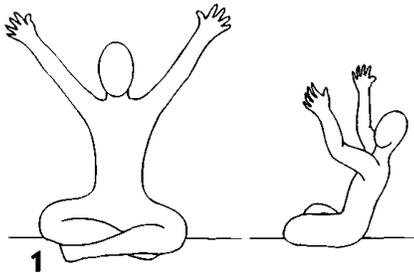


LA731 920517 SELF-RENEWAL

Is yoga a religion? It is and it is not. In religion you have to believe something and in yoga you have to experience what you want to believe. YB



1. To balance the *sugar* and sodium in your body:

Sit in easy pose and lean backward. Your head is slightly back, your chin is in and your chest is out. There will be a pressure in the shoulder blade area. Spread your arms wide, with the fingers open. Be relaxed and full of ecstasy with no stiffness in your muscles. Begin breath of fire from your navel point, really move the navel with each breath. After 3 minutes, open your mouth and stick out your tongue and continue breath of fire for another 2 minutes.



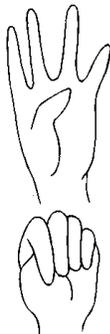
2. To stretch the spine and keep you youthful and healthy:

Sit in easy pose with the arms stretched over your head with the palms touching. Stretch, pulling the spine, rib cage, and armpits upward. Fight gravity with your own will and keep stretching up for 3 minutes. Don't let the palms separate. (This exercise may be increased up to a total of 5 minutes, but no longer unless you have a full hour to relax afterward.)



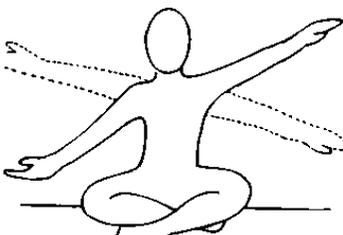
3. To balance the glandular system (must be done in conjunction with exercises 1 & 2):

Touch your thumbs to the mound below your sun finger (ring finger) and close your other fingers around them to form a fist. Lean back as in exercise 1. Stretch your arms out to the sides and begin quickly evolving your arms backward in small circles, keeping your elbows straight but not locked. Continue to make the backward circles as you raise and lower both arms at the same time. There should be pressure between your shoulder blades. 7 minutes.

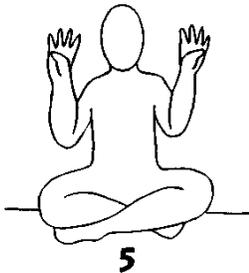


4. To loosen up your spine and to balance the left and right hemispheres of your brain:

Sitting in easy pose, stretch your arms straight out to the sides so that your arms are in one straight line. Turn your left palm down and your right palm up. Keeping the arms in one straight line, raise one arm as the other one is lowered (like a seesaw). Move as quickly as you can. 3 minutes.



5. Sitting in easy pose, bend your elbows so that your hands are up by your ears. Put the thumbs on the mound below the Mercury finger (pinkie) and keep the fingers pointing straight up, the fingers are not touching each other. Close your eyes, look at your chin with your closed eyes, and pretend to watch one of your fantasies played on a screen in your chin. (You will never have a nightmare if this meditation is perfected.) Relax and meditate for 11 minutes, listening to Nirinjan Kaur's tape of the last four lines of "Jaap Sahib". Breathe long, slow, and deep. After 11 minutes inhale, hold your breath, and tighten every muscle of your body as you sit in the posture. Exhale and repeat this 2 more times.



6. Stand up and dance. Shake and loosen every part of your body for 3-5 minutes to spread the benefits of the meditations all over your body.



7. Sit in easy pose and put your hands in prayer pose. The thumbs are gently placed on the part of the eye socket where the eyebrow begins at the side of the bridge of the nose. Don't press too hard here. Chant "Ong Namo, Guru Dev Namo" with Nirinjan Kaur's tape for 3 minutes. Inhale, hold your breath 10 seconds and exhale. Repeat this 2 more times.

SAT NAM

LA731 920517 SELF RENEWAL *giochiamo con le nostre fantasie per diventare stabili*

I° ESERCIZIO: 4 minuti e 1/2



Prendete la posizione della figura e andate indietro più possibile e fate respiro di fuoco. Dopo 2 minuti tirate fuori la lingua e continuate il Respiro di fuoco dalla bocca. Respirate dall'ombelico non dal diaframma

II ESERCIZIO: 4 minuti e 1/2



Mettete le mani giunte sopra la testa e SU tiratevi SU SU SU allungate le vertebre SU, SU, mettete a posto tutti i dischi della spina. Non smettete di tirarvi SU SU.

III° ESERCIZIO: 7 Minuti



Mettete il pollice sul di mercurio, chiudete ruotando le braccia di circa 20cm di diametro sollevatele abbassatele mentre le state indietro con le



monte i pugni e in cerchi ed rotate e braccia e

in fuori con la cassa toracica. Su e giù muovete il vostro sistema ghiandolare, arrabbiatevi, tirate fuori la vostra rabbia



IV ESERCIZIO 3 Minuti

Allargate le braccia, la mano destra è rivolta verso il cielo e la sinistra verso la terra ed in senso opposto sollevate ed abbassate le braccia, mantenendo la cassa toracica in fuori in modo da aggiustare tutta la spina dorsale, il movimento è vigoroso e veloce; chiudete gli

occhi e andate l'ultimo minuto fate il vostro meglio... veloci....equilibrate gli emisferi

V ESERCIZIO 11 minuti



Con il pollice sul monte di mercurio chiudete gli occhi, guardate il mento e sognate, prendete la vostra fantasia e giocatela lasciate che la vostra mente spazi nei vostri sogni questa è una meditazione di stabilità (dopo 5-6 minuti inizia a suonare God is within me)

VI ESERCIZIO 3 minuti: nella stessa posizione Dopo 11 minuti: Ispirate trattenete ed espirate Respirate veramente lentissimamente (YB inizia suonare il Gong)

Alla fine Ispirate profondamente trattenete e sincronizzate fortissimamente tutto il corpo e lasciate andare 3 volte (l'ultima volta YB conta 16 volte)

VII ESERCIZIO 7 minuti: Ora ballate e fate circolare l'energia (inizialmente seduti, poi in piedi)

VIII° ESERCIZIO 3 minuti



Ora mettete le mani in questa posizione con i pollici sotto le sopracciglia vicino alla base del naso e cantate Ong Namō Guru Dev Namō

On This Day ... My the long Sun Shine up Sat Nam.

LECTURE

It will never hurt to be here more than you have done but fire is out but in the heart and mind and head of everybody there is a fire. Trust not. We have put everything in the space and we have lost our race on the ground. It happens to all countries. It happens to all people. You are subjected to three race. That is the beginning, not the end and it has been happening occasionally and it will happen again. The law is when human finds disparity then anger increases. And it is one of the most tragic things which has happened is they have burned their own area and own homes. That is the extreme anger. Last night there was a war between gangs and police and this will continue. Fact is, we have not served the American dream. We have become congested and inhuman. When I say to you if you cannot see God in all you cannot see God in all. You think it is a joke but it is true. In

angry worst person God is as good. People mock at me when somebody says, spare some money and I don't pass and give him, my security gets mad at me. It is a risk. Person can poke a knife in your stomach. But after all maybe somebody has a body and God is asking you to give. Nanak says, "Jeh to bakshe miljeh tatooy baksheh jae." If somebody blessed needs you maybe you get blessed. I was in Europe. I watched this on television. You were here, you watched it here. But I said it in 1972, I said this will happen. You never believed then, why should you believe now? And if I say it is not stopped, you will never believe what I have been telling you, why should you believe now? The fight between the have's and have not's is a very simple fight. I don't understand how you people even live. Putting down everybody. Negating everybody, finding faults with everybody, pushing everybody's buttons, showing off, healthy shows his health, wealthy shows his wealth, intelligent person shows his wisdom. Yogis show their yoga. My way is my way. Come, come, come. And then one day people who are mad they come. It becomes a mob and then there is nothing, it is all gone. But purpose of kundalini yoga was not to collect students and charge. We have to charge money because this rent has to be paid and all this nonsense is there. You don't understand actually the first fundamental principle of life. Purpose of kundalini yoga was transformation, not between man and God. Transformation between a God and God. That is between a human and a human. Come to a mutual understanding that each one has a soul and each one has a God. When somebody is mad man you deny it. Somebody is bad you deny it. Somebody is black you deny it, somebody is yellow, you deny it. You still call me Indian as I am still eating flies. You get mad at me all the time. It is not something unusual. But God have you ever heard what I have said. You love me, you like me, you play these games. But do you understand what I am saying. I am saying you are complete. You don't believe it. I am saying the perfect God made you perfect in his own image with his own hand. You are made in God, you don't believe it. I tell you there is nothing wrong with you. You don't believe it. Because you have got to play this empathy, sympathy game. If you cannot play that game you cannot digest your food. You have to put down some people and then you have to put up some people. Why? Did you make anybody? God made everybody. The idea, the purpose of life is you should transform your consciousness into the consciousness of another person and understand on a mutual ground so that there can be peace. There cannot be peace in fighting stupidity with stupidity. And when you show off your I, you are qualified, certified, notarized stupid. I, is the sign of stupidity. "We" and "us" is the sign of reality and "Thou" is the sign of Infinity. Otherwise go to some church and pray and hallelujah and go to a synagogue and in the morning we had a Gurdwara. Do all that tricks. You will never find God because you don't have vitality. When you don't have inside vitality you can't enjoy virtues.

And you are so stupid as human beings, "My big houses, my courtyard and my cars and my dollars and my money and my everything," and laying your raps. You think you can convince the whole world. You are empty. You are empty inside. That is a fact. When ocean is calm, there are no tidal waves. When earth is revolving in harmony there are absolutely no earthquakes. When you are at peace neither your volcano can burst it nor your earthquakes are there. When you are your mind it has peace, peace of mind, peace of yourself. Then you are a most divine human being. But may I know how many of you know you within you and outside you. How many of you get up in the morning with simple one thing, I am bountiful, beautiful, and blissful. How many of you? Come on. That is a good start. I give you my personal thing. I landed in Toronto, penniless, no luggage, no friends, didn't know the country, didn't know where to go. I sat on the airport for four hours. I didn't know what to do. Anyway I went to Toronto and I walked. Somebody took away my shoes, so I walked wrapping papers on my feet. When the snow was all around and Toronto is a pretty cold city. And I walked and people used to see. Many knew me in India. They knew how powerful and what kind of man I was. Man walking with six orderlies in command and everything. You don't enjoy those things here in America. You are all poor. You go to restaurant to be served. There people are served in their bed. Anyway in Toronto I used to walk and people knew me. And some people tauntingly will say, how you feel? I will say blissful. Oh God your situation is so terrible. I said, "When it was not?" Planet earth is not my home. Everything is terrible here. What are you bothering about? You know you enjoy in India. I said, "Well, am enjoying here too." Act is an act. Actor has to act. Whatever the role he is given he acts. My idea is, that if I act given a bastard role, I should act as a perfect bastard. And if I am given the role of a perfect divine I should act as a perfect divine. Actor has no personality of his, script is already written and that is what Nanak said, "Pehlee bane para pachu bannee sareer." Your destiny is prewritten, body was given accordingly to you, but there is no understanding, there is no depth in our mind. You know how shallow we are and how circuits are off. We never understand that my soul and everybody's soul is the same soul and every soul is a part of the divine soul, the God, we are all one. And you cannot buy all the wealth in the world one breath. That is why they call you "aadmi." If breath comes, "aadmi" one "dam" means one breath. That is two seconds. That is your life span. And look at how many arrangements we make, millions. These tragedies which happens in the cities, in the streets, in the homes, and in your personal life they are all caused by you. God is not responsible for them. You are responsible because you suffocate the divinity with your ego. And you justify directions by rational and logic thinking. That is why I always say intellectuals are not intelligent. Your life will fail you when you do not make it limitless. So long you are confining your limits you are in a dungeon. You are a prisoner of the rib cage. That is what you are. You are nothing more than that. In Toronto I used to sing, "One day the glory shall come." It is a poem. One day the day shall come when all the glory shall be Thine. People will say it is yours and I shall deny not mine. Read the further lines. It is the poem of that man who at that

moment had no friend, no place, no food and nothing to walk in sub zero temperature. Alien to a country, landed immigrant, nobody ever recognized and those who recognized they turned their face. Bliss is when you are in bliss, when the pair of opposite do not effect you. Bountiful is when within you you have relationship with your soul. You know all is okay. That is the bounty. Bountiful, blissful and beautiful is when in the total adversity of yourself you can talk the highest. These are three steps. This is the trinity of a man. Bountiful, blissful and beautiful in action, in action. I was talking to some Indians today. They said, "God Sir we love you very much, but you are so rude and we are scared of you." I said, "Why not. You should be because you don't do anything right." "What is wrong with me?" "It is my job to tell you are idiots. There is nothing wrong in that. In my job, am I not spiritual teacher. My job is to see you acting against your spirit and bust you up." "Well sometimes we misunderstand." I said, "No misunderstanding, either you get punishment from a law of double jeopardy. Either get punished by me or by God, which way you choose. Make your own choice. What do you think. I see wrong and I am not going to poke my nose into you. Then it is difficult." I said, "You are justifying all of you didn't come, few of you came right." "Well, some thought, learned that you will be there." I said, "That is true." We are feeding these people. I said, "This is God. God is coming and eating up. And you all have prepared good food and you are serving it. God is serving, God is eating, God is hungry and God cooks. You don't believe that. You see how blind you are, all of you. Earth rotates." How many miles. Three hundred and eighty miles per hour when we are still, something like that. Some many miles you move per hour when you are totally sitting still. People think there should be a miracle. I tell you a miracle. In twenty four hours, earth revolves on the axle and you are not thrown in the space. Is that not a miracle. And three hundred and sixty five days and a quarter it goes through the orbit. Isn't that a miracle. But you should have a sensitivity and beauty to see that, to feel that. You should have totality to recognize totality. You should have infinite sense to realize infinity.

In Rome I was teaching a course and I end up crying in the middle of it. And I said, "Forget I am teaching. What I am teaching is no good. Let me take care of your pain. You have so much pain. I can't feel that you are human beings feeling so much hurt, so much in pain. You are so much unsure of you." If you cannot have a relationship with atma, the soul, how can you have a relationship with paramatma, the God? I know you all. You tell me I am wrong. I am and I like it. At least you are seeing fifty percent of me which is wrong and if God is merciful you will find other fifty percent which is right. Nobody knows anything. You all guess. Law of spirituality is obey, love, serve and excel. Impossible to do. I am not saying it very kindly. It is a reality. Once some people came to me and they said, "Well our teacher has told this and he is dead wrong." I said, "I agree, he is dead wrong." "What is your advice. You know him, you can call him." I said, "NO, you go and be dead wrong with him. Teacher is a teacher." "He is dead wrong. Will you call him?" I said, "No." "Why?" I said, "He is dead wrong." "What should we do?" I said, "Go and pray and go along with him." "Why so sir?" I said, "Law of infinity is, when teacher is wrong it is a shame to God, not to you. And decide and go wrong and God will come through." Exactly when they reached back the teacher said, "Oh, a week ago, we discussed that thing. That is a dead wrong. We are not going to do that. They thought I telephoned. They called me to thank you." I said, "No, I never said a word." We never believe that this planet belongs to God. We never believe that we belong to God. We have our duality, our reservation.

Today Guru's shabad was very good, it is a duality in my mind and it is maya around me. How confused I am, what I can do? I am not saying anybody of you are wrong other than anybody is a standardized, notarized idiot. Because if this lifetime, I, you, us, we. We cannot recognize the infinity of God, we have lost a trip. It is useless. You have to do something to rise above this limit. I am not criticizing. I am just awakening your kundalini. All I am saying, is wake up. This is not your home. It can burn beyond you. Your real home is that infinite home. You have been with me for twenty three years many of you and I have been calling you with one thing, all is all in big or small. And actually if you write word small, s-m-a-l-l, all is in contained. My advice to every woman is as in the spelling you contain a man, woman contains a man, she contains he in it, female contains male, contain the man, otherwise forget. Don't play this love game. It is not going to work. If you cannot contain a man bow out and jump in Santa Monica, nearest water. You are not a woman period. For that man you are not a woman. You are a human being, he is a human being, they clash, clash is not a harmony. One gives, one takes. One takes, one gives. There comes an understanding. There comes mutual understanding, harmony. And what is an understanding, stand under. That is an understanding, otherwise there is no understanding. What is the problem? Problem is we do not grow, we do not stretch ourself. We are not vast enough. Our limit is our hackle. It kills us every day. So what have we become. We have become trendy, we have become faddish. So what we live. We do not live as facts, we live as facets. Factuality is gone, facets are all taken away. Let us see what in a few minutes we can do. I promise it will be a very pleasant class. But you know how pleasant I can be. It is very limited. It is not. It is not practical to lie to you but I just try to seduce you to come to the class. That is what I said last time. And it was not all correct. But I have the privilege to lie because I lie all the time because what I know if I start telling you, you all will run away. There is not a one person to deal with. Maybe one day I will reach that stage and age that I will stop lying to you and start telling that, that, that and you will never see me on the street again and get into the lane. Soon as I am getting older the stage is going to come. Meanwhile many of you are young, ruin your youth. When you are middle age be confused, in old age be miserable and lonely. Those are the three things you know. When you are young you are stupid, you are hot, warm, loving,

dreaming, you expand so much that you do not know where the ground is. In the middle age you are so confused and then medically they call it middle age crisis. When you are old you are so lonely. There is not a person to relate to you and is that the end you are going to shape up. Not fair, not fair to our own existence. It is not fair. You are cruel to yourself. You are not fair to yourself. You have the right. You have the birthright to be happy. You have the birthright to be in ecstasy. You have the birthright to be intuitive. You have the birthright to be happy, graceful, intuitive and over and above divine. Dig your dignity. Isn't that what we used to say when you are hippies. Dig your dignity. All right let us dig our strength today. Where is your vitality. Sex life is very good. You have been doing all intercourses. But this intercourse will be very special. This intercourse is between pituitary and pineal and it is relating to the third navel point. It will be working on the third and sixth and seventh. Okay. Let's get to it. We are going to work now and I am using sound and connecting rhythm of the sound and it will be kind of a ultra sound you will hear. But basically what you should do come along. This system is accurately correct. It does put some pressure and pressure is. Everything forty degree back. Total pressure on your shoulders. Hello machos, gold club. It is a simple posture. It has nothing to bother. Your chest out, chin in, go like in ecstasy. Pretend. There is no faking, that we know. Let's fake and with the navel point breath of fire. God why you come to this class. Come here to see a movie? If we do not give justice. Why we are teaching. Faking, lying. I am tired of it. Come on, come on, get to this. Chin up, fingers open. No stiffness in muscles and breath of fire with the power of the navel. Move navel, what are you trying to do? Move your navel. Life is just relative. You won't fail if you try your best. I am just balancing sugar and sodium point. Acupuncture they call it. Whole night it will make you urinate, don't worry about it. Now open your mouth and pull your tongue out. Open up from the navel. You should eat less if you can't do this. Open up your mouth, cool up your inner system. This wonderful tongue has to come out and breathe from the navel, not from the diaphragm. One thing in America which I like is they love to do things which are new. That is why I gave you very new exercises. T-7 and T-6 is not a very happy vertebra. Pull, pull, put pressure. Put your hand up together. Lock them. Lock them like this. Hold them solid and pull up. Now fight with your own gravity. Pull up, actually you are pulling up your armpit, that is where all three nervous system meet. Pull, pull upward. Pressurize. whatever bend is don't worry about it. Pull, pull. Fight, fight your gravity. Fight your gravity by your will. I am asking you, you fight your gravity. If you fight your gravity you will be very beautiful come out of it. Fight your gravity. Pull yourself up. Your gravity is pulling you down, your will is pulling you up. And fight is on, fight harder and keep the posture. Hold your hand, neutralize. See the palms of the hands touch. That is the tragic part of it. I don't like this myself by sometimes I do. How can I teach if I do not know the experience. I have the experience. Terrible exercise, I know that. Your hands. There are two faults you will do. Your hands will flip out and this bend. This is how it is. That is how you have to do. Your rib cage, your spine, your vertebrae, your discs all must fit in, pull against gravity. Pull. Keep there. Stay up. It will give you healthy. Pull against your gravity. You old guys, you are going to have senility. That is where senility comes in. Pull, pull, pull up. Pull up and keep it down, no down. One more minute. Up, up, up. One, two, three, relax. It is okay. This is called ecstasy. When after fourteen years from prison, you come out, you say how good you feel. You dance, you jump right. Now summer is coming. I am giving you these exercises for summer and I am telling you how powerful you can improvise your own health when you don't have to depend on anybody. One is to pull against gravity, always. But before doing that you have to put your balance. And balance is this side, this side is sodium and this side is your sugar point, potassium and these two points are only adjustable by no other system by this. Watch me I can show you very classified situation. And see my belly. And when you pull like this see how much you can pull. You do not know. Flexibility of the spine here. You can pull yourself an inch if you want to and you will be new. As much as you can stand, normally three minutes but if you can do for four minutes but don't exceed five. Even you become perfect in it. Because then you need an hour of rest because everything will look so little to you. Second thought is now we are going to work in our situation as it is. My heart beats. My blood circulates but my glands secrete, answer is yes or no. No. They don't secrete at the required proportion. You understand. Now you know what it is. See, this, put it on the sun finger. Sun finger. Not the mercury. It is using it this way but sun finger is a little difficult. And knock it down. And this is what you are going to do. Watch this. Same position you go, circulating and it will take care of all the glandular system and it will make it secrete. I want you in summer keep on doing these exercises. It will keep you young energetic. You don't have to rely on drugs. You don't have to take pills to sleep. Move up and down. These kind of exercises which totally do us the best. We don't do. We only do exercises in which we feel macho. These are very subtle exercises. They are very good for your system. Move your glandular system. Glands are guardians of health and the glandular secretion, proportionately must go in your blood. You have to change your blood stream exactly seven minutes and it is only two. Move for God's sake, keep moving. You have to go up and down both at the same time. You have to keep moving. You will be miserable that I know. I do it myself. I am not denying it, but that is the way you can have secretion of all the glandular system in the blood stream and glands are guardian of health. It is a very scientific explanation to make you do miserable things. What should I do. I wish something better should have known to me and I would have tried that. Sun finger, mount of the sun. Your thumb must connect. That is most important. That is very important. Sun mount. And pinkie will tell you that and then move. And not slowly. More, powerful, faster. When you are young, you think you have it all, when you are middle aged you do not know what you lost and what you gained. In old age you wish you should be young again. You have a wonderful life. Come on, it

is beautiful. It is really, it is a very well planned life. It is fantastic isn't it? Move, move, move. Go slow when you don't move fast. Get angry now. Get wild angry. Do it with a lot of anger. Just get angry. Move, mentally, hypnotically get mad. Don't create a lot of smiles this room will go away but. Show you are in an anger. Angrily. Angrily. Angrily. Thirty more seconds. Do it hard. Do it hard really. After this the exercise which follows is a must. Stretch your hands and right up and left down and move like this. Balance your spine now. It is one of the best things you can do. Up and down. Right left palm upward and left palm down. Move spine, move spine. Fast, it is not a slow. It is a kind of dance isn't it. Move, move, move, move. It will do you good for the nervous system and for the spine. Adjust your own spine. Move. You have to move. It also will balance the hemisphere. It is a very important exercise for the brain, spine and whole thing. It is not that bad. It is bad, but it is not that bad. It is a polarization. It is the most perfect way to polarize. And now for the last minute you will be fast with your utmost honesty. Just one minute. Close your eyes and go wild. One minute. One minute only at your maximum wildness. Fifteen seconds left take advantage. Inhale and stand like this. Inhale and stand like this and close your eyes and breathe slowly. Long deep and slowly. Put your thumb at mercury mound. Four fingers straight, eyes closed and from the closed eyes look at your chin. Now if you can survive this minute you will love it. It is very important. I did today these in dream. Physically I know they hurt but we have got to do it. I didn't lie, I said, I did them in dream. So I mean what you can say to me, nothing. The best way to lie to somebody is when you want to tell him weird tell him I had a dream. You dream anyway. Day dream, night dream, what is this nightmares. Just tell him I had a dream you are going somewhere and one dog came and he ate your calf and the other came and eat your arm and then I saw you, you were eating a chicken while walking. So everything was eat, eat, eat. Come on, dream something good. Dream some fantasy. Look at your chin, you will never have a nightmare if this meditation is perfected. Look at your chin and take your fantasy and play it. We all live near Hollywood, play the fantasy. Close your eyes, look at your chin. It is okay. Play it, play it, play it, personify it. Personify it, play it. Please for your sake. We are cleaning the unconscious and saving the conscious nightmares. That is all. This is a very steady meditation. It will do for you which you can do in a couple of years and a couple of minutes. So don't move with it. Just keep the posture. ("God is within Me" tape is played) Now start visualizing everything. Whatever the words are visualize. Inhale deep, deep, deep and please try to hold the breath. (SSS plays the gong) Breathe very slowly. Inhale deep, deep, hold the breath and synchronize your body please. Let the energy be dispelled to all parts, every molecule of our body, synchronize totally. Hold the breath tight. Synchronize hard in this posture. Let it go. Inhale deep again. Deep, deep. Open up your ribcage. Hold tight and now synchronize or squeeze your every molecule. Every molecule. I mean it, toes to head. Let it go. Now this is the last chance you have. And breathe in deep, hold the breath, at the count of sixteen let the breath go. One, squeeze, squeeze. Let it go. Relax. See it was the easiest class. I kept my word with you. Now just do that cat and dance a little bit. Just dance. Move your body so that you can digest what you have created. At this moment the blood must circulate through the body three times. You have got to move every part. Whichever part you won't move will be weaker. It is the original dance. It is done in Punjab. No woman ever gets sick, it is enough to secrete the glandular system and keep the body in a first shape. Every part of the body. Sit down, put Ong Namu Guru Dev Namu. Please put your hands here and like this and close your eyes and look at the chin from the closed eyes and the hands must be solid, totally compressed with each other as one piece. And the two thumbs must be under the eyes in that cavity. Don't press your eyes too hard with them and ladies if you have nails don't go and puncture your skin. Sit solid. And please repeat the words. It is most powerful prayer for your own self. Inhale. Oh my breath, give me life, give me strength, give me peace, delightfully enlighten me. Let the breath go. Inhale deep again. Oh my breath give me love, give me the sight to feel all in me within me and around me. Give my power to not hate but love and love alone. Let it go. Inhale deep. Oh my love breath, my sweet breath, oh my breath of my life, my friend, my guardian, my sensitivity, give me peace of mind, healthy, happy and holy. Make me bountiful, beautiful and bright. Bless me. Let it go. Relax. May the long time sun.....

Bless us, bless us, bless us oh divine within us. Bless us. Prevail, prevail, prevail within us, around us, for us, Give us the consciousness, give us the consciousness to be healthy, happy and holy. Give us the ecstasy we can serve. Give us the blissful state of mind that we can love. Give us the bountiful status so we can treat all with kindness and compassion. Give us all as we are in thy image. Keep us all in Thy care and favor. Bless those who need Thee. Bless all who are with Thee. Let each breath be bountiful forever. Sat Nam.

Well folks as it comes as it goes. I will be leaving for summer for New Mexico tomorrow and we will meet at the summer solstice. Many of you will come, many of you will not come. You have your priorities. But this age of Aquarius, it has its own priorities. And some of the ladies will come to the ladies camp, some won't come because they didn't plan it right. Life goes on, feel not guilty but feel stupid. Because you don't have time for yourself. You don't have time to work on yourself. You don't take care of yourself and finally it all goes upside down. I understand that and I am no exception to this. I didn't take care of myself for a long time. I overworked and try to save the whole humanity thinking I am the only one who can do it. But it didn't work out that way. So if you need good air, sometimes you feel like get out of the smog and you do not like San Francisco and you want to go towards south and it is nearer than Acapulco it is called Santa Fe. If you want to be a woman come to the Ladies Camp and learn to be a woman. If you want to joy and enjoy your own grace come to Summer Solstice and if you cannot do anything you

are so ridiculously busy at least come to the Peace Prayer Day so we all can sit together and pray for each other. With these words I say thank you and Good by. Hopefully sometime in September, October, November, whenever. If your prayers are with me and I live a little longer I will show up in New Mexico for day in and day night in my spirit. But I will be here physically. That is the land of enchantment. We didn't say it wrong. It is not the hectic country and high wire country like New York. It is also not very international and metropolitan like Los Angeles and it is not it is a very simple place. They are still adobe houses made with earth and straw and the roofs are made with biggas. Though they cost more per square foot than all you have here. But it is a land still free. Water is genuine. Air is good. People are simple. It is one part of America which is called land of enchantment. Our elders must be right to name it that way. I shall be there, come at any time. Normally as a routine at eleven a.m. every day I sit under cherry tree and I teach and at one o'clock at is a lunch and then everybody goes home. Rest of the schedule belongs to locals. We have wonderful activities this whole summer. We would like to do our best and especially these days when times are going to be challenging you need your strength. However those who don't come and stay here and work hard and take care of yourself. Drive carefully and don't go berserk. Los Angeles always has one phenomenon or another. Sometimes they start burning it, sometimes they start shooting on freeways and God knows what is the new idea in their mind and head for this summer. But I am very grateful to you as a community that you took care of yourself and I am very grateful that you made a command center and not only you take care of your community you took care of all your neighbors and surroundings. You did a wonderful job. For that my prayers are with you and I bless you. But it is not over yet. So please regulate your life accordingly. Be careful. Try to be healthy, happy and holy. God be with you. Sat Nam. Now go home.