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This is a very powerful kriya, it is with communication. It is the word. We are now practicing. We are practicing everything in our head, using the body to do this

Your language is not divine, your projection is not divine, your objectivity is not divine and how can you be divine?

Language has a very powerful thing. When they say in the beginning there was a word, word was with God and word was God that is the only thing in entire Bible worth reading.

Our phraseology is very limited and we try to cash on certain things. God is omnipresent, almighty. But we are very classified liars and we lie again and again and again. On one hand we say God is almighty. On the other hand, say I am doing this. You can't match up between the two. Neither consciously nor unconsciously nor subconsciously. If somebody tells you, why you are saying this. I am doing this and you will say, "What else I can say. Our language, our communication is not divine. Now you talk like a donkey. How you can be considered a horse. Tell me. Tell me something very honest. Your language is not divine, your projection is not divine, your objectivity is not divine and how can you be divine? Doesn't matter which religion you belong to. Forget about that part. Religion is not the consideration here. Religion is not the concept here. Religions are just brand which you have just picked up and tried to mess around with. You see at night cricket. Right. You hear cricket. Now it is a coil. Is cricket a coil. Cricket is a cricket, coil is a coil. From that cricket you can understand that some little teeny, tiny thing is doing tricket, tricket, at night but when the coil speaks the cry of the heart of that bird penetrates in miles. Language has a very powerful thing. When they say in the beginning there was a word word was with God and word was God that is the only thing in entire Bible worth reading. Everything else you don't understand and neither you will. Ten commandments starts. And tell me which one is that Thou shall not kill. Come on, you are all Christians I know you. Okay which one is that? All right, which is the first one. Thou shall not worship anyone other than me. What is the first one. Oh same thing. Thou shall not worship any other than me. It is a simple thing. Said it in a different word. I mean love Thy God that is just a third degree murder, committed in a cold blood. Fact is that God says Thou shall not love anybody other than me, period. Is that understood in a layman language or you want to use the political language. All right, second one. Thou shalt not take the Lord's name in vane. But what it practically means. Don't take God's name and speak the lie. You know what I mean. By God I am your friend and don't do that. I think people used to swear those days too much. God has to give a commandment. Must be something terribly wrong. Otherwise why should God bother than much. Came down all the way and engraved it on those stones. That was too much. And what the third one was. Even we are so confused we do not know the ten commandments. I never said, unlearn the ten commandments. Don't blame me for God's sake for that. I am such an innocent

guy, what are you trying to do. That is very insulting that you call yourself Yogi Bhanjan's students do not know ten commandments. Then tomorrow you will not know ten gurus. God knows where it will go. It will lead to a. Totally whole thing is wrong. What is the third commandment. I know you do not want to tell truth, come to the commandment, Thou Shall Not Kill. I understand that. But anyway forget about all the commandments. No, you don't practice it. You are not a Jew, you are not a Christian, you are not a Buddhist. You are nobody. Because there is a one fundamental thing which you do not want to practice. That is you do not practice the wholesomeness of God. You do not understand the command of God. You do not understand the totality of almighty God. You do not bow your head to it. You use I, I, I, in everything. You never use Thou. That is the whole problem. Hindus have thirty three "krodh". What is a "krodh". "Krodh" is almost ten million. So it is what how many million, thirty three "krodhs". Small Gods. God so many there are. Thirty three. Gee, can you believe that. That makes a country, that many blacks in this country. Twenty million blacks right or more. Twenty six million total people in Canada. There are thirty three some millions God. So what happened is anything which is powerful we accepted and every friction of everything we accepted. Every function of everything we accepted but we have not accepted the totality of whole thing is one. "Ik". And guru says in a very jokingly, " Matee laa putalaa kesee na chateh." This doll of the clay, see how he is dancing. You know what kind of security you are doing. Your security is how much money you build, how much comfort you build, how much tomorrow you build, how much future you build. The funniest part which is bothering me tonight when I am talking to you is. You do so much for this body and you should. I am not against it. Perfume it, dress it, make it beautiful do everything for it. Do you do equally the same amount of things for your mind? Do you do same amount of. All right you eat best food, you go to best restaurant right? Why you go? And you found out best chef, gourmet. Right. Do you go to best teacher who can tell you something about soul. Do you go to best master who can tell you about mind and do you go to anyplace. You want to spend ten dollars for a class. You freak out, legs up, head down. You go and spend hundred dollars for a food which you cannot even digest and then you go to Dr. Saram to get it out. Realize how much relationship you have with your "atma", the soul, "paramatma", your totality. "Para parbrahma paramatma". The total self of all the self. Understand once for all. Can you buy a breath of life. It gives you fifteen a minute on average. You want to read books. There is one thing which bothers me these days. Every girl I see with this thick book. I don't know how much that costs. How much an average those thick paperback books costs? \$7 or \$8. They read it. They want to know something out of it. How many times you have read your own destiny? How many minutes in the whole life today update you have read your own destiny. It costs nothing. You care for the whole world and the friendship. You go and socialize and dramatize and do the whole thing and say millions of words to convince people of your friendship. I ask you one thing. How much friend you are with your soul? Have you established a relationship

when your soul is going to quit your body, it should give you a notice at least an hours notice. Thirty days is a long time. Have you created the relationship? How much relationship has your mind that it can neutrally tell you, I am not talking friendly tell you. I am talking neutrally tell you, this really is the matter. That means it tells you intuitively what is all about. Sex you don't know at all. All of you are into sex. Sex is the sixth sense. You don't know sex. I can bet one thing tonight. None of you know the physical intercourse can lead to totality of the entire cosmic universe intercourse and experience. None of you know. I know it. Otherwise I definitely know you are sexual and if you are sexual somewhere along the line you should be maturing to that point. But I know it is a very gross level, physical situation. There is no worship, there is no offering, there is no nothing. Just understand a relationship. Do you have relationship with your own soul, do you have relationship with your own mind, do you have relationship with your own body. These things I want you to understand. Are you willing to dedicate some time, some part of you. Somebody told me, this person is terribly bad. I said, "How bad?" "Very bad, Yogiji. You are not listening to me. Very bad." I said, "First of all you are talking like a 'bad' it looks like a cow is talking, not a human. Your language change, your expression change 'bad'". How you look like if somebody says, "You are bad." You realize. What is bad? And if you are man of God, man of light, why do you see bad? Bad is darkness. Why you see it? Before your light what is bad. Before your own light, what is dark? If there is no streetlight what do you care? Put your own lights on. You have parking light, you have turning light, you have headlight. You have low headlight, you have confronting headlight. Your car is better than you. It has all the lights, you have nothing. If it is a bad then it is bad, if it is a good, it is a good. All your life you will be in the yo-yo of a good and bad. All your life you will be in the yo-yo of poor and rich? All the life you will fight to have, have not. All the days of your life you will fight in youth and old and young and nothing and something. When fact is you are everything and you have to experience everything and you have to be above everything. There are facts of life which you have to learn as commandment and practice as self. Thou shall not kill your intelligence. Not good. Lets make another commandment. Thou shall not kill your consciousness. No, you want to kill. Thou shall kill your stupidity. Is that better? Life is a gift to be lived by all of us now. And in conscious realms there is a one thing you can do. You can give yourself and what you can give of yourself is the ego. And then you can merge. You out of the two must become one. That is the first line Guru Nanak said, "Ik ong kar", one creation has been created by the creator. Cater to this. If you start catering to the one all will come to you because all comes from one. One has never come from all. It is always the one where zero make it hundred. You have to live it, you have to understand it and that is tonight is my doing. I am going to do it right. All right, come on, lets do this kriya. Now listen to this. This is a very powerful kriya, it is with communication. It is the word. We are now practicing. We are practicing everything in our head, using the body to do this. Hey, this place and this place, this place and this. This lock. Pinky, pinky,

pinky and three fingers like this. It is a very tough thing to do. It hurts. Pinky, pinky, the bottom, the mound of pinky, the mound of communication, you press with the ego. You remember this is ego, press it and then press pinky over it. It locks it. These three pinkies you come straight. Put your hands here and go fast. Like this. Fast. One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve, thirteen, fourteen fifteen, sixteen and then go this way. And then **6 minutes**



Har har(15)

HARI (16) (20,44 - 27)

1,2,3,4,5,6,7,8,9,10,11,12,13,14,15,16. Sixteen out. And come on, hurry up. And chant, har, haree. My first commandment is do it for fifteen times, on sixteenth say haree. There are fifteen part of the hand, haree is sixteen. People who made this science though they were in the old time and they were your ancestors but they were not fools they knew the counting. You don't. Tell the computer and find it out what is sixteen. One and six. One is God, six is a prayer. Numerologically six is a man in prayer. Right. So this is the prayer you are causing that is why it is sixteen times. Do you understand why it is sixteen. I never asked my teacher I figured it out. All right it has to be six times. It will be **har, har, hari**. It will be correct if you do that way. And it will automatically find the rhythm. You don't have to count even. All right one, two, three, ready go. I will tell God they are Americans don't worry. She is black you can see her at least. Hey British. Bravo, bravo, keep up. Do it sincerely. Don't feel tired.

HAR

HARI 3 minutes (27,15 - 30)



HAR

Second commandment. Do it with vigor. Come on Harbhajan Kaur. Okay now listen to this. Now keep this kriya like this. These fingers up and just like that. She will chant with you har, hari and just wave this just wave, just move, like a tree moves in the wind. She will chant, har, hari. Sing it, sing it. Wave like tree tops. Use body to trigger your own power of the soul.

HARE 2 minutes (30,44 - 32,44)



All right, all right, now the last of it is lock your hands please here and bring it here, touch the chest. Har, hari. **Push outward. Put the energy outward.**

Stretch the elbow. It is the center of controlling the grey matter. Hey, wait a minute. Hey what do you think I am asking you to do boxing. This is not a boxing match. This grey matter in your brain in which your whole sensitivity is based on, and through which the neuron works has only one controlling place, that is the elbow. So what you are doing is, take the energy out with such a power to stretch the elbow. Give it a jerk. See what happens. Something somebody may have a good experience. Come on, let's do it. Inhale.



11 minutes Put your hands in your lap now. Make the spine absolutely best you can be straight. Breathe absolutely slowly. Breath very slowly, very long and deep. (Ardas Bhaee tape is played.) Inhale deep. Stretch your body as much you can please. This is a new tape from Singh Kaur Khalsa and who is in charge of this place. Decoration. You get those postures of each chakra, lotuses. You are hard of hearing. Get those lotuses, first chakra, second, third, fourth, fifth, put four on this side side, four on this side. Decorate this wall with that. And they are available I think. And give to him, he will get

them framed. So everybody knows what to do. May Uhe long time sun shine upon you..... And Sat Nam you are okay. Feel good. Distribute this. Oh today is Tuesday, peanuts are available. Peanut prasad. Oh God this is a bracelet by my paintings, those things I dropped. You did it. How many of you can go on a peanut fast on Tuesdays. Nothing else. Not like a pound of peanuts, but can we do like a thousand calories? Well one day we did the drawing, this is called, this sketch drawing you must have seen in that church in Rome where God is holding the God hand, remember that? But this is the original theory of it. That is the painting of it. This is the theory and I just drew that and look what they have done. They have made a bracelet out of it. That is unbelievable. Well anyway it belongs to you. Well, that is okay but it is a beautiful thing. This is what you call it. There are called pictures. There are called paintings, there are called sketches and they are called symbols. Simple paintings are different. Those are the codes. Like Morris code. You see that dot, dot, dot, dit, dit, dit. That kind of painting is different. It represent the whole universe in a few lines.