

Let us meditate to be creative. Let us balance our brain. Do it to rotate your gray matter which normally automatically rotates. Today we will do it in our own essence.



**11 minutes:** Put the **pinky**, or communication finger, and the **ring**, or sun finger, **under the thumb**, your ego. The **index** finger is Jupiter, your knowledge, and the **middle** finger is Saturn, your patience. Your knowledge and patience should always be *up front*. Your communication and your identity should be under your control. That's what this mudra shows. Normally, the Christian blessing is this Christ mudra.

**Look at the tip of your nose. Move your right arm straight out and your left arm straight out. Repeat and play "Pavan, Pavan"** by Nirinjin Kaur. Move without thinking, with the vibration of the music. Everything else will start happening. Stretch the arms so that you can understand your nervous system. Stretch out your universe.

This will set the brain's neuron patterns, create a generative power and, recorded by the memory, will help your life. It's like swimming laps. This mudra will give you power to project and get, but be careful what you want to get. Extend to shape up your armpits to balance the sympathetic and parasympathetic systems in the neurons of the brain so the pattern on the action side can become organized. It's a total science. There's nothing religious in it. Your thalamus will move and the frontal node will vibrate.



**5 1/2 minutes:** Inhale deep. Put your hands on the heart center, please. Hold the breath, put on the tape "Heal Me." Breathe slowly and exhale. Inhale very deeply, exhale very deeply, but very slowly, extremely slowly. Consciously breathe in and breath out. As long as you can do that you will create wonder. Your entire energy and power can come back at this time. As much depth as you want in your life, that is how deep your breath must be.

Inhale deep. Hold the breath. Give yourself a chance to conceive the concept of the thoughts you have gone through. Use your self-hypnosis. Identify yourself with yourself. Let the breath go and inhale again, exhale deep, inhale again, inhale deep, hold. Identify yourself to yourself with all the pluses and minuses and neutrals. Exhale, deep. Now inhale deep and hold. Identify yourself to yourself with all the pluses and minuses and the neutrals. Exhale and please relax.

## LECTURE

Please give me the privilege to sit down and you sit down just. Sit down, sit down, I am going to teach you a very good class, don't worry about it. Oh Guru Terath is here? Hi, you finished it? We should print it like a book, it's a wonderful one.

Student: (---)

YB: What doesn't matter but I will, I will, I will study it I am not upset. Ah if I cough and I cough horribly when I cough don't mind it is our Los Angeles smog in my tonsils, so some relationship is going on for last ten weeks.

This I have to study, something pretty good. You can sit down young voice, you can learn it too.

(Students laughter)

Don't feel shy; he has to consider sex change for a while.

(Students laughter)

It is very easy for a man to create man's word. I will speak very slowly and I like you to acknowledge what I am saying. Come in, come in, come in, there is a place for you all. For a man to create man's word is very easy. It is so easy that there is nothing to it but to be a woman is extremely complicated. It is so complicated that there is no imagination even for a woman to understand how complicated woman is, so not having a knowledge to understand what a woman is and how complicated woman is, it's very difficult to live. I am not saying that you should just get scared, I am just saying to you today that try to understand who you really are.

There is a one moon on the earth in relationship in this whole zodiac. You have eleven moons in you plus your natal moon plus earth moon, plus your eleven moons. You understand how you, how much you can vibrate? Have you ever thought of it? Plus you understand if God has to reincarnate you are the vehicle and if you are good for nothing you are a doormat, you are a chick, you are a whore, you are a bitch, God knows what they call you. They call you all horrible names but tragedy of it is, they call you who are born out of you, they didn't drop from the sky. You have to understand that tragedy which we have to face. Anything wrong done to you is done by those which comes out of you. Nothing outside your word exist, not even God, that is why you are told you are Adi Shakti, you are primal force. You are the impulse. We talk about peace, we talk about tranquility, we talk about good luck, it's all wrong. So long the born of a woman will not respect the woman, there cannot be peace; neither peace of mind nor peace of a nation nor peace in the universe because so long man does not have reverence for the primal force, that Uno, that one, that uniform, it's mental attribute still wants to exploit woman, still want to reduce her, still want to abuse her, still want to be angry with her. World shall not come to any conclusion. Every achievement on the part of a male shall be empty and if you do not reflect the man you will be hollow. That tragedy which is there in a practical reality it cannot be, it cannot be dodged out, it cannot be neglected. Do not learn from me and do not learn from scriptures and books.

Look at the sky. There is a sun; stationary, shines, never moves, never. There is a moon, it weans, waxes, it reflects. It is the moon which makes the sprout to grow, have a size, nurtures it. Sun sprouts it and ripens it. The entire nurturing area belongs to moon. So your primary responsibility is not who you love, how much you love. Your primary responsibility is can you reflect that love. Can you reflect that man? And second primary responsibility is, can you contain the man? Containing the man is not to make a slave out of him. Contain him with entire liberty that he comes back. Send him out that he comes back. Don't closet him, he cannot be yours. By nature man is impotent, by nature his projection is impotent. He has to be aroused and whatever has to be aroused has to be finished, that's the law. Whatever you have to start you have to end it. A sequence shall bring the consequences, you have to face it. There is a no game there is to be played. Just understand life has no philosophy, life has no religion, life has no manners, life has nothing. Life is a practical day to day reality of two things; action has reaction equal and opposite. In English we can say, "So shall you sow, so shall you?"

Student: Reap.

YB: Reap. If you don't sow right you shall weep. Your life will be full of tears. There will be nothing clear.

The concept is very challenging. When you as a woman commit a mistake. You miss the take, which you should have taken. that belong to you; that opportunity, that moment, those circumstances, that sequence was yours. You mistake, you didn't take it, you missed it. There is nothing in the life you have to miss it. There is nothing in the life you have to regret it. The tragedy with a woman is when she feels, 'I am sorry.' When a woman says 'sorry' that kills the heart of God. You are one specie who is born not to be sorry. You are one specie born not to be ever mistake anything and mistake anything for anything else because God gave you intuition sixteen time more than any man on this earth, it is natural. Your power as a mother, your power to give life to another person, your power to protect, your power to be is already intuitively sixteen time more than any man ever born. Perhaps that is the reason you don't care. Perhaps that's the reason you have more tolerance and you can take the beating, you can face the tragedy. Psychologically you have no choice. Either you are a pivot of the entire psychological environment or you are facing a tragedy on every minute of life.

I just see you beautifying yourself and dressing yourself and making yourself pretty and trying to make yourself look attractive. I am not saying, you should not be attractive. I am saying, you should be magnetic, you should be so

attractive but do you know when you are attractive you can attract the devil and the evil and saint and the hero at the same time? To just become attractive is not enough. To be beautiful is not enough. Do you have the capacity? Physical, mental? And psychological, psychological that whatever you attract you can contain? She contains the he, write it down. She S H E she, he is in it, write down woman, man is in it. Write down female, male is in it. Who you are joking? Who are you playing with? Something in you, it is obligatory on your part and your life that you should contain everything which you attract, otherwise don't attract it. You attract your own miseries and you contain them and the whole life you trial and you can't triumph because you never made a right decision.

You as a woman cannot serve the time. You as a woman cannot serve now. All you in the west as woman have one tragedy – now; now doesn't belong to you. Now means only national organization for woman, that's all. Now doesn't mean time for you. Everything you think, you proceed to think and you achieve you have proceed to achieve, must satisfy your tomorrow. Yesterday is gone, there is no use crying for it. Today is going, you can't stop it, tomorrow is the only one thing you can prepare for. You have a mega psyche, you never use it.

The tragedy of a woman is, she always reduces herself to the level of the male in the magnetic psyche. Whenever you do that, you will have tragedy, you will have pain, you shall be betrayed, you shall be insulted, you shall be abused, you shall be misused, you will be exploited and anything else which I have not said or remembered. Your psyche by nature, by nature, by God's will, your blue script by nature is sixteen times more than any male. Male has to develop it and you have it. Male has to develop the psyche and to use it, you have it and you have to use it. Therefore in a normal life everything has equal. You have sixteen time more projection, more sensitivity than a male because you have that therefore you can be sixteen time normally more miserable than a male. No it goes both ways, don't think oh this is good, I am wonderful, that's not true. One slip of one drop – ejaculation. You conceive, you take nine months to bear it, then you deliver it, then till death of yours you nurture it. Yeah, yeah, umbilical cord is get cut no, no, no, that's the physical action. Psychologically you are with it.

In twenty years I have counseled, I have counseled woman, they have forgotten their sexual relation with men but they are never forgotten one relationship where they got married. Oh they say, "Well, I think I lived with ten men, you know, I had ten living relationship, I had sex with may be twenty thirty." That they can say and hardly they can remember name but marriages, yes A, B, C, D and then every part of it because anything you think is yours. Hey listen to this, anything you think is yours become you, multiply anything with zero it becomes zero. Sixteen means seven, seven means elevating, you can elevate or you can totally drop it. God has three letters G O D, generate organize, either deliver or destroy, there is no other choice.

Therefore it is required of you to be humble and silent, to be diplomat and sweet in speaking. Good mannered and self control. Diplomat mean dip-low on the mat, don't break your bones and lastly, you have to be nurturing and creative but have absolute control on your identity. If you lose your identity for any reason you will never find reality. You are a way. Guru Nanak born out of you, Christ born out of you, Buddha born out of you, now we can say yes, immaculate conception. Well, it was immaculate or it was real but question is, conception took place, a mother delivered him. Whether there was a father or there was no father, that's not the problem. That is questionable but fact is, he was conceived. That they don't deny even; whether it was immaculate or it was accurate, I am not trying to discuss that but fact is, there was a mother, fact is earth is called mother, fact is we say, heavenly fathers. So basically everything is either you or far removed heavenly and that includes the man which you don't like to say.

You know, the problem with you is you are like a cat, cat may be very hungry, dead hungry. When it's find the mice it start playing with it. It start sharpening his claws, it stop playing with it, till she can't bear it anymore and then she eats it. You can't afford that. Anything you contain is what you create, anything you create you must contain, you have no choice of games play. Any woman who wants to be unhappy start playing game, whether you are rich or poor, black and white, yellow and pink, makes no difference. Man who doesn't play a game is not a man and woman who plays game is not a woman, but it is opposite. Man has learned not be a man anyway, he doesn't care. It is his limited ego, it is called mental coercive projective psyche. Mental coercive projective psyche because man understand. First thing he learns is his penis doesn't get up. Do you know how shocking it is? You have no idea because you don't have it. Yes you don't understand that. You have absolutely no mental situation when a man's penis doesn't getup when he wants it to get up, man doesn't feel he exists and when he grows up looked at the nature, try to understand the poor man, you are always bugging him for nothing. First thing he gets up and understand when he is little this, this, it does not get up at his command, so he is always careful that little thing is totally out of his control. To make it under control he does million things. Including killing the rhinos because they found out that some foolish person just spread it that his horn if you, rhinos and if you crush that horn of the rhino it gives you a good get up. Can you believe? And it is nineteen ninety; the most stupid thing is, it's nineteen ninety every china man because they eat too much they don't know what to do with themselves, every little those little deers, this special type of deers? You know what is the cost of a deer? Nothing but you know what is the cost of that horn is? It's costlier than gold, it's five hundred dollar an ounce. Now how can man with a fifty pounds, two hundred pounds weight with hundred pounds of belly can do anything and perform anything? They don't want to listen to that. Try to understand the tragedy of the man starts when he is first seven years conscious

and consciously understand his little thing does not get up at his command. It is called the shock of impotency. You never understand it, you don't understand it at all. From that day till his death, all he starts is, trying to see that it gets up and when he is seventy year old it doesn't get up then also, so his whole life relates about around that six inches, those two tomatoes and one banana, that's all he is.

(Students laughter)

That is his total reality and in that total reality he goes through the total shock of it. You know you beautify yourself and you everything and whole thing. You do lot of things but have you ever asked, gone inside the man and ask him, "Man how you feel?" You can powder up, you can make up, you can look pretty and he cannot perform, he is no pretty.

So from seventh year to seventy year it is called the era of personal insecurity and struggle. That's why men are short-tempered, ill-mannered, violent, that's why they drink, that's why they do all those hundred thousand million things because they cannot face their one simple reality. Unfortunately you are not aware of that dire pressure on men. That's why in the very early time, the entire nation of the world as men was masturbating. In the eighth century, from the eighth century to twelfth century if you understand the human medical record you will find million things were only diagnosed to work it out to make a man stop doing this and thousands of years ago they start circumcises them, so they can't do it. There may be a religious reason for circumcision I am not discussing that. For as far as man is concerned, that circumcision was done, so he may not masturbate and if he does, he may not enjoy it. This cleanliness and religiousness and God wanted little part of sacrifices, this is all, you know it is a religious bogosity which, forgive me, I can't, I can't even accept on a logic reason, it's not true. The basic truth is, the men were masturbating and so much masturbating that the humanity came to understand that there will be no human race left, it's a recorded history, you can read it yourself that at the age of twenty four, at the age of eighteen, at the age of sixteen, men, children were considered impotent because of that. So the religious people decided that this has to be taken care of.

So progressively, if you look at man and demandingly you ask for a man and culturally you want the man to prove, you know how much you are asking? That's why Hindus are very pictorial. They made Adi Shakti with eight hands and modern man, these are normal things. He wants his laundry to be done, meal cooked, you must bring full salary home, you must on Sunday if he mows the lawns, you must clean his car and you must wash dishes if, if he ever taste your food how much spaghetti is right or wrong and those kind of thing. Have you seen all this? In nineteen ninety you will not find one man with all his manners who does not expect you to do eight facets and he will do only one and that is, he'll sleep and snore.

(Students laughter)

Is there any woman here who doesn't have this personal experience when she, she wanted it most he turn around and says, there is not one on the earth, neither will be and nor can be. It's not practical. So please understand, you are dealing with, you are set, this line you should write down in your heart, you are certainly dealing with uncertainty, you are?

Students: Certainly dealing with uncertainty.

YB: Certainly dealing with uncertainty. You are exactly dealing which can never be exact. You are expecting something when the other party do not know what expectation can be. So in your life you have to sharpen your intuitiveness and bring reality home. That is one successful way every woman can live. Don't provoke something. You do not understand sometime, it is a problem with every woman I have seen. You sometime say something and you don't mean it. Fine; because man says something and he doesn't mean it but unfortunately, when you say something you may not mean it but he is mean enough to say you are really mean it but what he says, it he may exactly mean it. It's supposed to be considered, 'oh I was joking.'

(Students laughter)

Whatever they say and is wrong they are joking and whatever you say is exact, it's a gospel truth, it was written in Vedas. If a man cannot repeat what you said, he is not a man, remember this. If you ever say something, fifty years later if you meet the same man, he will exactly repeat what you said because they have learned from the very beginning how to listen to the mother and they shall repeat it. It is the way their machine is. Once it get tight, it cannot be erased. If a man can forget what a woman has said to him, the universe would not have existed more than five years. Do you know entire strength of the man is woman and what she said to him? It may be far or against, that is not our discussion tonight, I am just telling you what it is. Do you know man has no impulse of his own? His reflexes won't work until you won't provoke it? I think the God Almighty made this to keep the balance and the harmony, therefore just understand when you speak, you speak and when a man acts, man acts. There is no other relationship to understand. I know you can do in PhD in psychology and I know you can know every knowledge in the world but these are basic knowledges, they relate to ourselves.

My personal feeling is that I have tried for all these years to see you in one way. Strong, fulfilled, competent and complete. That is a woman's own attribution to herself. You don't have to contribute anything, you have to just attribute, these are your attributes. God gave you natural strength, natural reality; please don't ever turn into tragedy.

When a man falls a individual falls, when a woman falls a family and a future falls. You can do much more damage than a man can do. On the other hand, you can do much more good than a man can do. There are no two opinions about it. There is a one way today, I would like to put you through this exercise and meditation to be creative. Let us balance, learn to balance our brain, that's what I am trying to do and I would like you to do in such a way that it can rotate your gray matter which normally, automatically should do it but here today we will do it in our own essence, all right? You see these two fingers and make a Mudra of these two fingers.

Put the pinky the communication and the sun finger under your thumb, your ego, this is ego. This is Jupiter your knowledge; this is your Saturn patience, always what this says. Your knowledge and patience should be upfront, hey are you listening?

Student: Yes sir.



(41,17) **1° kriya 11 minutes:** YB: Your knowledge and patience should be upfront; stand up, stand out like that and your communication and your identity should be under your control, that's what it shows. Normally Christian blessing is this, you know, the older, older guy does this. Actually this is, this is called actually Christ Mudra, this is not untrue. So this Pope and holy men become old and they couldn't do it. They say, yeah, yeah, you know, you see that? This is their physical impotency but fact is this, all right, do you follow this and

you just look at the tip of your nose and move right straight and left straight and right straight and left straight and play that music, some good one.

(Students laughter)

Which has eight beats. There is a one Niranjan's songs, it has eight beats, it's very powerful.

(Tape 'Pavan Guru...' is played in the class)

YB (Talks over the tape): Just move without, without any, any thinking, just move. Move with the vibration of this music, it's a good music. Look at the tip of the nose, everything else will start happening, you don't have to worry.

Stretch the armpit so that you can understand your nervous system to be stimulated. Stretch out your universe. It will set the pattern in the neurons of the brain and the third back layer in which the will create a generative power and record by the memory will help you in life. Like a swimming lap.

(The tape continues).

Think like a swimming lap, you are doing good but I would like to have a little better result.

This Mudra will give you power to project and get but be careful what you want to get. Do it with strength, some of you doing very come on, shake up your armpits so that the parasympathetic, sympathetic and nervous system can just balance itself with the neurons of the brain and the pattern on the action side can become organized, that's what it does, it's a total science, don't try to make it, you know they make you do it like look like a religious, there is nothing religious, it is total scientific. The thalamus will move, frontal will vibrate. Give a push at the armpit, that's what we need. Try your luck, you have two more minutes to go. Hello, participate.

(53,28) Inhale deep,



**2° kriya 5 ½ minutes:** put your hands on the heart center please.

(Tape stops)

Hold the breath, put the tape heal me. Breathe slowly and exhale now, very deep and inhale deep, very deep, exhale very deep but very slowly, extremely slowly.

(Tape 'Heal me, love me...' is played in the class)

YB (Talks over the tape): Consciously breathe in and breathe out, as long as you can do that it will create wonder, your entire energy and power can comeback at this time, you just deep, deep inhale slowly and deep, deep, exhale slowly, as much depth you want in your life, that much breath has to be deep. (59)

**Inhale deep. (Tape stops)**

**Hold the breath, give yourself a chance to conceive the concept of the thoughts you have gone through. Use your self hypnosis, identify yourself with yourself. Let the breath go and inhale again, exhale deep. Inhale again, inhale deep hold, now please identify yourself to yourself, all the pluses and the minuses, then the neutrals. Exhale deep, now inhale deep and hold, identify yourself to yourself with all the pluses, the minuses and the neutrals; exhale and please relax.**

Well, welcome to the Khalsa woman training camp where we would like to see you learning purity, piety, self respect, self esteem and etcetera, etcetera. Those are just words but the best is we want to make you learn yourself how strong can be and on the other hand we want to get rid of weaknesses and atmosphere is cozy, weather is fine, this camp is all for you and if you don't do any mischief, it's going to be a real good time.

Today is Monday right? Tomorrow is Tuesday, right? And then it's Wednesday. By Wednesday every person in the camp must know each other. You hear me? So and Wednesday I am going to come. All right, you stand up tell me who she is.

(Students laughter)

All right yeah, that's they way it's going to be and you can't say I am Kaur and she is Kaur, that won't work either. You all understand, okay? May the longtime...

(Students sing 'may the longtime' in the class)

YB (Talks over the song): All love, and the pure light within, guide your way on. May the longtime sunshine, all love surround you and the pure light within you guide your way on, guide your way, guide your way.

(Song stops)

Blessed God creator for all creatures under His creations gave us the lens to see the unseen, gave us the lever to move the unmovable, make us hear Thy will and give us the chance to be healthy, happy and holy. Gave us the strength to be peaceful and have a peace of mind, give us the strength to work for the peace in the world, give us the strength to be more noble, give us the strength to be outstandingly rich to reach Thy values, Thy virtues and Thy aspects. Oh Lord God, give us this day and make better tomorrow for all and for us, Sat Nam.

Students: Sat Nam.

YB: I will be seeing you tomorrow. Didn't I go a good job with all that cough and clod?

(Students' clap)

I thought so. However, I will not like to miss you don't miss me because it's not sure how long we can meet and teach and I would like to share with you the teachings so long as I can and whatever comes to. Ah please try to make it very comfortable but however, if you have any suggestion which can improve the camp or can improve the revenue, both ways. You must understand it's not something we make anything out of it, it is something we do it for just self, so and lot of time there are lot of difficulties and we have been managing to conquer all the difficulties so far, however if there is any suggestion which can improve the camp or can improve the revenue or can improve the dialogue. Don't hesitate just handover to my chief of the staff Nirinjan Kaur, where is she? Stand up. You can't miss, though she is not very tall but you can't miss her she is Aries, she is run around a lot and she will collect all suggestion, etcetera but if you have complaints then please ask Guru Ki to correct them, not...

(Students laughter)

Not that I have a complaint; that you can tell your husband but to her tell your complaint and see it is solved, if it is not solvable then it is not solvable. If it is not dissolvable it's not dissolvable, then it's not a complaint. There is no such thing which is a complaint cannot be turn into a compliment. Complaint is a compliment only said in a anger. Got it? Complaint is a compliment only said it with a anger. So you are most welcome to complaint and she is a Leo but just understand she has all claws intact. So when you complaint to her be careful because she knows how to get angry, so it's quite a match, so it'll be fine and we will play neutral in that case. However but if there is any complaint. You feel at home?

Students: Yes sir.

YB: Weather is very nice to you?

Students: Yes sir.

YB: Well you know, here weather do test us and normally at this time comes always the blasting rain and whole stuff and New Mexico has a very beautiful sky and beautiful air, priceless air and a very good water. I will ask you to drink as much as you can. You do not know this is a very beautiful mineral water, that's why we always suggest at Ram Das Puri don't bring your plastic bottles with you. You have a such a habit I can't believe it. Some guy I saw they are drinking avian. He say, "Wow! Really good."

(Students laughter)

I said, "Why don't you give me three dollars I will give you local water, that's better." But you know you can't change habits overnight, but please comfortable, okay? Thank you very much for tonight and I hope tomorrow will be better than today, Sat Nam.

Students: Sat Nam.

(Students' clap)

Normally when I open a book like this I always feel they will be empty. You know that book we got one day? All you want to know about a woman and every page was blank and that was a joke. That's good.

I will like to ask you something very unique which I have never requested. I have gone world around to collect watches and I don't mean these watches which we can get that I have, if somebody's grandpa, grandmother, grand great grandfather has some old watch which has a machine in it. You understand what I am saying? We are collecting it for archives so that our future generation may know that there used to be watches which had a machine, not that this electronic little gadget and ting tutututing that's it, yeah.

Student: (---)

YB: Well, it doesn't matter if it doesn't work that it, it can be just not working, if it can work it can work I mean I don't mind that. I have gone around and I have collected as much as I could do and I bought as much as I could buy, I am not upset with that idea but what I am upset about is that somebody else will do it sweet what you did. Hi, Hari Simran what you did just now somebody else will do it because some either it will release the thread or what is that? No. No, what? All right, I am not asking it is compulsory but if you can add to that collection, it will be fine.

Well, Dada Ji, what you? When men don't get enough sex.

(Students laughter)

And woman don't get enough love. I will talk about love one day, I have to be little older on my gate to go because normally in this country you are all byproduct of sex and byproduct of love. How many of you read my that article? There is nothing in sex, there is nothing without it. Poor people, can you believe that? That is one of the best article to understand about the whole thing. Can we circulate it? Can we reprint it? And give it to everybody so that they can read it? Ah.

Student: (---)

YB: Well, slowly, slowly. It won't hurt your fingers. Today I won't cough badly because I am wearing around my neck something which I made once ten years ago but unfortunately, since I have worn it blood pressure is abnormal. Can you believe what the stones have the power? It is amazing, it happened exactly this morning I was just not willing to cough anymore, it was so painful but it took care of position A, messed up position B, so it's okay. Wow! Wait a minute, this is pretty, we have one more like this, it's a whole city folks, who is this?

Student: (---)

YB: Oh Guru Nam Kaur and Sadhana Singh from board.

(Students laughter)

All right, that's a very, very New Mexican art, hold on to it.

Today's subject is very good I won't talk very long, I will leave this subject to you to ponder upon.

There are two ways folks, very cut and dry life, it's very cut and dry. Life cannot be either way you want it. Neither it's good nor it is bad. Life is what you negotiate with your own life. You are the initiator, you are the doers and you are the one who is to complete it. With that triplex of you, you are the one who has to negotiate it. Whatever you negotiate with your life that shall be your reality. You may not have any misunderstanding. Subject that I am going to talk about today is that intuition versus curiosity. If you do not want to be inferior and I don't mean anything other than mean inferior, inferior, it is the inferior nature, the animal nature to be curious. It's the human nature to be intuitive, you understand? Now you can judge yourself in the, in this one line whether you are inferior or you are not. Anything in life you do for which you are curious and everybody is and that is the basic animal nature. Even animal when he sees his prey he becomes curious and he feels it, proceed towards it, attacks it, so much so, though he is competent to get it, still he wants to fight with it. Curiosity stage one, when curiosity, what curiosity does. When curiosity is not satisfy then become anxiety, curiosity is a base of every anxiety. Anxiety is something very funny. It is something which bewitches you to the status of incompetency. Don't look at anxiety as a kind of attack, it's a kind of hysteria which gives you a constant, persistent experience and reminder that you are not competent and when you have curiosity and you have anxiety, then you have a inferiority, what they call it?

Students: (---)

YB: You know the other word with it? Complex; then it becomes a huge monstrous thing. Complex mean complex and after inferiority complex what is next? Um?

Students: (---)

YB: No, no, not, not yet.

(Students laughter)

Not yet, after inferiority complex what?

Students: (---)

YB: Frustration. After frustration what?

Students: (----)

YB: Not yet.

(Students laughter)

You jump two...

Students: (----)

YB: Frustration, frustration, next is depression, next is you are psychotic, neurotic, then you are psychotic, then you are angry. Now count the stages how many are there?

Students: (----)

YB: Does it tell you something? Do you understand what I am saying? And if you do not want all these eight stages, then one thing you have to do is have intuition. Personalities intuition will remain one piece. In curiosity you will start with duality. Curiosity is overriding force over your personality, therefore it is dangerous. People are curious, they just want to know. Are you curious about yourself? Are you? What is the size of your breast, left breast? Answer me now what is this? You said, "Yes."

(Students laughter)

Not that bra you wear. I talk of area weight. Have you understood the breast on the left side and right side are different, at different month and different day of the moon? Are you listening to me or not?

Students: Yes.

YB: Your left breast and your right breast are different on different days of the moon, do you know that? I know you don't know and then they change. Sometime left breast is bigger, sometime right breast is bigger, do you know that?

Students: Yes.

YB: Now why should you know that? You are very curious, curious about what? What the neighbor is eating, that is you are curious about. Who is the boyfriend, the girlfriend of the girlfriend of the boyfriend, of who is who? Right there in your heart center as a female your entire mood is controlled by the internal movement of the breast and do you know also its sensitivity changes according to the movement of the fallopian tube, tubes? You know that? And do you know the movement of the egg circulatory effects your hormones and also your neurons in the brain. Do you know that? You say, we are very curious. Do you know according to the sensitivity of the breast depends your eyesight? There are certain days just try to understand as a woman, not as a man, I am talking to you. Some day you can read very clearly, some day you can't, forget about glasses, do you know that? And according to the momentum of the breast you have the power to smell, some day you can smell mile away and sometime you take a rose on your nose and doesn't make a sense. According to the movement of the breast you can hear clearly or you may not know you have to say, "What he said?" That's why early in the morning when you take a cold shower massage your breast, it needs a fresh supply of the blood everyday and it is as essential for a woman as to be a woman. I don't care your breast is down there up to your navel point. I don't care you are flat chested, I don't care because I don't have a camera and I am not going to be there to measure it but you who wants to live, you who want to face the day and you who God made as a woman has essential to massage your breast under cold shower many, many times when it seems cold and go back in and again, till the circulatory system satisfies you that water doesn't feel cold anymore. So you have a fresh supply of blood, then you will not have breast cancer and you will not have any disease and your circulatory system will feed every tissue there and also the nervous system will correspond accordingly and I am very sorry, I didn't put them there but also when there is a girl young and she start after seven years and at eleven years when she start developing the breast they start crunching their shoulders in, that is where you get messed up. That is where you become inferior. Chin in chest out walk, teach your children when they are girls it is definite and it is very essential for you. There is nothing in it even to do it today. A woman must walk on her path chin in chest out. Possible? Possible or yes?

Students: Yes sir.

YB: Will you do it? We don't know. Don't you have that answer now anymore? I don't know may be. You are all in the middle age, you might be crossing into the area were breast cancer will become a possibility. Normally people who take cold shower do not have four diseases. They have very rare blood disease, cancer is a blood disease. They very rarely become what you call it numb or depressed, very rarely. I am not saying they don't; because once the capillaries are cleanse out and the body circulates thoroughly all organs... When the blood you take cold shower the entire blood comes outside to defend the body, that means the entire skin will become young and beautiful, that's the best skin therapy, best. You can use any cream and you can use any powder on your face, you cannot heal the face and the skin other than you can take a cold shower. There is a system of cold shower; you get under the cold shower, it feels cold, withdraw, massage it, go back again, it will feel less cold, withdraw, massage it again, go under, it will feel very less cold, withdraw; at fifth time you can stand that cold water as warm it can be and I am not talking cold; cold, cold, New York cold. New York water is very cold, it gets to your bones. Santa Fe water or Espanola water is a well water, it has, it is warm, it's not that cold. New York water is brought from the North and it is a ice water and it is really cold. When you go under a cold shower, shower once withdraw, with your both hand massage every part of the body, massage well, go second time withdraw, go third time withdraw, go fourth time withdraw, certain areas, breast. The back where the

kidneys are. Hey you, hey you, back of your neck is more essential than anything in your entire body. Got it and then your feet must massage, left foot can completely massage right foot and right foot can completely massage left foot and then with your feet also you can massage your calves left and right. You won't hurt. That is a very ancient formula and medicine and system called hydrotherapy.

Do you understand? Now which is the best area in the body to feel young and fresh? Come on? Um?

Student: (---)

YB: Some tomorrow towel your butts.

(Students laughter)

I am not kidding. This big, fat blob there.

(Students laughter)

Which just can be a cushion, that's what you feel. God has provided you two cushions, right? That's what you feel? Take a shower completely and nicely and then take a towel and towel it well. You will be shocked; you will be surprised how much stimulant it can be. If you see a baby, little baby, you will feel when its born head down and legs and all that, exactly that is the shape of your ear. The earlobe is like the head and the entire outer circle is like the spine and inside; all organs and meridian points of the entire body are in... Sit down sometime in a warm water when you take a bath and take that brush, you know, back brush and brush your ears. It will almost acupuncture the entire body, now it won't hurt. It will be very itchy that I understand or take this finger. This is the posture, watch this, right? And go ahead, it will hurt to the point that you will freak out and that is the point where needle has to go but after five, seven minutes you will find you are fine. It mean the entire body has been treated by yourself.

There is a one posture which every woman should do, men are not lucky. Who is most flexible? Ram Das Kaur where are you? Normally she is very good for it, come here, come on, it's fun to kill a Leo.

(Students laughter)

Ah, sit down on your heels, this way facing this way. Just forward little bit, forward, come forward, good, now lie down on your back exactly like this and put your hand on your thighs. Three minutes of this can straighten your entire, internal, external, frontal, genic, ah, glandular. Name any nonsense forget about one, two, three, four, five, six, I mean, I am not saying one thing, everything, you got this?