

MEDITAZIONE:

**ES027 900823 Intonate il vostro Se interno con il vostro Se Esterno  
Questo è Partahar**

**3 minuti:** Mettete le mani come quelle di un a pantera a fianco del viso ed avanzando verso l'esterno le braccia di circa 10-20 cm. Pronunciate HAR, dall'ombelico, buttando fuori tutta la vostra rabbia.



**HAR**

Con rabbia dall'ombelico, forte buttate via, fuori la rabbia, .....andiamo, andiamo, continuate, aprite la bocca, aprite la bocca, HAR; HAR, forte, potente,

17,20 ispirate e pressate la lingua sul palato .... ed espirate

Adesso viene un esercizio veramente difficoltoso da fare bene, state attenti alla posizione, deve lavorare sul campo magnetico in una maniera precisa: con le mani di fronte al naso, palmi in fuori, pollice destro avanti e pollice sinistro dietro senza che si tocchino, e semplicemente fate vibrare i palmi delle mani a destra e sinistra in senso opposto (criss-cross) di uno due centimetri, incrociate le mani velocemente, più che un movimento si può definire una vibrazione

**6+2 minuti:** 20,33 Muovete velocemente, andiamo muovete velocemente, le mani sono all'altezza della bocca



Dopo 6 minuti,

**2 minuti** 26,15 adesso tirate fuori la lingua e fate respiro di fuoco dalla bocca.

Andiamo, andiamo ....

28,12 Ispirate e pressate la lingua sul palato e rilassate

**3 minuti:** Ora riprendete la posizione del primo esercizio e create un circolo di circa 20 cm. Di diametro con le dita come se steste nuotando a stile libero. I cinque tatwa fanno un circolo, le mani si muovono non insieme ma quando una sta su l'altra sta giù e ruotano nello stesso senso.



Dopo 1 minuto e 1/2 cominciate a recitare **HAM HAM HAM** per circa 1 minuto ancora ed alla fine ispirate e rilassate.



out, bunch of very beautiful opportunities and beautiful people with all the talent, but idiots. And you know what was doing. It was like a bunch of frogs in one pot and knew that pot, if they stay in that pot, just stay in that pot the pot will turn itself to gold from iron. They knew it but they were jumping and they were just delaying it. And one day I just got very mad, I told somebody I said, "You can become a card shark, cutter distributor or you can own a casino, what you want. I want to have casino. I said, "Then shut up."

Because everything in your life is based on one word, mission. Just remember whether you know it or not it is not my problem. You have a mission. And everybody has a mission. A prostitute has a mission. A saint has a mission, a president has a mission and a very perplexed situation where person is very handicapped, depressed, whatever but there is a mission. Yeah, sick person has mission to become healthy, healthy person has mission to become rich. Rich person wants to be recognized. Recognized person wants to have ecstasy. So there is a mission. You like it or not there is a mission. So long.

You know New York I got very insulted. Swami Booha came and asked everybody who breathes in you? Am I am going to ask the same question and I can't believe after twenty years you can't reply it. Everybody told me. I knew it, I knew it. I said, "Then you would have said it." Who breathes in you? Come on let us see the joke. The atman. Breath is by the soul. The moment soul leaves the body you shall not breathe. And it is not recommended positive or negative. It is the way it is. Understood. So, if you spend your whole life and earn six hundred million dollars, asset and you are eighty two years old and then the death call comes a year ago and you ask, "Give me two hours I give you six hundred million dollars." Will you be spared? No, you won't be. So the breath of life which is priceless, given to you. You did not create a balance. You created only earth security.

So you are made of five tattwas. Five tattwas must have balance if you want to be happy. If your five tattwas have balance then your presence will work, opportunities will surrender to you. Otherwise you will be a con person, disturbing sharp carding and gambling in life. Sometimes you will be successful, sometimes unsuccessful. Sometimes you will be accepted, sometimes you will be rejected. This game shall continue. That is why Sikh religion is a better religion. You do not understand what Sikh religion is. Well, let me tell you. In religion you should be pious, pure and elevated and positive and blah, blah, blah, blah. That is what the religion says. Sikh religion is a very cut throat simple straight line between two points. It says go by the dictates of the Guru and leaves everything to the environments to elevate you. Don't even make an effort. Because if you live by the tested wisdom you shall not fail. If you live by wisdom you may, you may not. And that is the conflict among us. We want to not to live by tested wisdom, we want to live by our wisdom which we tested. That is the conflict. "Nit juna, kina mit juna." You want to live everyday or you live for the sake of. If you live for the sake of Guru's words you will have no problems. In my twenty years there are people whom I said, "Live by guru's grace." And they literally followed it. Their whole method has been settled properly and there are some people whom I have said the same thing and they are still hustling.

I met a person exactly after twenty years. He is very fanatic, highly devoted, dedicated, extremely intelligent, engineer by profession. Still were asking, how can I make money. It shocked me. Same question he asked me twenty years ago. He asked twenty years ago same question. People get hang up and in that hang up they do not know what to do, what not to do.

My idea to teach these classes in the ashram is to give you something for your sake. Because if you drink wine, it must give you some experience, otherwise you will never drink next time. If you do sex, it must give you some release otherwise you will never do it again. If you go to a food, you eat some food. Any act in life if you do not enjoy something out of it, you will not do it. If you do it second time, may be in force, third time you will not like to do it. Same way a religion. If you do not experience reality it will be just a paper tiger for you. It won't work. You cannot work a religion. Religion has to work you out.

Sometimes I tease my wife. I say, "How many books you have to read?" She said, "I have to do this." I say, "In this book is this?" She said, "When did you read it?" I said, "I just look at them."

I know my personal experience. I have never tried to study anything. I don't bother. Somehow I know. I don't know why I know. And I want you somehow to know. No, no, this. I was a football player, hockey player, this player. Actually that education. Call it education didn't bother me. I just went, touch the book, prrr, prrr, oh this is this. This theory, this, Yeah, okay. You have done the science experiment. This is what you did. What was the result of this. What was in the book this? When the examination, chop it out, one, two, three, four, five, six, eight, out. And then I will sit like this. He will say, "What is wrong? You can't solve question." I said, "There are only eight to solve. I have done it." But because the interval you can't leave. So I have to sit. He said, "You did it all." I said, "Yes." I said, "No, no, I am going to pass anyway."

You have that capacity. That when I say don't eat, don't do that. So that physical capacity, tattwas, can match up your "satya". "Satya" means your energy. Your identity, personality and projection when comes under truth, it builds a "satya" that penetrates all shields and brings you the opportunity on a silver platter. If you are contained and constant then it brings you with a gold platter and leaves the platter with you.

What we are going to do. Look at this. Instruction given by Siri Singh Sahib Ji, for Thursday, attend the class. Come prepared. For twenty four hours previous to that night class eat no other food, but papaya, cantaloup and pineapple. That was for specific organs in your body. And you will make a right choice. That is absolutely correct. Any combination of these are okay but these foods only, enjoy. Pineapple is called ????. "Anna" is which kills the body and "naas" is that which destroys the "anna". So pineapple

that which kills the body, killer. It is a killer. It takes away the mucous from your body, eliminates it. It is a killer, it kills what kills you. That is why its name is "annanaas". Only drink water, not even yogi tea which is rare for me to say, but I said it. It is a very restrictive situation. It is okay to do water only, but if you can't do for some reason, do the fruits. If you can't do these things and it will not be a class for you to come. Don't come to a class if you can't do this discipline. If the class will clean the toxins out of your body, don't bring your friends to this class. Tell them these instructions. These classes are not tough just for gathering but for experiencing. But anyway, all of you have come. I will just change your metabolism to be very. I can do a lot of mischief. This was homework to see whether you obey or not, otherwise I can do what I want to do.

All right, now these are your hands, make the claw. Out of the hands make the claw and just do this and breathe with your mouth, open mouth. It is just an attack. It will do for "annanaas" in fifteen, ten, twenty minutes. This is what you have to do, now we are eating "annanaas". We are killing our plaque. We are changing blood chemistry beyond our control so be careful. Take the five tattwas, hand and make it a claw. And claw should be that of an eagle. When eagle comes and picks it up that claw and this should be the same and mouth should do like this. I am going to do it for you, watch me. See my eyes. Make a deadly face. You know, you know, you watch. Attack, watch attack. Get angrier, angrier, angrier and your worst anger. Think of some dirty angry thought. You want to help or not. Get angry. The only way is to get angry. Kill from you all the toxins. Use the force. Your life to kill the life which kills your life. Come on, come on, do it right. Open mouth, open mouth. Open your mouth, attack, attack, don't hold. Inhale and press your upper palate with the tongue. Upper palate, press it hard, breathe out. Now breathe normal. Relax few minutes. It is just to cover those who didn't eat "annanaas". Then next comes the papaya. Anybody feels dizzy. yeah if we would have gone about three minutes more you would have started getting labor pains. That is exactly that it can do. It is not a small thing. I am not kidding with you. I never teach something which I have not experienced. Never. I have met a lot of religious people, a lot of people and everything. I know I don't have time for bogacity. And I know religion is a very, very long tale bogacity because they want to grow you gradually, slowly, cook you right and then you can become religious. Because as a religious person there is a responsibility not to take you up because the fall will be even deeper.

You look at one religion Judaism. It is a very classified religion. I like it. Everything is detail. Hinduism, everything is pictorial. And Islam one simple thing. Allah, and rest you do whatever you want. Simple rule. But what I am trying to explain to you is that that is all religion trying to graduate you through time but there is a one way. It is a union, that is a yoga. It unites you with a reality by not a conflict and by not confrontation and by experience. Religion teaches you by confrontation. It confronts you, it challenges you. Are you spiritual. No. Become so. Religion teaches you by confrontation. It has to confront you. That is its job. By gradual confrontation, it brings you to the religious understanding. Whereas yoga unites you with reality, fast enough. And that is why in Sikh dharma there is a blend of a soldier and a saint.

You see this. This is a magnetic field. This is very difficult. You know this must not leave like this. It must move within this and tough, very tough, very stiff, like iron stiff. It will start hurting. It will kill arthritis, bet with me. Here tight. See, like these two cups, tight and if you even put a hammer on my hand nothing will happen to it. It is so tight. Move fast and within that range, tight, like this tight. See this circle. You can watch my circle. It is very perfect. When I develop a tendency of arthritis because I drank a very costly water, bottled water, foreign water, very educated water. It developed, great water, it developed in me arthritis. So I had to kill it. I did this kriya for forty days every day, move. Papaya helps the liver. Come, come, come, move fast. Look at me I don't separate them. Within that range, move. It is an electromagnetic field. It is like a big heavy acupuncture. You have put a needle in and then you have put electric with it so it vibrates. It is exactly what you are doing. It is no different. Faster you move and tighter your hand will be you will start enjoying it. Because it will start killing in you anything which is detrimental to your bone structure. All fluids which you have in your body which are going to kill your joints and are going to hurt your bones are going to adios. Move, move, move, move, fast, fast, fast.

I have found a new dish folks, if you can make a beautiful spaghetti sauce and make a perfect salad and pour spaghetti sauce on it and eat it. God, it is Italy, Canada and Japan together. I did it today. It is a fabulous. It is light, it is very good. But if the sauce is really hot, it really makes a difference. Make a good big plate of salad, big bowl, not small one and take a very good sauce made and pour it over. And start eating it. Fun thing to do. And same way you can do with that stuff, what they call it, pesto, pesto. Move, move, move, move God's sake. Fingers must be strong. Make claws, lions claws. I just want to change your metabolism. I am not trying to do anything yet. Class has not started. It is just feeding you. I will teach the class. I promise. Okay your tongue totally out and straight. Down no, this is down, this is up, but straight. And now breathe through it and move. Quick, quick, breath of fire. Not round, round is cool, open mouth. It is open mouth class, understand. Fast, fast. We are cleaning the garbage. Nothing to it. Your tongue must not drip, that much heat you have to produce. It will drip if you don't do it right. Come on. All right now inhale and press the upper palate with the tongue. Tight, press it upward and now relax. Just relax. Now it is very easy. Now we have to deal with the canteloup.

If there is not zinc and then there is not copper and if there is not copper. If there is not copper then there is not this. You know these are a lot of things and now are you normal? Can we do this? Okay you see your hands. Watch this. Create a circle and keep on tightening, keep on circling it. Circle. Just circle, the five tattwas in a circle. If you create a proper movement you will have all one

hundred and eight elements of your body balanced. That is what it can do, just little thing. And that is what actually canteloup does. Cantelope. Come on, do it, get into it. No, no, just there. Not this. This, just right there. Right there the machine works right in you. Pinky to this should be equally tight, tough. Come on, come on, lets be good enough. Move, move, move. Okay now create the sound, Hum, ha, hum ha, hum ha. Inhale. You are so good. Relax. I don't want to even hold breath.

Now we start the class. I have your permission. Now sit down properly. Check your butts, it should not be hurting. It should be perfect and legs must crossed in a way that you don't have to stop circulation, etc., etc., etc. All right ready folks. Put your eyes on the tip of your nose. Test out your breath. We will go gradually in stage by stage. Spine straight, chest out, chin in, equal weights on both butts. Very important. You always sit putting weight on one side, the other side, then your socket. That bone from the socket comes out. Then what they call it, change of the hip bone. You cause it. So sit equally well. Now take the pinky and this thumb, mix it and set it very properly like this and sit very straight, casual. Eyes on the tip of the nose. (Pavan, pavan tape is played) Move the navel. (SSS plays the drums) Create a sound at the navel. Go that way. Move the navel like in sat kriya. Pull with every beat. It will give you experience. Don't worry. Inhale deep. Deep. Hold the breath and move the navel as fast as you can. Let the breath go, inhale again. Hold the breath and move the navel. Fast. If you have done sat kriya it will work out perfect. But not right now. Let it go. Inhale deep again. Hold it tight. Push the navel forcefully and fast. And relax. Relax, relax, relax. Good. Please stretch your legs and get ready for the final endorsement. Is a good thing. Hurry up, hurry up. It is not hard anything. Just to bring you equal with the earth and have fun.

Just remember if you do not know. If you do yoga or not, I am not worried, you eat meat or you eat trees. I am not worried. You jump from the roof or you take a. I am not worried about anything. I am just worried one thing. If you do not have the capacity to create inner energy, the force, the power, the endurance to meet the outside challenge you will be in pain. Just about, You will be in pain, just about. And then if you say it you will be idiot. If you don't say it you will be mad. So what is the choice. And I am not talking of you. I have met people who have millions and millions of dollars, rich as anything and they are in so much. Bigger they are, bigger is their pain. One of them is Donald Trump. Publicly you know. When his wife married him she thought she got the best of lot. And now she feels she got the worst who knows.

Idea is not good and bad is continuous. Whether we have the endurance or we don't have the endurance that is all. If you have endurance you have patience. If you have patience you have pride. If you have pride you have dignity, if you have dignity you have divinity. If you have divinity you have grace. If you have grace the opportunity will come to you like as you can't believe it. Otherwise you will be poor, doesn't matter. How much wealth you have you will have no satisfaction. Ten thousand, twenty thousand, hundred thousand, million. Ten million. Learn it from the Hunt Family. One day they hunted everybody. Today they are being hunted. True or not. That was the richest family. See what happened to them.

Have you seen these hands like this and can you dance them with your own movement. Now this is the ring, this is called the crescent, moon. You make a moon out of it and you dance your hands. Look, look, learn this dance. It will be on the pelvic bone, it will spine, and the rib cage will balance, shoulder will move and it is a very gentle and authentic and give the drum beat. You have come on time you will be all right. Next door to you is Guru Terath Singh. He is very attractive. Sit down nicely. (Punjabi drum music is played) Dance on all the 36 degrees. Very gentle postures you have to keep. You feel like bursting out but now. Move the spine, the pelvic bone, the rib cage. But the power should come from the balance of the hands. With the beat, tongue inside. Tongue in. Wahe guru. High and low. Wahe guru, wahe guru, wahe guru. Move with the rhythm. Let the control go. Hands higher. Relax and use the loose movement. Bravo, bravo, bravo. Silent, silent. Now play with the universe with your hands. There is a ball of earth in your hands and you are playing with it. Fold your hand at the center of the heart. Try to rise and sit back and straight up. Raise your spine back and forth. Very slight movement. Hands solid, palm must meet with palm, fingers with fingers. Spine, adjust spine. Very slow, very solid. Vertebra by vertebra. Long sat nam. Inhale deep. Saaaaaaaaaaaat Nam. Inhale and totally go silent inside, outside. Synchronize to silence. Breathe very slowly, extremely long and extremely slow and perfect control. Try to silence yourself, your thoughts and your body, your earth and your ether. In the breath of life should be very long, very deep, totally controlled and extremely slow. If you can do this partahar, extreme from the valley of the "Partahar", synchronization lies the gates to heaven. Inhale, exhale, shake your hands and the body. And the body, shake it well. Hand and the body, shake it well. Relax. May the long time sun shine upon you....We are going to have class Thursday. If you really want good result, you have to eat a food which can consist on barley, garbanzos and period. Garbanzos, barley and this thing what we eat corn. Carbohydrates diet. Half yogi tea and half milk and those five things. Half yogi tea, half milk and those five things. Cayenne, nutmeg, but nutmeg don't O.D. on it. I am warning you because it is not right. Cayenne, nutmeg, black pepper, black salt, cinnamon, cardamom. As salt to taste. But it has to be black salt. You can make a chapatti or kind of a pancake out of the besan. That will work. Put these ingredients. It is very tasty. Believe me or not. You can have corn chapattis if you want and you can have barley drink, mix this stuff in it. It is extremely tasty. Taste wise you are in shape. Control wise you will be terrible. Yeah, yeah, you will lose lot of weight and you will feel very light and extremely and you have to use that for seventy two hours. So when we start with that actually. It is next week. Onion, garlic, ginger they can eat as much they want. That is not my problem. Those three roots you can eat as much in those pancakes, you can use them. But you cannot use oil and you cannot use ghee and you cannot use cream. But you are permitted to

use olive oil virgin. Cold pressed. Nothing else. I mean nothing else and don't start drinking it by ounces. Just a very reasonable quality, just put things together. I know once I gave somebody diet. He became very healthy and he got scared that he is losing weight. He started drinking straight a pound of that virgin oil. This is a very delicate diet. You will just find very balanced. It will sharpen your mood and lot of your cell deficiencies will go and then we come. Water as much as you want. And when we come Thursday we will have a good class, a good class to balance our energy centers. All right. Come prepared. So when seventy two hours starts when. Then Tuesday, Wednesday, Thursday. There are two Leos, Shanti is a Leo and this Sat Nirmal. They both gave me equal sides of the Buddha and I have to put them under that lif tree. Thank you. Go home, have fun.