don't do anything, no mantra, nothing. See how much your garbage comes out in few minutes. Create a physical rhythm, that's all you are doing. No big deal, I am not telling you imagine God, just little ball in your hand and play it. Close your eyes, go inside. It's very well guarded house nobody will come with a gun and shoot you believe me. I have brought my own security, so you are all safe. So close your eyes, don't be afraid and just play the ball. You do in a floor, you do in a room, you do anywhere, you play anywhere you want, you give it any rhythm, give it any style, get into it.



Very good,(16) **now as you play the ball so you breathe with your mouth. No, you create little sound. We want parathyroid to stimulate, that's what we want, scientifically if you want to know. You thought you are just playing ball, no, that was beginning. Create that sound ho-ho-ho.** The monkeys do it if you really know. They are our ancestors. It is their sound. Exactly a monkey will do this sound. And that is his purpose of getting bigger and enlarging his energy. You have the biggest zoo here, don't you? You know how **monkeys** talk. Now get into the action, breathe and create the sound and be fast. Get it all out. You are pretty good, you responded soon. Everybody has to create that sound. This is all God, just play the ball. Keep your eyes closed, otherwise you see others how they are doing that, then you will copy the pattern. I want you to go by your own rhythm and own pattern. Get this monkey out of your mind and system, God, you are shy? You want to live with this guy? Out, out, out. Don't feel shy, I won't teach it here again. Get it out.

(20) Hold, hold, hold, hold, hold, hold, don't bother, open your eyes. What are you doing? If you go in a scream therapy, they will charge you seven thousand dollars and this is what they give you. You didn't pay seven thousand dollars here. It's a automatic system that through this sound 'Ho' which a baboon does, it's

a, it's a sound of the baboon, it's correct, it's in us, we can't hide it. This will make the parathyroid stimulated. I am telling you the scientific explanation. And because you will control the psycho magnetic energy by playing that ball, it will burn up your sick dreams and your memories. You understand what I am saying? You understand? It will happen because I am sitting. And the diagonal energy will move and clean you out. I said, don't open your eyes because I don't want you see anybody's pattern. You have to go by your own rhythm, it's very essential. It's very important for you.

So idea is to come here and teach a class is to give you some experience and then go away. Do some good to you. Idea is not to come here (?). This kind of class we teach everyday, that's not the problem. Now why to come San Diego? Because some of the people in San Diego cannot go to LA right. So when you do a workshop, then do it with that honesty and that intensity so that you can get the benefit out of it. That sound is very simple. Isn't this is how the baboon does? You can go to zoo, let us go zoo, you want to go to zoo? This is how they do. That's their stress, that's their (?). You don't want to get rid of stress? You all have it more than those monkeys, let's get rid of it permanently so that our subconscious can start releasing the inner deep stress. So you can be healthy. And you have to play this because this keeps the magnetic psyche within your control, you don't go berserk, you understand? It's a control on the other hand it is a stimulation. It works both way. All right?

They call it scream therapy in United States. It's very costly business. But we are not going to break walls here because they do not know how to control the reaction of the glandular system. They only tell you here is a box of Kleenexes, get into their room, they lock the room, they monitor through that, it's all padded wall and guy goes in and scream and yell and get tired. Sleeps in the morning they wake you up, give you orange juice, it is good, naturally you look good. Because where you get a chance other than a bathroom to be by yourself? No, there is only one place and that's the restroom. And that too when you lock it inside and you sit on that throne of yours and you are peaceful. There is no place in the whole world where you can be just yourself. Check it out. Those of you who have got big homes even then there is a problem. If you go in any home and room the furniture is with you. The memory, the psyche, the image, the aura, who people came, who sit there, they leave behind lot. That's the only one place where you see is I am sitting here to release myself. The psychosomatic of it. Whether you pee or poop doesn't matter, that's not I am checking on it. But the idea, the mental idea is I am releasing myself, I am getting easy, I am answering the call of the nature.... look at the words we use. And you think it is not spiritual? They call them rest rooms. That's the only place in the world which is called restroom. Have you ever given a thought to it? Living room, drawing room, bedroom, prayer room, everywhere you have to do. There is only one place which is restroom.

Now I will make it difficult for you. **(25,30)** You know **this mercury finger, now to play with three fingers**, you didn't do it right first. Now you play this ball with three fingers, connect the mercury finger, it will hurt. The idea is if you have a heart disease or not. Or your (?) is working okay or not, your magnetic field is okay or not, your brain and motor is working or not, that's what I am checking. Because baby is going to be born. It should be correctly checked first, inspection, right, now, three fingers out and you play the ball with three fingers right. And you do the same thing, and you close your eyes, sit well. All right, go. Inhale deep, relax. **(28,11)** You are very intuitive, look the card you gave me. You see it? You see it. It's signed by everybody. It has a flower here, the second card, the first time (?) you know it's orangutan, that guy who jumps, who never sit on the earth? It's the most powerful monkey in this species. But it's fine.

Now. **There is a second situation we have to do. subtle fear** You know when you talk to somebody you are not shy, but you are little afraid. How... daughter to a mother, husband to a wife, doesn't matter what's your relationship, you are afraid-will it go all right, I am asking a question. Don't you have some ?

Student: (---).

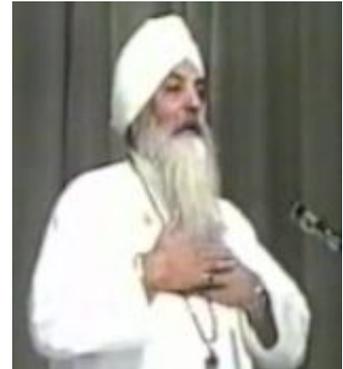
YB: You see? There is a subtle fear, will I go all right. Even you go to a barber shop will it happen all right? Will I look good? You wear your clothes, you are afraid. Am I dressed for the day or not. You know everything you come from a basic fear. If you calculate the fear there is no place for joy. You are afraid and there is no need to be afraid. And you know put this here, lock it and just, just, and create the same sound for just.. monkey does it here, that's the difference, it's four inches difference only, you have to hit the meridian, you have to hit these two meridians. Louder and stronger.

Inhale, exhale. Remember, you can't do it on a shoulder, you cannot do on a chest. There is a point here, right here. You see



this, and if you do this, this way, this way, this way, you will hit the meridian in the elbow. It's a acupuncture. If you do it... it's incomplete, this is how it is. You follow what I am doing? Can you copy me? Look at me, copy me. It will hurt terribly right here. These.... it will hurt, it will hurt like a hell. And that's the point where you have to hurt. The question is, is there is any rupture in your body or not. The body will tell you. If it hurts deeply, like this you are safe, if it doesn't hurt, check with your doctor. Period. And that's how accurate it can be. But if you do this, you will never know, some of you are doing like this, this is not required, look, put the this heart meridian on the thumb, the Id, lock it properly, strongly and then do this, this, this. It won't touch it, but it will do that and then do the (?) from here and that stimulation will totally check up your body. It takes few minutes. Harder, harder. Don't stop, keep doing.**34,10**

Inhale deep and bring your hands to your heart center and press it hard. Press it really hard and breathe. Press it that you feel like you are taking your ribcage inward. Put your both hands flat and press hard. Don't worry if you have a big breast doesn't matter, God gave it to you, don't try to bring as a pad. There is a little area up there press there. Go, go, go, press hard. With your all pressure, breathe deep and press. Your hands should become like a (?) press you can pressurize it, pressurize it. Deep breathe and go ahead. Pressure, pressure, pressure as much pressure you will put it, you will enjoy it.



(The tape is played in the class)
(Students sing along with the tape)

YB: (Over tape) pressure and sing. Keep the pressure please. Now move your navel with it. Let the navel dance. Navel must jump, as you speak; your tongue and navel must meet. Speak from navel. It is just praising the lord no big deal. Keep on, keep on. Pressure your heart point, move the navel and say the words, copy the words, don't bother, and it will all happen. Please move the navel. Combine the third Chakra and the fifth. That's what we are doing. God bless your heart, keep going.

(Tape stops)

46,02

YB: Inhale deep. Deep, deep, deep, deep, feel the breath and circulate this breath in your being. In other words, let it have the oxygen, your blood. Blood will touch this blood. Let it go. Inhale again deep. Very good, hold the breath. Hold the breath and let the oxygen touch your blood. Normally you don't deep breathe. And that's one of the weakest point of the modern society. Shallow breath. Let it go. Breathe deep again. Deep as you can, hold the pressure on the ribcage as tight as you can. And hold the breath and feel the breath as much as you can and play it that way. Relax.

Well, this was the preamble, preface you call it or the beginning. Feel good? Feel little relaxed? Little bit not much. Yet we have not done the exercise we came here to do so. It was just to stimulate you. You need twenty one percent of oxygen and you need that oxygen with your breath go deep into the lower cells of the lungs to touch your bloodstream so that it can be purified and then go to circulation. The problem is you do breathe shallow, those who want to run for bathroom please go. Because next exercise I don't want you to wet the floor. I know you are all loaded, so it's okay. So basically, technically speaking, the main problem we have in our life is our shallow breath. If we clean our blood every breath, we should be very healthy. Plus the air is very polluted, so right now we will have little intermission for you to go and release yourself, so you will not uptight. All right? And those who are sitting they can stand up and just walk little bit. Or do something to circulate.

Hey what you call is inner energy in a strength. Come on, come on, there are some people outside now. That's okay. You are not spaced out, normally everybody else is, okay. This is the attitude of a relaxed person. Don't be shy about it. When we are tensed we are uptight we think we are normal, we are not. The attitude now what we are going to take is we are going to change the serum of the spine. Many, many times to reenergize our gray matter you understand where we are hitting. Normally it happens one moon to another moon. It takes thirty days. That's too old. And when you are tense, you are uptight, you are not happy, your life is miserable, unfulfilled, I am not enough, this is not enough, I am not loved enough, I am not liked enough, I don't have money enough, I don't have.... You buy thirty pair of clothes but it's not enough. You are compulsive buyer, your credit card runs to sky, it's not enough, nothing is enough for you. You understand? It's called enough disease. And those people are very stupid. Very stupid. They make

miserable themselves, they make others miserable, they first put a hook of love into somebody and then they start saying not enough, not enough, not enough. People go crazy.

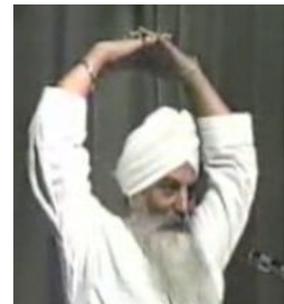
We do to each other so much, not enough, not enough. You are not good enough, you are not a man enough, the house is not good enough, our social life is not good enough. I am not physically not good enough. You understand something like that? You won't admit it but I am not asking you to confess, it's not a catholic church but you all do this, I am not enough, you are not enough, we are not enough. It's called denial of God. Everything is enough. When there will be not enough for you, you won't live. So long the prana is enough the breath of life is enough, you are alive, everything is according to the scheme. But this (?) system to make you understand that.

So if you start crying as baby from the time of birth to the time of death. And your cry is of one thing. It is not enough. I am hungry, I am thirsty, I am crazy, I am not pretty, I am not loved, I am not this, you know, no woman can be Delilah, no man can be Samson but that's what you all think. Less than that you have a certain unimaginable high standard, high imagination, totally wrong in non realistic imagination of yourself which does not fit in with reality. You don't need an enemy, you are your own enemy. Really. Nobody can bother you, you bother yourself. No, no, it's not a question of whether you are religious or not, or you are English or American or German, this disease, not-enough disease it is with all of us. Because we don't trust God. In our currency bill it is written in God we trust, we don't... have you ever read that? Once a while maybe. You don't believe in that. You don't believe our currency says, our dollar bill says, our hundred dollar bill, there is a flag on it, it says in God we trust. Is that true? I am asking you, do you trust in God. No, you don't. I know Americans don't trust in God. Because when I came twenty years ago, that's what I started saying. They told me I am wrong, I will be dead in three days, dead in one week, I will be dead, I will be dead, I will be dead, I am still alive, I am not dead. Because one who can rotate the earth for you in twenty four hours can take care of your routine. Psycho magnetic field and electromagnetic field is not human creation. It is in existence and it's a continuous go by its own rhythm. None of you can do anything. But you know if you are egos, so you San Diego. Saint of an ego you know. Somebody said, "Have you ever visited Dominican republic?"

I said, "I don't have a domination on me, it's all right."

So you must understand our sound is that I am not enough. You understand how much you hurt yourself by saying I am not enough? Let us test it out. All right. **54,57**

Lock your fingers like this and it's not enough right. Now make a perfect aura, look elbow, everything has to be round. Hey it is acupuncture theory, it is nothing, I am not doing anything which is very special. It's a simple area these two thumbs should either be locked or put together, either way you want. This is the Buddhist way which I am doing. And this is the Christian way. Either way it suits. But it has to be round, it's not, it can't be like this, it can't be like that. Just put it like this. Make your own halo. All right? And close your eyes and move your navel. No, no fight, just move your navel, pump your navel. Navel, navel, navel. You have nothing else to do, I don't expect you to do anything. But your navel should go like a clock. You will end up young in the end. Because we are going to move the serum from the spine to the gray matter and we are trying to change as much as gray matter so that life can be little comfortable.



(The tape 'Pavan, Pavan Pavan.....' is played in the class)

YB: (Over tape) navel, pump the navel. Pump the water so up, up tank that cantaloupe called brain maybe filled, that simple theory, hydraulic system they call it. Simple beat. Your navel should dance to the tune of this tune which we are singing, period. We don't expect anything more. Become angels. Make your own halo. Hold to it. I am just asking to move third Chakra, you are so upset. When I am going to connect third and the fifth what you are going to do. Move, move. Be born in heavens. Have your own halo. Become angels.

Very sweet tape, very sweet word. Words are very simple, but we are not going to sing them yet. First you get rid of the pain so that you can understand you have the right to live. Fill up the crack in your auric body please. It will be less painful if you move the navel. It will be very painful if you don't. Head will get rid of the chronic diseases or coming future problems. Not bad. Concentrate on the navel.

No, you are too young to put your hand down that's not fair. Move your navel strongly pain will go away. If you don't move the navel you will be hurt. I know I do it everyday since I recuperated from the heart and all that whole problem.

Now sing loud with the navel. Move the navel strongly, jerk it. And make the strength at the tip of the tongue. Doesn't matter if elbow hurts, is heart attack better? Having a stroke is okay? Stimulate so that the body can come to all balance. It's just a worship of the prana.

Eleven more minutes you have to do it. You got to move your navel strongly. Some of you are doing very fine, your halo is accurate, keep it that way, it will hurt for a while then it will be free. It doesn't hurt all the time. If your tongue and your navel can join you can conquer death. Have faith. Trust yourself.

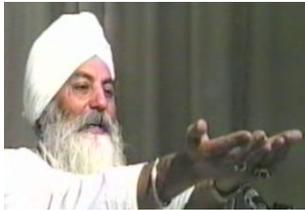
(Tape stops)

1, 09,40



Inhale deep, hold it tight, hold the breath in, inhale little more and make your finger really locked in and stretch out the arm so that the body can have a system. Let the energy be replaced, tight, tight. Have round don't stretch upwards, round, round, stretch between the fingers stretch. Exhale, inhale deep, look at me, look, look. You see that? Opens up the clogged arteries. Save the heart attack, ready to do it? That's the purpose, come on inhale deep. One more. Inhale deep, that's your at your own. Now tight, go. Stretch, stretch, let it go. Your neck and everything will be totally different once you go through it. Relax. Oh, oh

what. **There is one more exercise and I will let you go.** You got to do the job right. (1,11,20) You know we do prayer like this, right, don't we do that? Sometime we ask for God to give, could you stretch your hands and put it straight. These two open up top and hands between hands and absolutely straight. Left hand under right hand over. And absolutely straight, no bent in elbow. And sit straight, walk tall, sit tall. Bountiful, beautiful. Just appreciate these words and sing with them if you can. But do not let your hand move. That's the condition. Look straight, look, look at me straight,



open eyes wide open, day time. Straight hand. Come on, right here, look right here. Wherever you are, look at this point. (?) energy, it's not that you will be just by yourself. Concentrate. Straight, concentrate, keep hands straight too.

(The tape 'I am bountiful, beautiful.....' is played in the class)

YB: (Over tape) I will change, be careful, watch. Look straight don't wink your eyes. Fix up the eyesight. Look, look straight. Don't be afraid, look in the center of my forehead. Fix your eyesight. We have three more minutes to concentrate our optical nerve. One more minute. Stretch your optical nerve, concentrate, stretch your hand. You have thirty seconds. Ten seconds. Close your eyes, keep singing.

(Tape stops)

1,19,11

YB: Inhale deep. Inhale deep, hold this breath, this is very precious. Hold it (?) lungs. It's not going to burst out. Hold tight, inhale little more. Good, hold, hold. Let it go. Inhale deep again. Very deep. Fill it up and now hold it. With a very powerful force let it go. Good. And now inhale deep again. Full strength. You are right. Have control, this is not something totally terrible. Reasonable, just five more seconds that's all. And with a very powerful stuff let it go. Relax.

You are okay? Wow. I just want to tell you, you are pretty good. You held it very well. Now could you shake your body now? Shake it up.... actually, what I want you to shake up the spine and the body, the arm and the whole thing. Any part of the body which you will shake will regroup itself in energy. Just shake up, just whole body shake it up. Because that will help the cells to rebuild, that will help the health to come back, that will help the energy to go to the area where there is block. This shaking up is called self acupuncture. Move, move, move, God sake you are very good at it. All right, let us sit calmly and hold ourself, may the long time....

The class sings: (May the long time sun shine upon you.....)

YB: Blessed God within us, give us the peace of mind and tranquility, give us the solitude and service, give us the ecstasy and experience. And as you made us as human, give us the light to walk our path (?) own light. Let us be blissful, beautiful and bountiful. In thy name we pray, Sat Nam.

Thank you, now do me a favor; when you go home drink as much water as you can. And you must urinate whole night. And normally with this course you require fifty to eighty ounces of water from this minute onward. As much you urinate the toxin will go out, tomorrow your life will be much better. It may cause the disturbance at night, if you have to get up and go to the bathroom don't worry. And if you can use lemon water, it will be very healthy. But if you use lemon (?) please use the straw because lemon sometime hits the enamel and you don't end up having thirty crowns in your mouth. You follow? That's the only expectation we have that you drink maximum amount of water you can tonight. And the fact is that if you drink the amount of water we require you to drink you will get up at night about four times to go to the bathroom. And that's what is needed. The system has to be force flushed. All right, thank you very much and enjoy yourself.