

KWTC1 970630 Meditation for Faculty of Self-Engagement

trance interconnected mental meditation, “Never be turned by fate” Meditation Summary



**Mudra:** Bend your elbows into the sides of the body. Extend the forearms out in front of the body, and tilt them up at a 45 degree angle. Have the palms flat, fingers pointing straight ahead, with the right palm facing the ceiling and the left palm facing the floor. The palms will be at the level of the heart center, and are bent slightly at the wrists.

Hold the position, and keep the spine straight the entire time.

**Eyes:** Stare at the tip of the nose.

**Breath:** Breathe long and deep in through the nose; breathe out long and deep, through the mouth. Mechanically breathe.

**Time:** 22 minutes, 45 seconds.

**End:** Inhale deeply, and put your hands together in front of your chest, press hard. (Held 11 seconds.) Inhale a second time, press very hard, using the shoulders to add extra pressure – “all the pressure you can.” (Held 11 seconds.) Inhale a third time, and this time squeeze your spine, vertebrae & muscles, from the base to the top. (Held 20 seconds.) Relax.

**Comments/Effects:** We are going to give you trance interconnected mental meditation, and we would like to connect your hypothalamus with your neurological system and your salivary system, which is responsible for your circulatory life. It is so effective that if your inside circulatory system is very good, then social circulatory system will be very good and then your interacted circular which you act with everybody, that shall have no pressure. You will be very relaxed.

You are bringing a balance between heaven and earth in this posture. You’ll feel the effect afterwards. Let your thoughts go; don’t work your brain. It’s not a time to work your brain.

Try to deeply meditate. You can enter in your inner circle of the psyche. It will calm down your irritated nerves and your non-reality.

Everybody knows English? Hunh?

SS: Yes, Sir!

YB: Okay, you have paper and pencil or you’re going to get the book later? So you take the paper and the pencil and let us start today.

Now, before I start I’d like to tell you something. You are not born to suffer, but you do suffer. You are not born to be poor, but you are, some of you, are poor. You are not born to be unhappy. Many of you are unhappy.

You are not to be and you are. This is what we are discussing today. We’ll go step by step in a very complete, rational approach so there should be no misunderstanding why we are the way we are and why we are not the way we should be.

You have a personality. Some have great features, some are very pretty, some are very intelligent, some are very energetic, some are very sexual, sensual, some are very calm, quiet. Everybody has their different attitude, different values, different desires, different ambition and different circumstances. Your geography is different, the way you took the life in longitude, latitude, that is different. But after all, what is the answer to life? If you do not develop your faculties, you will never have facilities.

What we do? We develop ourself professionally, that's all we do it. We never develop ourself personally. We also do not develop ourself impersonally. We have absolutely no power over us. Where there is a emotional thing we get involved. We get involved, we do not know what we are getting involved into and we have nothing but trouble.

When you develop your personality you must also develop your faculty (to) be impersonal. When you develop your identity you must also be in a position to read, see, find fairly to merge in other identity. When you have all the facilities of life you need, you must have all the facets of life you need.

I was talking to a professor in the university today.

I said, "Professor, now these are holidays. Why don't you come here?"

He said, "My facility of my holidays, I'm going to totally sleep." I just laughed. I said, "That's why from last twenty years you are junior professor. You have never become a full professor. You sleep too much."

He said, "Why not? I get enough salary. It doesn't make any difference. I am not in any trouble. What do I lose?"

Everything you think in your life is loss and gain. Everything. There is nothing loss and gain. Somebody's loss is somebody's gain. Somebody gain is somebody loss. Somebody take away your husband; you take away somebody's husband. You find somebody. Somebody find you.

Why all this is happening? Because you do not have develop your faculty. As a woman you are not a woman. You are a statue of a woman. That's all right. Your emotions are not under control, your projection is not under control. Your own confidence is not under your control. Your self-esteem is not under your control. Nothing.

What kind of woman you are? Even you see the boundary, house has a boundary and it has walls. It has... structurally everything has something there to identify it.

You have actually identity crisis. You can't identify yourself who you are. So when you cannot identify yourself, you hustle. "I am a woman." Then what, we should make pickle out of you? You're a woman. Be a woman.

Because you are not a woman to the standard, you are a woman to your own thoughts of a woman. World has a standard. World will never respect you, love you or respect you or be with you until you are not a woman of standard.

You must in your mind understand that you are the upkeeper of your own grace, own character, own commitment, own standard. You have your own facility, own faculties, and own facets. If you cannot be you, then you are going to be exploited and you will be losers.

What happens? When we are young, our blood is hot, we smell men. We smell men and we want to eat them. And if somebody doesn't get lot of men around, then they put themselves on sale: fifty percent off, twenty-five percent off, seventy-five percent off, free.

You forget one thing as a girl. It is the girl who becomes the mother. It is the girl who becomes the woman. It is the woman who becomes the mother. It is the mother who becomes the family. You are the base of reincarnation. And no purity will suit you. No impurity. Men are impure to start with. I mean somebody they say because I'm a man therefore I put men out of the trouble. No, I'm not putting men out of trouble. Men are half-brain. They don't have a left brain.

Talk to any man. If he's reading a newspaper, he will not break your teeth, ask me. Ask him to watching a football team, tell him, "I want to tell you something," he's drinking a cup of tea, he'll throw it at your face. They don't have that faculty. They are not you. And your fundamental identity is not that, "Oh, I love you, I know I love you." What it matters if I love you? Doesn't matter. I hate you; doesn't matter. I sleep with you; doesn't matter. I have sex with you; doesn't matter. I am your companion, all that. Nothing matters.

Whatever you say, nothing matters. Don't have any idea that whatever you are saying, that matters. What matters is, that you are you. That matters. When you walk tall, the world will walk with you. When you will give a call, everybody will come to you. But when you are a split personality, who's loving who? Which part of you?

I am yet to see a one person who doesn't want to be great. If you want to be great, the only answer is be great, act great, move great. If you can act state great, you will never be turned by the fate.

For a woman there are certain things. She's sixteen time more intelligent than man, and she is two hundred time more sensitive than a man. If there is a something very supersensitive, that is a woman. And by cutting your hair this way or that way and wearing shorts and showing your things and all that, tight all what you can. All you are (is) inviting trouble. Graceful woman will never be daringly touched by any low grade man.

And many time I have counseled when, "Husband is this, my husband is that." Husband have no problem. Show him you are you. Humee hum brahm hum. Third day the man will be straight.

Men cannot exploit you by right. He will exploit your emotions. Men are very clever. Take it granted. First they create feelings. "Oh honey, I miss you. You know I was sitting there, cup of tea." He was having a cup of tea with somebody else, you know what I mean? He's not telling that. He say, "I was having cup of tea, and I was really thinking of you, I was just, I miss you. And when I was drinking tea, it was as sweet to me, and I was thinking of you, you are so sweet." And he may having girlfriend and having tea with her. That's how liars these men are. Including me. (Laughter) Men are men whether they are upside down, downside up.

If you do not know the English spelling of a woman, that means contain the man: Wo-man. "She" contains the "he" and "female" contains the "male". Your process is to contain the man, and if you contain the man you have a granted (guaranteed) happy life. If you can't contain, consult me.

And learn from the heavens. There is a moon, it reflects the sun. And it wanes and waxes to adjust to it. You should also have a man, you should reflect him. If there is nothing to reflect, then be a full moon and reflect your total self.

No woman can live in peace if she is not respected. Because the faculty of mother cannot be worshipped until woman is respected. You have not to gain money, health, beauty, and all sexual, sensual effects; you have to gain a social system of respect. In psychology, social life is admissible. Counseling is admissible. But it is not to tell somebody what is wrong and what is right. That is a matter of dispute. But to tell how person can regain one's own social identity. And that's how you should look at it. Your education is your education. Your environments are your environments. Your relationship is your relationship. Social psychological system of your life must stand ahead of you. Ninety-nine percent woman who are battered woman and get a beating are those who are not head of them. All they believe is they get angry, they provoke, they provoke, and the guy already needs that time. One two three, ta ta ta, it doesn't make sense. Take it granted, now repeat it.

YB: Take it granted.

SS: Take it granted.

YB: Man is a man.

SS: Man is a man.

YB: Neither he menstruates.

SS: Neither he menstruates.

YB: Nor he has boobs.

SS: Nor he has boobs.

YB: And he's not going to ever deliver a child.

SS: And he's not going to ever deliver a child.

YB: So he's a very different half-headed species.

SS: So he's a very different half-headed species.

YB: Therefore the half-headed species,

SS: Therefore the half-headed species,

YB: Creating a conflict,

SS: Creating a conflict,

YB: Is just getting the beating.

SS: Is just getting the beating.

YB: So if you want to be beaten, go ahead.

SS: If you want to be beaten, go ahead.

YB: True, true.

S: True.

YB: Why you want everybody to appreciate you? May I know the reason? First appreciate yourself, then people will appreciate you. What you cannot do for yourself why somebody should do for you. If glass is not full of water how can it quench the thirst?

You have to understand ideally one thing. As a woman you are a person who can create another woman who can create a man. Man has no credibility to create another human. So you understand how humungous and most powerful credit you have?

One lady once asked me, "When I speak there is a fight in the house."

I said, "Go on silence. Why to speak?" Any fight, any insult, any rudeness is against you. Your system is sixteen time more sensitive than a male, and affects you very deeply.

#### MEDITATION:

So tonight is our opening night of the session. We are going to give you trance interconnected mental meditation, and we would like to connect your hypothalamus with your neurological system and your salivary system, which is responsible for your circulatory life. And it is so effective if inside circulatory system is very good, then social circulatory system will be very good and your then interacted circular which you act with everybody, that shall have no pressure. You will be very relaxed.

Accurate? Let us do it and let's understand that.

See this is my knee. I am sitting like this. Just put it like this. And put it like this. It is not very difficult. Right hand upwards. Left hand downwards. And you are sitting with a straight spine, and put your eyes at the tip of your nose. And very kindly breathe long deep through nostril, and let it come out through the mouth. That's all. Nothing more. Nothing less. Just mechanically breathe. Don't do anything and sit spine straight. Only request is keep your spine straight. Rest it will be all as you want it. You have the right to balance both heaven and earth. For a few more minutes you may not understand it, afterwards it will be fantastic. It will show you the effect.



Let the thoughts go. Don't work your brain. It's not a time to work the brain.

Try to deep meditate. You can enter in your inner circle of the psyche. It will calm down your irritated nerves and your non-reality. Now inhale deep. Put your hands together. Press hard with all the force. Exhale.

Inhale again. Press hard right from the shoulders all the way pressure. Put all the pressure you can. Let it go.

Inhale deep again. Deep. And very kindly just squeeze your spine and all your muscle along up to your head, up to C1 and relax.

This much time, which you have wasted, is for the faculty of your self-engagement. You can work in your life, you can achieve anything you want, but if your own nervous system is not with you, then your internal thought communication cannot be expressed. Then you're handicap in expression and also you are handicap in effecting. Words said with a certain power and frequency of the psyche way go deeper than otherwise. It is a simple thing. With a BB gun you can't kill an elephant. With a LMG you can kill anything you want. And if you take LMG and you want to kill a sparrow, you are not going to find even a feather.

Question is not what you are saying. Question is what is coming out of you, and how you are penetrating, with what force. That matters.

So if you have a meditative personality, your subconscious is clear, your conscious is active and you communicate, you will be effectively successful. That is one step of success in life.

If you play games then games will play you. And in this you will lose what is called is basic personality.

You are not trusted what you look. You are not trusted what you are. Neither your degrees are trusted. Your fundamental elementary personality, that is what bring the trust home.

And people must trust you. If you are a professional then you must be trusted professionally. Then every profession has an outline. Do not cross it.

You are not profession. You are professional. Understand that. You are not profession. You are professional. And profession has its do's and don'ts.

You are not a woman. You have to be womanly. You understand that? "I'm a woman. I, oh." You know ape? "I'm a woman, I am woman." What are you talking about? Who cares? How you are beating your, "I'm a woman, I'm a woman." No, you are not a woman if you are not woman, womanly.

I have a bow and I have an arrow and I, it all ready and I have string and it goes. It goes at the strength of my string. That is my faculty of projection.

My bow is which gives me strength, that is my spirit. But arrow is my "ly," womanly, manly. It must hit the bull. And you are not supposed to miss.

Now, today we have a special faculty given to you. If anybody has a question there is a... and we entertain before dismissing class three questions. Anybody can get to it. This meditation was not so deep you can't get up. We'll entertain tonight, three questions. Go ahead over there on the mike.

S: Ah, I'd like to know what you mean by how, how you contain your man.

YB: Containing man. Men are very simple creatures. They're not very difficult.

What a man wants? By faculty man marries a woman not for sex, and neither for partnership. Neither he marries for gain and loss. These are the wrong teachings you have been given for centuries and you have to correct them.

Man marries a woman for a pillow talk. That is his ultimate need. Without that, man goes insane. He wants to lie down by somebody's side and whisper in her ear, "I am trying to do something wonderful and I'll let you know soon. It's going to be great news. If you keep it secret." That's what he needs, ear. When he is lying down tired on pillow, he has no defense and he wants to share with somebody and that is the woman.

And woman who provides that opportunity with a smile, has the man, doesn't matter what else happens. And that is, listen to him. And you know what a woman's policy is? When a man says "I want to talk to you."

"Oh no, no, don't wait, wait, I have to talk to you. I'm since morning waiting. Wait a minute. The Capricorn went to apricot. Apricot went to apricot. Apricot went to halentot." You are already ta, ta, ta, ta like a machine gun. Drrrrrrr drrrrrr drrrrrr.

Listen to men and repeat no question. Just listen to them. A woman who can listen to a man, can have it in her hands.

Men wants to be listened. First they speak very little. Men are not talkative. They will never talk much. They talk little. If you listen, their whole question is solved. Try it sometime. Just try and sometime do me a favor. Tell them, "Did you say that? Can you repeat it?" Oh my God, you have him.

"Oh my, she's paying, she is paying attention to me." Men are all attention freak.

"What, what do you say? Oh yeah, I understand it. Yeah, yeah, go ahead." Let me know.

Secondly, when a man says, "You are a bitch, you are a dog, you are..." You know, they go on that wild rain chase. You all must have experienced that. Just don't tell him, "Your mother was like this, your father was like this." Don't equate it. Just say "Thank you for recognizing your essential elements in me." (Laughter) One answer, the man is flat.

When men are abusive, and they normally get abusive because they are tired. They have gone out two hours. Woman has ninety-eight works to do. Children, breakfast, sending the kids to school, laundry, at night sex or no sex, whatever, going to social affairs, taking care of the social relationship. Oh God!

Woman is the most powerful super machine ever God has created and still nobody knows what she does. There is no credit for all this. And then she carries a child for nine months, and give a birth and all that. It's not... because she's considered as a super powerful angelic machine with no rights. With no rights.

Seventeen eighty-six woman were sold in the markets of, of the, what area you call it? What do they call this area? Jordan, Lebanon, Middle East. For three sheeps and four goats.

And the civilization, we call it the best civilization today. We never knew how to clean ourself after clearing our bowels till late eighteenth century.

So for God's sake, understand something, that it is a developing time. And a developing time, if you want, if you are a professional, you want to deal with your patient, try to have patience first.

Listening is the one of the biggest power you have. Lis-ten. Have pa-tience. And listen effectively. It is a professional thing. It is a thing which you never...

And remain impersonal if you are counseling or you are communicating. Just don't say, "In my opinion, I have an objection to it." Never say those words. Never. You know what you should say? "Let us take the pros and cons together. Your wisdom and my little experience can put it together." Involve the ego of the male. Otherwise be ready for a divorce.

A woman who cannot in... They say, "The woman is good in sex; she's safe?" No. "A woman who is talented is safe?" No. Woman who can involve the ego of the male is successful. That's key to the success.

Next? Somebody was here raising hand. What is there? All right.

S: Sat Nam, Sir. Recently you talked about

Dukh parhar sukh ghar lai jaa-eh.

--Guru Nanak, from 5th pauri of Japji Sahib

(Singing the praises of God & keeping love for Him in your heart)

You will then obtain joy in your mind and throw away your pain.

And I wondered...

YB: I have not heard a word. Only I think you talk, your husband can hear you. Speak distinctively and characteristically.

S: Yes, sir.

YB: No, no. Recently you have bah, bah, bah.

S: Recently you have spoken several times the words Dukh parhar sukh kar leh jao.

YB: Oh, yeah.

S: And I was interested to know if that can be a person's praan sutra.

YB: That's what Guru Nanak said.

Dukh parhar sukh ghar lai jaa-eh.

--Guru Nanak, from 5th pauri of Japji Sahib

(Singing the praises of God & keeping love for Him in your heart)

You will then obtain joy in your mind and throw away your pain.

There are millions troubles and hundred thousand troubles, and we want to get rid of the troubles. What we can do for those troubles? Take those trouble, put it on the altar and go happily.

Any trouble for which sequence can be broken, consequences cannot be faced. And the best way to break the consequences, not to face the consequence and break the sequence, is put your bundle, the basket of troubles, at your altar.

Give it to Jesus Christ, give it to Moses, give, give it to somebody. Let them work. What they are here for? Give God a job. Poor guy is free. It's a mental attitude. If you take this mental attitude that my troubles, my tragedies are my Creator's. It a manu-naa (Punjabi phrase), this you should agree that you have a Creator. Somebody made your nose, eyes.

If I would have been a God today, I would have put your eyes in your knee cap, so you can see the ground clearly. So somebody, something, some power, call it anything, designed you. We, for the sake of our convenience, call him God. "G" for generating, "O" for organizing, "D" for deliverance or destruction. There are three aspects of God. So what generates, shall be destroyed or you must deliver it. It based on the central part and that is organization. You must be organized.

*God, Good, and Goods*, that book of mine you have seen. Somebody must read it.

God is G-O-D, God. Good is G-O-O-D. And goods G-O-O-D-S. And that should decide the life in which we have written seventy-two stories, short stories for children to understand how it works. How the mega-psyche works in macro and micro consciousness. How you...

You know every disease you have got is circumstantial. Every disease. And if you take the root out of the circumstances, you let disease go. So long that root exist...

You know I got very seriously ill. Now you tell me, "How come you got sick?" Well, anybody who will do what I do will be dead. I'm only sick. You know, I flew twenty years constant in-out, in-out, in-out, day-night, morning-afternoon. Well, body couldn't take the toll. It affected. Had I been moving the way I am moving now, I would have been... Oh, I am all right now, but I would have been very all right.

You have the authority to cause a cause. You cannot avoid consequences. You can only start the sequence. Once you start the sequence you must face the consequence. The best thing is not to start the sequence.

That's why you see the men who work, they come home, they take bourbon on the rock, one pack, lie down the chair, put the TV on, start nibbling at some food. They don't talk to anybody.

Wives get totally roasted. "The hell I have waited whole day and he's not even saying 'hey'." They don't understand they are only roasted in the house. This guy is totally roasted inside out. He is tired. His nervous system is gone. He's tense. He's not relaxed.

Once I was counseling a couple. We tried many things; didn't work. So I told the gentleman, "If you come home, do not live in the living room for a second. Go straight to the bathroom and take a cold shower, and you should be very cold. And then you massage yourself with extremely, rub yourself with a towel and change your clothes and come out."

It is four years ago these people have never raised their voice against each other. It worked. And when first day he did, it he lie down in a chair, he said, "Oh God, thank you, Lord." And his wife said it is the first time he has called on God in his life. It's an expression. When anything go wrong "Jesus Christ." Popochovi he has a, he's a bail bond man of yours, anything you do wrong "Jesus Christ," everything else is you are good. It has become expression.

It is your expression as a female. It is a faculty of you as a female to understand you are not for sale. Ask yourself, "Am I selling myself? Or I am carrying myself?" Ask yourself. You must talk to yourself before you walk into anything.

One more question. Oh, yeah, let's see.

S: Sir, is it possible to produce the effect of naad in English? And if so, how?

YB: Well, the... every language has a effectiveness of that. Ah, Hebrew has a system, and English, English is not, Sanskrit has a system, Gurmukhi has a system, but other language has vocal languages. So basically they are to express people. But we all the languages you will find them, they have a kind of...

Look at this Arabic. Hummmeee hoooooo aaaahahhhhh hooooooo raaaaa hoooooon waaaaaah hooooo. Aniiiiinn thouun thyyuun heeeoon. That's called talaavat. This is how they read their Koran. Koran may say anything or not, but the system is based as a basic. So it will look sweet to your ears. It will reach to your heart. You may not understand any Arabic. Similarly Sanskrit. Similarly Gurmukhi. You'll read the shabd. They... You may not understand one meaning, but it works.

So languages have... which languages are done with a words along with the rhythm and the musical tone is set, they have a effect, and very powerful effect.

So this is your first night here right?

SS: Yes, sir!

YB: And it is the first day the Ladies' Camp have started and we have not got a rain.

SS: Yea!

YB: No, no. I think rain understood that you are not in the tent anymore and mosquitoes have not visited you. Have?

SS: Yes, sir.

YB: Okay. Please understand there is a Narayan oil. If you put that little on your hand and put on the areas which you want to show people and show to mosquitoes. But be warned. Save your eyes, your lips from that oil, otherwise you will be having a dance for hour or two for nothing. It must not touch membranes. Where it touch the skin and mosquito comes, it never flies back. It's done. And it is a wonderful thing to do, and then you have to immediately save yourself.

However, suppose one day you have forgotten, and you are bit by a mosquito. Moment the mosquito bits, take that poison out, watery thing will come out and take Phylo (Foilie??? 191b). It is a little tube available on the counter. Take that little and rub it in. You will not have a big bump. These are home remedies of New Mexico. Foille they call it. Fylo they call it, God knows. Doesn't cost much. It's a just little tube which is highly effective.

All right now, welcome you all. Who is who among you? Those who have come from Europe raise your hands. Good.

Now East coast. Ooh. (Slight laughter) Midwest. (Laughter and SSS chuckles due to the rather small number!)

And West coast. Canada and Alaska, consider the same. People from Italy, Italianos.

All right, you are all welcome. Just remember this was my introductory lecture, so I am very nice to you. You should be nice to me. What we are going to achieve in this is for week right? One week?

SS: Two weeks. Two weeks.

YB: Two weeks. It doesn't matter. What we are going to achieve in this is the processing of your caliber as a woman. Processing?

SS and YB: ...of your caliber as a woman.

YB: And it has to be inter-psyche, and you have to have internerves correction. And you have to have also to look at your very facet as a woman. And you have to also re-fix your adjustment as a faculty of woman. All this I have to complete within these two weeks. There is no profession in the world can help you if you do not become professionally a self-help. That is a must.

Now, put that tape on. Harbhajan Kaur is gone, right?

S: She's here.

YB: She is in the class? Tomorrow she'll play. Chelo, play her tape.

(Tape: "On This Day" by Haribhajan Kaur is played.)

YB and SS: Saaaat Naam.

May the essence of the spirit which took the shape of the body in human be bright, beautiful and bountiful. May our essence of weakness and fears may be subdued by our power and the light of the spirit on which we must develop a confidence.

May our surrounding be that of joy and happiness in gratitude to the fact that God created us. Our Lord Creator created us to enjoy His creativity.

Let all there is be in abundance with us if we look at all as there is ours in heart and head forever. Sat Nam.

SS: Sat Nam.

YB: Go home. It is over.