

LA889 961010 Uttar Kriya Renew Your Body

Tonight exercise is very harsh. That's why I gave you all these preface. But you must do it. You Must Do It. Do it for your sake. Not how macho you are, it is how good you can do and how much you love yourself. That's the purpose. Purpose is not to put you through suffering. But, it's good you should suffer. All right? Come on, rest I'll do it. It is called '**Uttar Kriya**,' **it's a very ancient, very sacred Kriya of the yoga**. And it is very planetary situation, it's not that I and you can do something. It's our body, you see? Our finger should be just normal where my hands are. You see this weight on my hands? And if you feel the weight of the hand you will feel the hands have their separate weight than your body. When you are active and not considering, then hands have no weight. But once you start doing this, it's a weight. And you know, you see? Stop here. Look, look, look, there is a angle. You start here. Here to here, there are six inches. You weigh here and you do, then go and then come down. And then go and come down. Could you do that? This will open up your chest cavity, it will totally adjust your shoulders, it will adjust your entire neck, it will give your blood the system, it will make you sweat in **your armpits, the garbage of the brain will come out**. Come on. Just like that, just like this, just like this. **Kriya 8 minutes:**



Put up a tape so they can do it rhythm.

Big machos. **watch my muscles, wow. It's a simple exercise, here you cannot stop here. Now come down, then again. Again, come on.**

(The tape, 'Har, Har.....' is played).

YB (talks over tape): Loud, loud..... **With each Har work....** I am older than you, I can do it. See? Come on you machos, I am looking Do it fast..... Your spine will be adjusted. Young man..... **Harder, harder..... Hard, hard, hard.....** You will love it.... Open up your heart..... We'll do it eleven minutes. Very good, very good, **keep the rhythm.....** This is the best exercise. No brain problem, no heart problem, no stomach problem, no diaphragm problem. What else you want? . Power, use the power..... Come

(The tape continues). YB (talks over tape): Sweat, sweat, sweat Very good, very good, keep up..... Get into it, move your energy..... Sweat for God's sake..... You have three minutes to go, work hard, you have already done it, two third of it..... Harder, harder. You must experience tonight..... Come on, come on..... Come on, last minute. Harder, harder, try it.... Standby. Inhale deep. (The tape stops)

2° Kriya 3 minutes:

YB: **Put your hands like this please, left under right over and steady and breathe normally and close your eyes and pull your navel in and navel in, push, push, push as much you can, just work hard. It will totally renew your whole being.**

Eleven minutes of that exercise and three minutes of this can make a dead person live healthy. It's one day, it's guaranteed.

Yoga is not a stupid game, it's a science. And it's not achieving high or low, it is being healthy, being happy, being holy.

Now sit in that balance and absolutely meditate and bring energy out of your navel point, pull it in and keep it in as much you can. You breathe normally as long you can. There is nothing to worry. Three minutes only. **Three minutes get your original pure energy. Your navel point, the belly button which is, is the point where you have a cord and you lived in the womb of the mother without**

breath. So you can extend your life, your energy and your purity and power, just pulling it in. Just cash it. Just cash it.

A minute more, cash it. Be strong. Arrey God is within you, not outside. Outside is yoga where....

Pull, pull, pull the navel for a minute more. Thirty more seconds, that's all it is.



To end



Inhale deep, hold, turn left,

turn right,

breathe out.

Inhale deep, hold, move left, turn left, turn right, breathe out. Breathe in, turn left, tight, turn right, tight, breathe out. Again breathe in, now go all the way tight, turn left, all the way you can do and turn right with power and center and out. Relax.

Now tell me how much bad it is. This you can't do? That's all it takes. You will have no clog of arteries, will not have a heart problem, you will not have a stomach problem, you will not have a brain fatigue, you will not have a neck problem, what do you want? For eleven minutes. You will sweat. And if you sincerely do it, your armpit will sweat, that is where the garbage comes from the brain, residue. As simple as that. And then, left in, right out, pull the navel in and bring the energy so that your whole body can be good. It doesn't make any difference. Yoga Shastra says one who does this 'Uttar Kriya,' call of the body, uttar means answer, uttar means also north. Whosoever, uttar means north, uttar means answering. Uttar deyo, uttar jao. Uttar jao, go to the north. Utter deyo, give me the answer for this. Whosoever remain young. This is the Kriya given to presume youth. kill the rhino, take his horn and powder it and eat it and it doesn't anything. The power is within you. The faculty you only can decide you. I and we and you gather here to help each other. I know the system, you follow the system, you practice the system, it become your system. That's all. It's nothing a miracle I say, gili-gili-gili-gili-go and you fly away and gili-gili-gili-come, it's nothing. It's totally ridiculous people who promise you that without you you can be anything, they make fool of you.

Once a very beautiful girl, I love her very much and I still lover her, she brought me five thousand dollars, record of two hundred years. And she wanted me to listen. I say,

"What do you with it?"

"Oh, I want you to listen."

I say, "Each, I will listen to each tape, I'll charge five thousand dollars."

She say, "Why?"

I say, "I don't want to listen to this garbage. But if you want to make me to listen, my time is very valuable, I'll listen and I'll sleep and you can play it, but I'll charge five thousand dollar."

my idea was, I was not willing to listen. Two hundred years of the past. Somebody has seen it. She was a goat, she was this, she was sacrificed at that temple, I mean to say, somebody makes up a story. You do not remember four days ago what you ate. Why you want two hundred years story? And what you want to know tomorrow, I have the best astrology in the world. It's not a one astrologer in this planet who has studied from the great master. There are books on numerology which I taught. But the question is, is it essential part of life? No. It's not. I can read a palm, I read a person like a book. But why should I do it? What's the idea? We have come to live and let us live. We have to be, let's be. That's the fundamental avoidance of the waste. Let us not waste ourself. Let us not be afraid, let us not be hyper, let's not be fanciful, let us be realistic. Deal now and now only. That's essential. That's a essential faculty of the human. You want to be enlightened? Don't be emotional, don't be commotional. Don't be fanciful. Don't be non-realistic, just be. You are enlightened. Be here and now and face the fact with the best of you. What enlightened person does? This is not enlightened. is not enlightened. Yelling and screaming is not enlightened. Just be. Why? Why? Because God made you to be. Did you decide it? Is there a application on which you have signed that you are going to be six foot one inch? Have you decided? Have you decided you will have five fingers? It's commonly known that man has five fingers. Some have six, sometime. Some are born with one finger missing. And that's called abnormal. But if you are normal, then first lesson in life is be normal. I am telling you painfully, I was a yogi, I had all those occult powers. I have seen them, I know how damaging they are. For God's sake, never waste time on it. I have to go to Golden Temple four and a half years to wipe out those floors and pray and pray and pray and got rid of it. It's not worth. The only worth is that you be you. And normal you. Not clever you, not crook you. Not even wise you. Just you. The wisest thing of you is be you. Be you, then everybody can trust you, everybody can