



# Adano Ley

## Transcriptions

### 1970s - Vol. 2 of 2

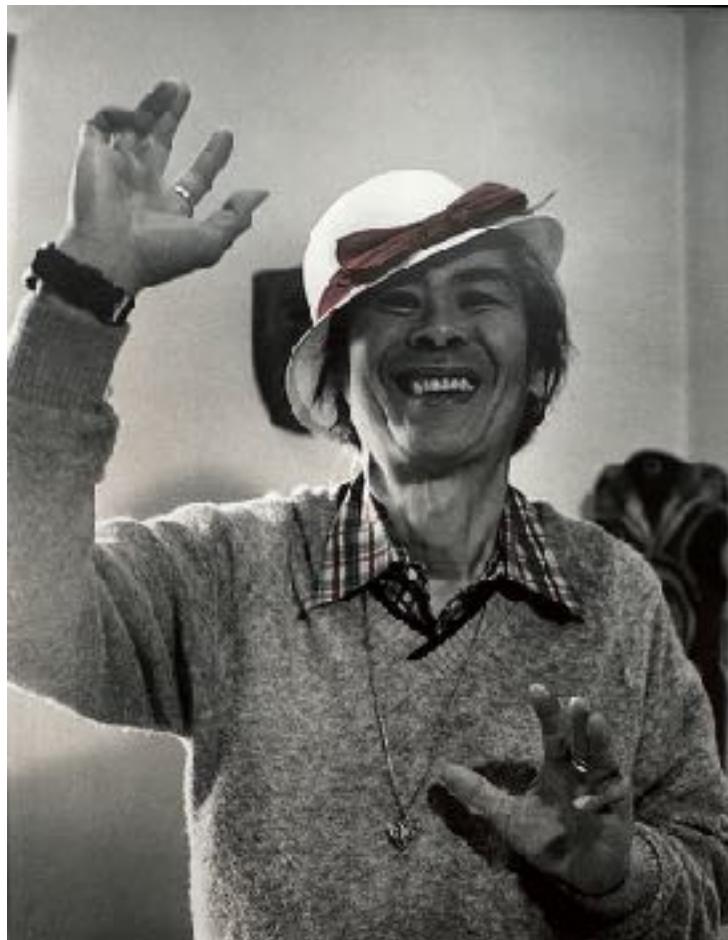
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These are literal transcriptions made from a man speaking from higher consciousness without regard for modern grammatical structures. The recordings came from a variety of sources, in a variety of recordings, and therefore vary greatly in quality. Q1 are from the best quality recordings down to Q5, the worst.

### Adano Ley Biography

Swami Nityananda Saraswati, the Rev. Adano Ley, N.D. was originally from British Guiana, now Guyana, South America. Adano was born on December 9th, the 7th child of 10 near Georgetown, British Guiana. His parents were prosperous traders in raw materials and operated a general store in the village that his grandfather had helped to build out of the jungle when the British were opening that territory. At first in training to become a catholic priest, he was told that he was too much of a mystic to become a priest. (Adano told me that this problem came to a head when he asked the parish priest who was teaching him why all the books about the saints were not available to be read by everyone, whereupon his mentor replied that that information was not taught to the general church body, but rather the catechism was taught, and that he (Adano) was a mystic. Adano said he went home in tears, and told his father that he was a misfit!) So at the ripe old age of 7 (!) Adano was apprenticed to a tailor since his father insisted that if Adano did not want to go to school (Adano said, "They can't teach me what I need to learn"), then he would have to work! As luck would have it (Good Karma?) the tailor was from India and had an extensive library of the world's religions from which Adano was freely able to draw. Adano's father had a guru who foretold his life in America ("He will go to the Red Man's Land") so upon completion of his early studies, at the age of 15 he was given his father's inheritance and moved to the United States. He went to work as a technician with the RCA Company in New York City, making his home with relatives. Later he went to Canada to be on his own, eventually opening 2 restaurants in Montreal. (I once asked him, "Well, where did you learn to speak French?" And he told me he would go to the same restaurant every day to eat and point to something on the menu and ask what it was until he learned enough to get by!) While living in Canada, he served as director of the Self-Realization Meditation Center in Montreal. In this position he taught Yoga and meditation classes for a number of years, under the guidance of the great master, Paramahansa Yogananda. In 1955 Adano fell off the roof of a building and as he was falling, he was given the opportunity to choose death and rebirth or to remain in the body in a life of service. Consequently he was hospitalized and in a body cast for a year and 9 months as a result of some 90 broken bones. During that time he went through many spiritual tests which culminated in his decision to travel for 7 years to follow the spiritual disciplines indicated in the first 10 Chapters of Matthew. This led to extensive on-site research on the prayer and healing techniques of the North American and Canadian Indians. He also spent time in Mexico with the Mayan and Aztec people, working in these areas of study. He was eventually made a blood brother of 2 American Indian tribes. In 1969, Adano received the title of Swami Nityananda Saraswati. This event took place at Southern Methodist University in Dallas, Texas. Swami Ananda Saraswati, of New Delhi, India, who was one of Mahatma Gandhi's foremost aides in the movement for India's independence, performed the ceremony and ordained him Swami Nityananda of the Saraswati Order. The Saraswati is an ancient Yogic order, and the name indicates a spiritual path through knowledge and wisdom. Nityananda means spiritual attainment through mastery of the fundamentals of truth. (Adano had meditated 8 hours daily for 21 years and had spent 5 years in solitary yogic retreat in the Mojave Desert of California before receiving the honor.) At least once during a Satsang, Adano revealed that "Nitya" actually means The Void, or Nothing, and that "ananda" means bliss. Consequently he often spoke about "ever new Joy" as being the mark of a spiritual person. It is also how he got his name, Swami Nitty Gritty! Also in 1971 Adano founded the All Faith Fellowship in Tyler, Texas. A non-profit, non-denominational group studying the laws of life and soul growth, the ashram attracted devotees from all over the country to study and meditate. Many of Adano's students were trained as therapists during this time. While continuing his work and teaching Yoga and metaphysics, as well as lecturing around the country, Adano also acquired an N.D. degree and was a licensed naturopathic physician as well as an acupuncturist and acupressure therapist. He was the Teacher and director of the Adano Ley Clinic, a

center in Houston, Texas devoted to disseminating holistic preventive health therapies and instruction in self-transformation techniques. It is here that so many who could not find help through traditional avenues found their way to health. Adano's motto was, "Live to Live, don't live to die." The clinic was open to anybody who needed help for many years until Adano made his Mahasamadhi on October 11, 1989.



Adano Blessing Mother Earth

#### 1972 December 14 - Sermon On The Mount

Adano72\_12\_14SermonOnTheMountQ3 - Well for Swamis this is not a lecture, this is what we call Satsanga, fellowship with truth, and at the Satsanga three things are occurring. One we have a physical contact, two we have a psychological/mental contact, and three we have an extrasensory contact. Before we can actually start a Satsanga we have to calibrate our mind so let's calibrate our mind for a few moments, shut out the restlessness and the tension of the day before we actually attune our consciousness to what is being spoken tonight. (Short meditation). Thank you. The Sermon on the Mount is one of the most potent discourses that the Master Jesus gave while He was in the body but in order to understand it, we have to understand why you work with a Master, it's not just a mere teacher. There are many translations of that sermon, the King James version, Modern English version yet each one seems to be in contrast with your modern day english translation but we'll see some interesting facts why King James version for the mystic takes precedent over all the modern versions because it

actually has to do with the men who were mystics at the time translating it, the modern versions do not have the mystic mind, they have the literal mind and the intellectual mind. In the King James version the first words of the Sermon on the Mount is the normally called the Beatitudes, attitudes of how to behave. From the mystic point it says blessed, that's the very word they use "blessed," the first word, "are the poor in spirit for they shall inherit the kingdom of heaven." The new versions go as "happy are the poor in spirit for theirs is the kingdom of heaven" or heaven belongs to them. Now it may seem that we are saying the same identical thing from the intellectual or from the literal standpoint but in actuality we are not saying the same thing from the inner reality of the truth. On the scale of your emotional growth above all tones of consciousness from your negative levels of apathy or self-destruction right down to the cosmic awareness, the midway point is called cheerfulness. The next level above cheerfulness is called happy, above happy is joy, above joy is contentment, you see how far we left happiness? We haven't come to blessed yet and the next level up is tranquility, serenity, then blessedness or bliss, the primal state of pure ecstasy with the Divine, in all the feeling that the human consciousness can cover in the range of awareness. So modern man is selling himself short by taking the word happiness in the place of the word of blessed, the reason being that the modern man who is translating does not have the true inner experience of the spirit. If he did have the true experience of this the spirit, he would not change the word blessed for happy, he would not exchange. Blessed it is a consecrated state, a state in which the highest feeling possible can be conferred upon Being and that state is bliss in feeling, you have to feel bliss, it has to be ecstatic. Now Mr. Clark said tonight when someone asked me what is the difference between a mystic and a psychic, I said a mystic is one who adheres to the Will of the Lord, there is a big difference in this because it has to do with the word blessed, adhering to the Will of the Lord. If someone asked you to bless an object, what would you do? You went to a priest or minister and says "please bless this object," that's the present tense, what would the priest or the minister is supposed to do, can he say "happy plant, here he belongs to you now, go with peace now you are happy, I'll make this thing happy for you?" You see the (inaudible)? But if he goes to bless it, he would have to consecrate it, he'd have to bring his consciousness into focus and alignment with a higher principle and thereby use his body as a vehicle for transferring energy, vitality, spirit power. Now the Master Jesus said "blessed are the poor in spirit" but the word is spelled s-p-i-r-i-p using the little s and not the large capital "S." Spirit has two functions, spirit that flows through our five senses and spirit that flows through our intuitive nature or extrasensory nature. When it flows through the five senses, spirit is egotistical, highly charged with desire, highly charged for attachment, and possession therefore that little spirit is constantly trying to impress, trying to hold on, trying to accumulate, trying to dominate. Now if the Master is speaking of the Divine Truth within Man, He could not say "blessed are the rich in spirit that they will inherit the kingdom of heaven," heaven being a state of total Cosmic Being, Cosmic Consciousness, Cosmic Knowing, inheriting means coming into complete alignment with it, total authority in that state because no person living in a state of complete desire for the material world utilizing vitality and energy and trying to attach himself to his lower nature can actually achieve Cosmic Consciousness or inherit that state of awareness. The very first attempt to Divine Awareness would be to deprive oneself, to deny oneself, to renounce oneself from such levels, do you see now the need for the word "poor?" Poor means to be detact and have a lack of, a lack of the lower spirit and a craving now for the higher spirit, the higher power that goes through by Divine Will, not by the ego will, not by the carnal will because Divine Will rules us all. 0:10 The ego will can make us do tremendous impressions to manipulate others, to impress others, and try to be important in the eyes of others but Divine Will does not do that, it allows us to face our responsibilities and make corrections and thereby living in harmony with the truth inside of ourselves. So if we are poor in ego will then we will be rich in Divine Will, if we are poor in the carnal drive or the carnal nature or the lower nature, the sensory nature of the five senses, then we will be rich in the extrasensory nature of the spirit. If we are poor in the search for mediumistic studies, the acquisition of familiar entities could impress others with our superiority, we would be acquiring the whole world and losing our Soul and "what it profit a man to gain the whole world and lose his Soul?" But if we don't crave after those things and we don't possess such things and we find ourselves divested in it then we are truly poor in that type of spirit for the first

time, we have come down to a condition where we are rich now in the highest spirit and poor or lacking in the lower spirit, in the lower drives of this mechanism, in the lower emotional levels of this nature. Once we understand that then we are entitled to what is meted out to us by the Creator, we will inherit the kingdom of heaven. This is the law of action, for every action there is a reaction and the action that we must generate is to be poor or renounce in the cravings of the real world and rich in the Divine Consciousness in the extrasensory world. Eastern philosophy show us the same in that very same attitude in the pursuit of the Divine Spirit, unless we are detached they say, we cannot have Cosmic Consciousness so they say desirelessness or non-attachment is the avenue or road to God realization and once you have achieved detachment or desirelessness, you are truly blessed, you are truly elevated and consecrated in consciousness, you cannot slip back so the Buddha said you must obtain nirvana, you must attain to that pure level of complete ego detachment. Now we say the beatitudes are attitudes of how to be and here we are seeing what is the true approach for the spiritual person in terms of what the Master Jesus is saying, not in terms of the literal or the intellectual view of it. In the literal we would say the poor in spirit means someone who is lacking spirit, having no drive and when they are poor in that then they would inherit the kingdom of heaven but since no man can own heaven, how would he inherit it? God has given us the power to have dominion over the universe but not ownership and when you inherit something you own it so you see in a literal sense it does not add up. In the intellectual sense the poor in spirit would mean that you have denied yourself everything pertaining to spiritual studies and you are seeking now inward humility, you are removing from yourself any type of sensation that would pollute the spirit therefore when you do that, you will inherit the kingdom of heaven. We can't inherit the kingdom of heaven that way because the kingdom is not a place, it is a state of being and this state of being is called illumination or cosmic consciousness or freedom. Jesus used another phrase when He said "Seek the truth, the truth will make you free, free man or lord of yourself," He was saying exactly the same by telling us to be poor in spirit so that we can achieve this freedom of ourselves, we can be identified with the spirit that way but it's the extrasensory experience of the mystic that tells us what the real truth is, why the word is blessed and not happy, why poor in spirit is truly aligning ourselves with Divine Will and detachment and the inheritance of the kingdom of heaven is total awareness because the mystic or the Saint or the realized person is the only one that can vouch for the highest experience on the scale of emotion of what occurs inwardly in an extrasensory way. We see with our five senses and we think we see everything with the five senses and then we begin to envy those who seem to have a little more of the five senses that can do a few little tricks like clairvoyance, telepathy, clairaudience, and then (inaudible) and then we try to want to develop this power. The moment we are envious, our desire nature starts to increase and if the desire nature increases we cannot expect to be ethical and obtain this realization. The mystic does not try to extend his extrasensory nature by any practice or by any technique, he obeys the Will of the Lord from birth and death and by that he is lifted up or consecrated in a state of illumination that transcends all the tricks of the psyche. He alone knows fully the reality behind the illusion, the psychic at his best is only 80% accurate, the mystic or the Saint is purely identified with the Lord all the time because the Lord has released him into this world totally free from any karmic debt, he adheres to the law and he lives an ethical life and teaches us how to become identified by God or in God by that ethical life. Now poor in spirit is the most ethical way you can live, you don't have any ego drive of your own personal will, you are living and adhering to Divine Will all the time, you are trusting in that Divine Will, you have to trust in it. With the word poor comes the thought of charity, if a person is poor he has to be relying on somebody to give him something now "not by our good works are we lifted up," we are lifted up by God's grace, it's God's grace which is the divine charity that lifts us up when we trust in Him totally, a total surrender to the Divine Will is complete poverty of spirit because you don't have an ego, you don't have ego drive, and you no longer crave attachment then you are free, you are liberated, you are a true inheritor or a Child of God. How do we actually measure up in that particular attitude or Beatitude, it is when we realize that we first have to be literal then intellectual then mystic, we can't start off by being mystic because we don't know what the mystic path really is. 0:20 We start out by being literal, we question when we read and we apply it on a literal level because we're not spiritually involved in

comprehending it but that's nothing wrong with that. As you grow in comprehension of your true self, you leave off the literal approach to the attitude and then you become (inaudible) that means you are using the reason, the logic within you and to have a better grasp of the reality but then comes a period within yourself there is a dryness which is often called the Night of the Soul, you don't seem to get past a certain degree of awareness, you don't seem to have inner experiences that are totally satisfying to your very nature, you're always yearning for identities of God then finally you have to accept the mystic approach, (inaudible) that total trust, total surrender, Divine Will must take over and you must become (inaudible) or renounce in the material spirit and adhere to the Divine Spirit. If the Divine Spirit is the total Creator of us, sustainer, elevator, then when we adhere to that principle and surrender to it we are elevated, we are consecrated, we are blessed but when the Master used the word bless or blessed, He is using it in its highest state possible for the Soul to live in a human body and work with it, He cannot say "you are happy" because happiness is a very low emotional level, serenity is far above happiness, tranquility is above happiness, blessed is really bliss, ecstasy, it is a peace that passes all understanding that surrounds the mystic. You can see, it you can feel it, you can actually smell it, those who are living a mystic life can actually hear it because God is music. The blessed state, the consecrated state is Divine music all around you, it can be also smelled as the order of roses, it can be seen as a flashing of light all the time in the room, it guides him all the time and the mystic doesn't speak out of his own ego, he has to listen to the Divine Conscience that is in the information therefore he has no new religion to offer, all He brings is the living application of the truth and the (inaudible) centuries ago by all their mystics and since the first beatitude, or attitude of how to be, is to be "poor in spirit," He will have to adhere to it too, He would have to demonstrate living by Divine Will, this is the path of mystic. Now the second attitude or beatitude is called "blessed are they that mourn for they shall be comforted," that's the King James version. In the new version it ends up saying "happy are they that mourn for they are comforted," all right if you are mourning for someone and you're comforted and you become happy, does that really change your spiritual life? Because someone has passed on and that you grieve and you live in a state of anguish and now you're comforted but that actually changes you spiritually? Psychologically yes, physically yes, but in a spiritual nature deep down within the Soul structure and your alignment with God where is the change? There is no change, we must understand now what the Master Jesus is talking about, why is He saying blessed and not saying happy? He has to be speaking on something entirely out of the range of the intellect and the fight senses. He is speaking from Soul to Soul, He is a Master, a Master of the Divine Life therefore the beatitude is a system of the Divine Life, it is how the Divine Life functions within us but He's using the term or terminology that appear to be literal and intellectual for lack of better communication. Only when the Soul is awakened to the inner complexities of creation, can it truly see the meaning of these words used from the mystic view. "Blessed" we know is bliss, the highest ecstatic state, "ecstatic" means out of the static void in which we live in, it is beyond, it is a state in which we see all things as we are in an omnidirectional awareness in its totality, past present and future, it is a collective oneness, it's a consecrated elevated state. "Blessed are they mourn," mourn for who? That question has never been asked by anyone after they heard it but Jesus is talking of a particular process in the meditative life, in the spiritual life. God is our sole refuge, He is our only beloved, we mourn for Him because we are separated from Him by our desires. We pine for Him every night even though we are married to His loved one, inwardly within you you are incomplete, you are (inaudible). You know it, you feel it, and you can't admit it to yourself and you are mourning, you are grieving, there is an internal language within you and ask yourself "why, why am I running for one group of study to another group of study, why am I seeking one belief over another belief," when in reality you are mourning or grieving for the Beloved in yourself. What would the Beloved look like? Because you have to be comforted, you will have to have an experience that will comfort that anguish in you, you will have to have the experience of the Radiant Form of the Divine Christ Intelligence within your consciousness in meditation, that will elevate you and consecrate you once and for all, trans-humanize your being, freeing you from the pull of your ego nature, you are comforted now beyond all expectations. Even when the Master was in the body He said, "I go unto the Father and I will send you the Holy Comforter who will remind you of all these things in My name" that

experience must be thoroughly permeating into the atoms of your being then you know beyond doubt that you are truly comforted by that Radiant Form of the Spirit and you mourn no more and you grieve no hold. Outward mourning for one brother or sister does not compare to the daily mourning or grieving for a glimpse of the Divine within yourself. How many of us go through life with tremendous anguish and turmoil, only for a glimpse that may be a God just to have some belief, to have some conviction that life is worth living, maybe there is something to it all, maybe all this horror, all this inequality has some lesson, some value. When we understand the mystic experience of mourning then we have now a realization of why the world is as it is, not a place that we abhor or detest, the mystic does not do that, He loves everything equally but above all He loves the Creator first and pines for the Creator and for the Radiant vision within. The Radiant vision is meant by Jesus when He said "None come unto the Father but by Me," you cannot experience Cosmic Consciousness unless you experience the Christ consciousness or the Radiant Form in yourself, it is that form that vouches and places the emphasis of your search for the Divinity. 0:30 Until you have that experience you cannot say that you are truly mourn for the Beloved in which we are all separated from the time we were separated in consciousness and live in the ego nature of ourselves, when we are identified in the Spirit and have no ego and live by Divine Will, we do not mourn so the first beatitude and second beatitude ties into each other, it becomes natural for one to follow the path of the Spirit. Now the third beatitude, it's called "Blessed are the meek for they shall inherit the earth," the version says, "happy are the meek for the earth is theirs." Well I said one time to my friends who was trying to interpret it to me, "Yes they inherit six feet of it, (inaudible)." So they're really blessed because after all that's what they do with their faith (inaudible) throw a little water on top of their head then you bury them. In the literal sense that could be what you what you think it means, in the intellectual the meek would be those who do not attempt to exert their initiative and they would inherit earth meaning that they would have some place by virtue of the strong protecting them and giving them a right to their existence on the earth. We can extend that into the political level, underprivileged nations are protected by strong nations to ensure their rights against threateners or adversaries and therefore we have now peace among the world but is that what the great Master is teaching us alone, is that what He came down expecting to teach us? There must be more to what He's talking about, it has to do with each one of us because again the first word is blessed and not happy, it has to do with an elevation of consciousness, it has to do with bliss, the sanctified state in which the Saint or mystic lives in. The meek for the mystic is humility, that sense of humbleness, a lack of pride which is the very first indication that a person tries to display while he's living on the Earth plane, his self-importance, his desire to stake out his rights and let the world understand "here I am, I'm important, look at me." Where else would he stake out this situation? Can't stake it out in heaven and he wouldn't stake it out in hell either so the idea of trying to be important and to own something or identify oneself with some part of the earth in the mystic sense is ego, not trying to identify or own anything in the mystic sense is humility. When you are humble in the mystic sense, you (inaudible) your consciousness, your knowledge, your wisdom with tremendous joy and inner peace and the very people around you who are influenced by this humility want to give all they have to you and because you don't crave the world, it seems kind of ridiculous that the humble man showered with gifts, he's inheriting the world without even trying, haven't you recognized that, humble people being honorably made this, honorably made that, they're being given more and more? Because he has no need for it, he's not working or striving or craving the material world. When the material world shows their gratitude to him by whatever wisdom he has and by the attitude of his humility by (inaudible) the world's possessions. It is this attitude we live our lives, first acquiring knowledge of our craft or occupations and then rendering service to our fellow Man and out of that humble state our fellow Man will reward us by giving us the world. We will find humble men all over the world who have no care or desire for material things yet they seem to be showered with it by others. It's a blessed state to be in, it's a state in which you do not expect anything from anyone and at the same time everyone wants to give you something without you crying for it, what could be more blessed than that? Here you're not even exerting any effort to have material things of the world and the world is showering it on you. Now in the higher state of consciousness, the more humble you are and the more withdrawn you are from

the sensory nature around you, the greater the love pours down upon you and becomes crystallized or solid like the earth, it's a permanent feeling within you for the first time, you are truly experiencing unconditional love. It is not a wishy-washy state, it's not an intangible state, it's a very permanent concrete state within your being, the cells of your being changes, your whole nature changes and others around you begin to feel it, it's concrete, it's solid, it vibrates and they experience it and they know there's something about you that they can sense or trust, there's a solidity about you, there's a sense of confidence about you that seems to permeate or emanate from you, you seem to radiate a sort of assurance to others, you are truly solid (inaudible), this spiritual power seems to come from within you and you seem to draw from it in an inexhaustible way, you never seem to want for it, others begin to reach out for it. You are truly now endowed with the solidness of the Spirit from within that's why you have the riches of the earth, you have the earth, you hold it in your consciousness, you hold the solid confidence of the Spirit within you by being truly humble. You can trust yourself but others can trust you because you're a man of your word, you're solid, that's the term the young people say "boy, he's solid, he's like a rock, he's like the earth, we can trust him," not because he has any material objects, it's because there's a quality within the being that is capable of permeating others who are not that strong, not that confident, who are still weak in their nature who may still have the little pride or vanity, yet when they face the individual of humility and he forthright, forward, his character sometimes can be very sharp, you know we don't like people who are straightforward, candid, they hurt us a lot because they're too upright, "straight laced" they say but nevertheless those people are solid, they're the backbone of the Spirit. When you look at yourself and you evaluate yourself, you don't to be afraid to be in that state (inaudible), you have something of value that the Creator and the Master Jesus and all the great Saints have all demonstrated. In their own life they have demonstrated a solidity by being humble to elevate us that we can be strong in our own humility, that is something everyone can prove for himself and it's a blessed state, it's a consecrated state, it's a state in which you have no fear. 0:40 The last one, it's the fourth beatitude in life, is "Blessed are they who hunger and thirst after righteousness for they shall be filled." What? Again that is the King James version and in the modern version they say "happy are they who hunger and thirst after right thinking or righteousness for they shall be filled" but what does it tell us from the little standpoint? The little standpoint is somebody may deny yourself food and drink to be righteous, that is stand up for the right, and if he perseveres maybe by the grace of God in this society somebody will come to his rescue and do battle for the underdog and lift them out of it but he has to take them on a supposition, that's a literal sense of the word. As in the case of Mahatma Gandhi, literally he adhered to that statement though he was an intellect and a mystic also but in a little sense in the word he has to do battle with the English government so he desires to go into jail, fast without drinking and eating for a change of law that the government imposed upon his country. He thought at the time it was unjust that there should be a tax on salt in his country, it was not an act of righteousness or right act. The salt was near in the ocean when they gathered it and the British came along and governed them and then imposed this tax on the salt and he decided to oppose it in the literal sense of the word. Now the scripture says you will be filled, that means it will come to pass that certain things will take care of itself or straighten itself out, he had to put it to the test. Now the British could do one of two things, they could forget Mahatma Gandhi in the jail and wipe their hands off like Pontius Pilate (inaudible) he wiped his hands off for Jesus when the case came up. You're not gonna accuse the king or the queen at that time or anybody for that matter, they'll deliberately kill Mahatma Gandhi or did not fulfill the desire to correct the law but Gandhi is gambling and that's what the literal man does, he gambles that there may be love in the hearts of men. His intellect tells him that, "that if I persevere I made alter the love nature in the human being in the British Government and they may fulfill this condition." Now as a mystic he's working a different concept, he is generating the moral thought behind creation to come into focus to stand behind righteousness over unrighteousness. He perceives within his consciousness that unrighteousness will never surpass righteousness if we give it a chance, if we put it to the test, if we truly hunger and thirst, if we really fast to the depth, human beings by the public opinion, their moral nature, their ethical nature would be the rallying point because we are all connected by Spirit (gap in tape)... release him and repealed the salt

tax. Having won his first round with them, he has now recognized the beatitude or the attitude of behavior necessary to combat them on a literal level, on an intellectual level, and on a mystic level and from then on he applies the same principle over and over thus giving credence to the Master's teaching "blessed are they who hunger and thirst after righteousness for they shall be filled." In my own life I've experienced this phenomenon not in terms of the law but in terms of needs and conditions that I have had to face face about physical health or in the organization in which we're building. When we fast and thirst sometimes the very crises that are facing us seem to disappear and the Divine Intelligence manifests in our lives and we call it miracle. It is miracle because by any mathematical calculation of the human mind and intellect we could not know how this would come into manifestation. Righteousness will always surpass unrighteousness and we will always be filled with the Spirit, we will always live in an ecstatic state, we could never be let down. The only fear we have of being let down is the fear of not knowing, we are afraid because time governs our consciousness, we are geared to time, we live in a time cycle in a time environment, and it's because the time environment seems to be pressing upon our consciousness we are afraid that we will not make it in time. Any condition that faces us in this time cycle can be modified and we've had that in our lives for instance if you owe (inaudible) if you pay tomorrow 8 o'clock otherwise they will foreclose on you, the time cycle will be so pressing on your mind that you will be afraid and you may do something violent and everyone turns you down but we never give credit to the person who we owe it to that he is human or she is human, that we can appeal to their human nature for an extension of time. We are afraid to face that person for no reason at all though we owe it to them and we try to borrow from others to pay it out and we are turned down by others yet the Divine Intelligence is teaching us a lesson that the Divine Power is still in the person too that we are borrowing from. Now if we hunger and thirst, we are willing to buckle in our belts, tighten up ourselves and go face the individual, we will be filled, we will be given an extension and that extension is called grace, how many of us have not had that type of experience? It is in living it, it is in that attitude we can see now the moral nature behind the mystic approach but you can bring about this Divine Consciousness in your daily life. The Sermon on the Mount is very dynamic as a system of living, its dynamism comes from approaching it from the mystical view because you're constantly aligning yourself with (inaudible) as a source, as the power behind your actions. If you approach it from the literal or from the intellectuals, you're going to be disappointed because it's limited, you're leaving yourself open to your own nature, your own human nature, you're selling yourself short so if ever you read in the future writings of the scriptures, "happy are they who are poor spirit for they shall inherit the Kingdom of heaven," do not make a mistake of selling yourself short for happiness, there is a greater state of being beyond happiness. 0:50 Happiness is a stepping stone to blessedness and "happy are they who mourn," again do not you are mourning for someone who has passed away, it is the separation between you and the Spirit, the Father so don't sell yourself short, try to realize that the great Master gave His life, lived His life primarily to give us the alignment with the consciousness, with the spirit, with God through His own behavior. Thank you. Audience: We'll have a break for five minutes and come back and I'm sure Adano answer..." (Gap in tape). Adano: For the non-Jew, the Sermon on the Mount is not Master Jesus' (inaudible), it is the Jewish Lord's Prayer antedating Jesus. You have to read the scrolls and go back and see in the Mourner's Prayer, called the Mourner's Prayer, that the mourning or the wailing of the wall (inaudible). Jesus when He was giving the Sermon on the Mount, the people that gathered were mostly slaves, people who were liberated by the Romans by allowing them to buy their citizenship, and (inaudible) many of the downtrodden Jewish people who had forgotten their heritage so giving them that Sermon on the literal level, it was encouragement on the literal level for them but remember He was speaking also to his own disciples and that prayer or that sermon would not mean that to them because He had already told them when He consecrated them by saying "Unto you are given the keys of the Kingdom of Heaven but unto the multitudes never" so they understood the inner meaning of the sermon. The Romans or the Greeks or the Sadducees or the Pharisees were standing around understood it on the intellectual level that they were familiar with it, it meant nothing to them and therefore they were not interested in it but the downtrodden man who never heard it or might have forgotten it, it gave them the courage and the hope to go forward and do

something so when we look at it from that standpoint, it is hope for Man as a whole not just Western man, it is a hope for Man as a whole starting him on the process of discovering his divine nature and making a change in his environment. If he makes a change in his environment because environment is stronger than willpower and if he makes that change in the environment then by his own nature the Will certainly start to correct itself and he will want to go inward to face the reality of his nature and then elevate himself so from that standpoint yes, it is a great hope for Man, the Sermon on the Mount that is, any other questions? Audience: (Inaudible). Adano: Yes, yes we do. Remember this, Jesus obtained His Cosmic Consciousness in a previous life you know, John the Baptist obtained his in a previous life. In the case of John the Baptist it says "not by the will of the flesh nor the will of the parents but the will of God he was born" that means the will of the flesh, he didn't crave to come back by any unfinished pattern of thinking, His parents didn't crave him. Certainly if you read the birth of John the Baptist, the father and mother didn't want to have a part in having him coming in because he was old you know, the father was old and the mother was old but it was the will of God that brought about the manifestation of John into the world. So in a previous life John the Baptist was Elijah and Jesus made reference, "there is no other man born that is greater than John who was Elijah." Audience: (Inaudible). Adano: Yes, once you have Cosmic Consciousness or Illumination, you have a total memory of your being and that will be seen in the fact that when Jesus went to John to be baptized. John is the one who gave credence that Jesus was fully illumined before He was baptized or initiated back into the state because he says he saw that he was able to go up to that level back to the Holy Spirit when He was baptized and the Holy Spirit would be declaring "This is My beloved Son in whom I am well pleased." In other words there is no (inaudible), there is no karmic debt, there is no desire pattern holding back the man Jesus from withdrawing from His body at the moment of baptism to enter back into the whole Cosmic state from which He came from. Once having achieved it, (inaudible) lost it and returning not by His will or craving or unfinished debt nor by his parents neither but by will of the Lord so it is said the Lord sent down to Mary by notifying her through the angel Gabriel that she will have a child and his name shall be called Emanuel which means "God in Man" that this man child will be an illumined person by Divine Consciousness coming back with total memory. So though He has to be born by the process of physical action, He will not lose his identity with the Spirit and when the time comes for Him to assume Him responsibility as an illumined Master, he will know what to do, he will go and make that correction or contact which he did when He came back at the age of 30 from the east, He went to John and had John baptized Him. Now here is the point in question, He an illumined Master and John an illumined Master and He is going to John and saying to John "baptize Me" and John says "No, you baptize Me." Now picture for one moment two grown men arguing who should throw a little water on each other's head, do you see? But then He says to John, "Suffer it to be so," in other words "be humble and endure this for this is the way of righteousness," this is the way Divine contact is confirmed by one who is illumined and must make note to the other who is illumined also within, "you are confirming for me by My coming to you that My Divine Consciousness is genuine and not a figment of my imagination." We can all suffer from a figment of imagination and a great deal of people are in the asylum and they're called schizophrenics having Divine Consciousness and don't even know why and doctors are calling it all types of diseases and there's no way for anyone to confirm if they're really diseases or they are inner experiences because the doctor himself doesn't have the experience. It will take a mystic to go in here and sort out the genuine from the non-genuine but in the case of Jesus He knew He had this awareness and He had to have it confirmed otherwise He might live with the same mental illusion that it was false. After He was convinced by the baptism or the initiation, then he took up the challenge of facing His ego which is called going up on the mount for 40 days and 40 nights, He had to battle out now in his own structure and the intuitive part of Himself, which is the Christ-self, and the ego part which is the human self, the values of the ethical life. So the trials on the mountain was the interlocking action between the ego and the intuitive nature or the Christ-self, between the son of God and the son of Man all acting in the body. 1:00 So He never lost his divinity, He had it confirmed for Him even though He had to go through normal birth but if you ask another question that brings up all the problems in it. In birth, they must be death and there are four ways to be born and there are four ways

to die. One, to be born having no memory of your past life. Two, to be born having total memory of your past life. Three, birth by immaculate conception or extrasensory insemination. Four, direct materialization fully grown 21 years of age, living in the world, these are rare experiences. Equally true you have the death that are in opposition to it, to die and to decompose immediately. To die and not to decompose. To die and resurrect and take your body with you or to dematerialize yourself at will go up in the bodily assumption, we have all evidences in the bible so we know there are four births and four deaths. The Master Jesus exemplifies one type. Audience: (Inaudible then gap in tape). Adano: (Inaudible)... what I'm trying to say is this, there is no difference when the Soul is identified with the Creator in Cosmic Consciousness, salt is salt and you can't say one is more saltier than the other, you can't say one person's Cosmic Consciousness is more cosmically aware than the other, they are all in the same state. When Jesus said "I and My Father are one," that totality applies to everyone who arrives in that state so He in turn was very cautious to say it before He left the body by saying these words "The things I do you shall do also and greater things shall you do," therefore not limiting anyone and giving everyone an opportunity to be identified (inaudible). So He could not limit anyone or would not make Himself out to be the only one, that would be being the height of ego but then the church came along and said He is the only son of God, that is a different thing altogether, but He never made that statement. The mystic will not try to elevate himself over his fellow man or exclude himself from his fellow man, he always maintains equality so you know the truth of the mystic is always valid. Audience: (Inaudible). Adano: There is no difference He has achieved (inaudible), Master of himself, Master of life. The first criteria of the Master is simply this, mastery of life over death, your last enemy. Death is your last enemy the Master Jesus said, now He had to be a Master over life and death, He had to be able to demonstrate this superiority of consciousness over death so you see Paul says the same thing too, "I rebuke you in your rejoicing for I live and die daily in the Lord," he has to have mastered this function of death. Jesus put it another way, "No man take My life from Me, I have the power to lay it down and pick it up" demonstrating His superiority. Now once a person has achieved the superiority of a mastery of life over death which is our last enemy or opposition to this physical frame, then you have obtained sanctity which is Saint-ful, it doesn't require a church or a body of men or women to declare that about you, the criteria for you being a Master and achieving sanctity in the Spirit is that you have the power of life over death and it's in your spiritual (inaudible). Once you have achieved that state, you are in it, it will make no difference if they call you Saints after or not, that you have demonstrated your mastery by adhering to Divine Will in the body. Now Jesus demonstrated it and adhered to it on all levels when He was tested, when He was in the Garden of Gethsemane, He was testeds. He saw what type of death He would have, as mystic He could see that (inaudible) by meditation and He even went to the extent of trying to avoid it by saying "Father remove this cup," remove this experience from my consciousness but then He caught Himself by saying "No, not My will but Thy will be done" and then He came out of the garden and He saw other people grieving, weeping, then He made the remark "Do not weep for me, weep for yourself, be of good cheer for I have overcome the world," I have accepted Divine Will, I am capable of mastery over death and in the final summation of how I accept this final death, it is up to the Creator to vindicate Me as a Master of life over death. If I do the will of the Lord from birth to death, it is a Creator Himself who will vouch or state or demonstrate in my physical frame that truth. Now when Jesus passed on, He resurrected and this is strictly by the grace of the Lord. He was lifted up yet when He was lifted up and resurrected, He still made this statement so Mary when she came to touch Him in the garden at the gravesite, "Touch Me not, I have not yet ascended unto the Father." The mystic is telling her in his own way that in spite of the fact that He is Master of life over death, it is still the Father's grace who will elevate Him onto the more blessed state. Now she went and told the disciples that the Master had risen and they accepted it and there was one disciple who did not accepted the fact that the Master was risen and when He came to them through the door, the door was not open, He came through the wall in the room, they accepted the fact He was there and the second time He came Thomas was present, the first time Thomas was absent and when they told Thomas that the Master was risen and He came to them he says "unless I see and touch I can't believe" and what was the word the Master told him when He came the second time? "Come touch Thomas, feel" but then He rebuked

his disciples, that means He admonished them and disciplined them for a lack of understanding in the Spirit, He said "Blessed are they who have not seen and believed than they who have seen and believed." You need to meditate more, you need to recognize the radiant form of the Spirit within yourself, go meditate some more, that's what He's telling him. The mystic always advises us that we must go inside and achieve mastery of life over death then we are sanctified and then you can say that person is a Saint and not by the virtue of someone canonizing him, the Saint does not have too wait until He dies and they call Him a Saint. Audience: (Inaudible). Adano: When a Master speaks, He always speaks on three levels, the literal level using the same terminology, the intellectual level, and the extrasensory level. On a literal level, people who are downtrodden (inaudible), their minds are fired up immediately by certain simple statements. People who have never been downtrodden and have it well off and don't know what it means to worry about anything and if a family passes on, so what, that's another individual, the intellect can get so callus you know but it doesn't need to reflect. 1:10 On an intellectual level it can turn off so the words on an intellectual level would actually mean very little in terms of grieving but the person at a lower level in the economical status, it could mean a lot, the attachment can be very strong. It can be the only child or the only relative, it can be very traumatic so they are never going to be satisfied with the loss, they're always going to grieve. Now on the intellectual level, the loss can be in terms of something different than a human being. If your family has many children, the intellectual person may not grieve over one loss of child but he may grieve over the loss in the stock market to the extend that he may want to commit suicide, the levels of awareness are different. Now when you come into the mystic level, the mystic does not care for the intellectual level, he may seems to be very cold from the intellectual level, he may be very cold from the literal level but highly volatile in mystic level because he wants an experience (inaudible). Now Jesus has to satisfy His disciples by telling them that, remember when He drew them to Himself, they had to renounce the world, they had to give up the world to follow Him, He said "Follow me" and they dropped everything that they were attached to and went behind Him and even when the young man who told Him, "Sir my family is dead and I want to go bury them and attend the funeral," you do you remember the statement what He told him? "Let the dead bury the dead," you follow Me if you want to follow Me. Their mourning is only for material things, your mourning is for the Spirit inside of you which you see so plainly and can't recognize in you. So if the student could recognize the Holy Spirit in the Master Jesus and he could not see it in his own self when he meditates, then he would be truly mourning. He will not be really mourning over there where his relative might be dead because those who mourn for the relatives that are dead can't see the dead relative inside. How many of us can really close our eyes and see the dead relative on the inner realm and say "I am certain now that the person who passed over is safe and sound and they're in the hands of the Creator?" They have no way to vouch for that so their mourning is futile but if they mourn long enough, they're going to be mystics in the end because they would be forced to recognize certain workings inside their mechanism and the Master Jesus is telling that disciple "You will let them be" because they are still caught up in old ideas "let the dead bury the dead, they are still caught up in an old world of consciousness, they don't understand the inner consciousness but you follow Me, you meditate, and you (inaudible) born in consciousness, you will actually have the experience, you will be fulfilled, you can actually see the consciousness in Me and the consciousness of the dead person where he actually is" and to even carry that further with His own disciples because they were doubtful as to what would happen to them after death, they said to Him "Master what happens (inaudible)." He said, "In My Father's house, there are many mansions, I go to prepare a place for you, if it were not so I would tell you" that indicates what grief and anguish would be when one passes one. A person like Master Jesus passing on and leaving His disciples and having no assurance, they will be mourning all their life for the Master but if they have the realization that they could make the contact within themselves then the mourning would end and the comforting would come out, they will have the experience at what level of creation He is at or what level a loved one that passes over, where they are in this Creative Process, do you see? (Inaudible) involved by telling them that, though He's telling them in a very simple way, knowing fully well they're going to be (inaudible) from a literal level, intellectual level, to the mystic level. Audience: (Inaudible). Adano: You see a Master cannot spend His

time trying to define all the levels of existence in us, He has but a short time to be in the world, that's why He refers to Himself as a light "While I'm in the world, I am the light of the world." The world is darkness based upon the desires and attachment, that is the darkness of our mind, we are attached, we are held back by our desires from the inner light of ourselves. A Master has no desire for this world, He is brought back into the world to elevate us simply by showing us how to look inside of ourselves and live a complete attachment to the Spirit and worship in Spirit, we have to worship God in Spirit all the time. So He has a limited time to work so He has to make all the information available by living it, demonstrating it, and simplifying it even though we may not comprehend it and sometimes we get very angry, "Why can't He be more explicit" then we take off in tangents, we have our own versions of what He's saying but we can take off in a literal tangent of what it means and then after a while we find we run into a blind alley and find out that He doesn't really mean that then we turn around and take off in another tangent and find out He doesn't really mean that but eventually you're going to end up in the right alley or the right pathway of what He really means and this will correct itself and compensate for all the different attempts that we made, it will take in every experience because all this starts to gel for the first time, it all value now for the first time. So if we work from the literal level up to the mystic level, we're going to be disappointed. If we work from mystic level down to the literal level, we will never be disappointed that's why He says "Come unto me all that travail and are heavily laden and I'll refresh you," we have to go in first. "Seek ye first the kingdom of God which is within you and its righteousness and all these things will be added unto you." "Seek the truth, the truth will make you free, freemen all Lord of yourself." First discover the mystic nature in you then the intellectual part will come out then the literal application will come out but if you go from the physical/literal way then the intellectual way then the spirit last then you're selling yourself short. Audience: (Inaudible). Adano: I once saw a cartoon in a Time Magazine, there was a mountain climber who climbed up the Himalayan mountains and just as he came to the ledge, he saw a woman sitting in a lotus posture looking at him and he had a big expression on his face in awe and she said to him, "How uninformed you are, don't you know there are women Masters too?" Mastery has nothing to do with the sex, male or female, we are all masters of ourselves when we overcome death, we have to learn the art of how to die consciously while we're in the body, we have to face the Creator with this experience. He is the Creator of life, He has endowed us with life as Soul, He is within us as the Sound Current, the Holy Word, we can't be experienced unless we master death so Jesus as a Master or Mary as a Master would say that death is our last enemy, death is our last confrontation when we overcome this condition being male or female, we have to. Now Paul is saying the same thing, "I rebuke you in your rejoicing for I live and die daily in the Lord." We don't have any other criteria on a physical level to demonstrate mastery, it's not a mastery of the ethical nature, it's a mastery of life over death so by ethical nature that's good works. So Paul is saying "Not by your good works are you lifted up but by the grace of God you are lifted up" that means you have to go through the process of dying, lifting up yourself from this physical entrapment. Now many people have had the experience of seeing themselves outside of their body, many people dream of themselves outside of their body, not everyone can say they have had the experience of seeing themselves outside of the body but he does experience that in dream or he does experience that in the unconscious state because he's designed that way, eventually he will have to face the realization or the actual experience at death but at that time he has no control, at that time he's a victim of the situation that places him in that experience. 1:20 We don't want to be a victim of circumstances to leave this body without recognizing the Creator, we want to take advantage of the body to recognize the Creator and leave consciously so conscious exit from the body is what the great Saints all tell us, it's called giving up the ghost. Master Jesus did not die on the cross, he gave up the ghost, that is He knew the art of how to leave His body at will so when they buried it, He also knew how to reactivate it. Now this is not something macabre or strange, it may sound like that but it's a highly natural process in the human mechanism. Audience: One last short question Adano. Audience: (Inaudible). Adano: No, He did not make it difficult to attain, He made it very simple, we are the ones who are making it difficult to do. He made us by becoming us, that's number one simplicity, He became us so we cannot become God you see, we can only become God realized. God has become us by being His creation, He is within us

already, we can achieve the God realization but we cannot become God. We can experience God realization by first experiencing Christ realization but if we can't achieve Christ realization then the next step up is the Holy Spirit and the Holy Spirit is within us. Now John wrote in his scriptures "In the beginning was the Word," that is the Audible Life Current, it is God, "and the Word was with God" that means the Audible Life Current exists in total awareness, "and the Word IS God," the word "IS" makes all the difference for modern Man to understand the simplicity of it. "The word is God," the Audible Life Current is God, no man can see the Audible Life Current but every man can feel or hear the Audible Life Current and the first test is when we hear it in ourselves "and the Word was made flesh," the Audible Life Current slowed down and became solid matter, tissues, "and dwelt in Man." It chose one of its creation, one of Its expression to reside in, It chose the human body, Man, to reside in. So we are privileged as a being to be a portable heaven for the Creator, a portable container for the Creative Force. Now since we can't see It, we can feel It and hear It, the only evidence of Its existence would be light. Now Jesus came down in flesh and He was a spoken word in flesh and gave credence to the light in the flesh by telling us how to look for the light of the flesh, He said "When the eyes are single, the whole body is full of light and the light shines in the darkness," the darkness of the brain full of desires, full of attachments, confusion, "and the darkness comprehends it not." The sensory nature does not understand the meaning of why light should be in the brain, if you tap your head (inaudible), you'll see a flash of light then the light shines in the darkness and darkness comprehends it not. "But let your light so shine before men that they may see the good works and glorify the Father which is in you." The time spent in trying to observe this light will cause it to emanate from you and only your fellow man can recognize it in your peace, you will become a person of peace, inner tranquility, a peace that passes all understanding and it's a blessed state, this is the simplicity of it. Now if we adhere to that attunement or alignment, we don't have anything to fear, we don't have to fear death because there's no longer a mental pressure or a mental condition that would impress itself upon our consciousness, we are free because when we leave the brain, we will merge in the light and it's the first act of creation by the spoken Word, the spoken audible light, "Let there be light" and if we are light, Einstein proved it too by saying this body is mass, its energy, and energy is equal to the velocity of light squared times the mass, you are looking at the marvelous machinery, the human body, congealed light, the Creator has become Its Creation but He's not gonna be somebody standing there looking at you like that and saying "Ah-ha (inaudible)." No, the oneness of Spirit would give you the totalness of the spirit but what you will experience is the Christ intelligence that is manifesting for eternity in all creation, it's the personal aspect of God, that Christ intelligence will be there waiting. That is why it says, "I go unto the Father, I prepare a place for you," that's in consciousness it is occurring. You have nothing to fear or to worry if you align your consciousness to it and that's the simplicity of it so don't feel that because the world is complicated it's difficult, it's designed simply to test us. You wouldn't make any effort if you had no tests or no trials, right? So by virtue of that, "greater the obstacle, greater the Soul." Audience: (Inaudible). Adano: Oh, years ago I wanted in a picture of the Master Jesus but I didn't want to have a painting and I saw so many different paintings by various artists but this was their own version of their mind but this is an actual photograph taken in South America in a Catholic Church on Good Friday. The original picture is (inaudible), it was on Good Friday they were praying and these people in South America are very literal minded you know, they said to the Catholic priest if Jesus is alive as you say and He's resurrected, how come He don't come around and show Himself, how come we can't see Him? He ain't dead, the priest can't backup and says "no," he got to admit that Jesus is still alive, He's a living Master so what did the priest say? He said "If you have enough faith and you really want the Master Jesus to show His body, pray for it." And so they kept on praying and in the middle of the church, you know globe like, He stood up there looking at them. It happened that at that very moment there was a Baron from Germany who was in exile and living in that part of South America, he and his son was in the church. The baron was interested in architecture but his son had a camera and then it occurred and the boy snapped the picture. A friend of mine gave me a copy of it (inaudible) original copy of this slide and I had it enlarged but the Master Jesus is actually 5 feet 11 and a half inches, He has the texture of skin that looks like a greek olive color, He has a typical Jewish flat nose and hazel colored eyes and He has

brownish-red hair, not long and if you are attuned to your consciousness in meditation, you can have the experience. Now if you are a Catholic mystic, He would impress upon your body the stigmata wounds and they will appear in the wrists, not in the palms because the wounds are in the wrist on the left side and if you're not a Catholic by virtue of the heritage then He will bless you with the opening of the inner (inaudible) of the sacred heart. 1:30 So mystics as a rule will have one of two blessings, the non-catholic will have the opening of the heart center inside, "the pure in heart sees God" and the Catholics would have the stigmata wounds because they are the heritage simply because He chose to impress the consciousness on Peter. Peter is the traditional heritage for the Master Jesus and by virtue of that lineage, He does that but you'll find that the stigmata wounds (inaudible). Audience: (Inaudible). Adano: Mary is four feet, eleven and a half inches tall and her full-sized portrait is recorded as the Virgin of Guadalupe. It's a full-sized portrait of actually what Mary (inaudible) and the Virgin of Guadalupe is an actual life sized portrait of her and the serapi of Juan Diego, the man who was converted (inaudible). She actually impressed that upon his serapi and in the Catholic chapel in Mexico on the serapi there's a life-sized portrait of Mary. See the early Jews and the especially in the appearance of Jesus were the type that were not very clear, there were more of the dark brown (inaudible), they used to call them the Safartic Jews or the Essenes. Audience: Adano, we've really got to stop, we promised... (Gap in tape). Audience: It is my privilege tonight to introduce to you someone (inaudible) a very dear friend. Reverend Adano Ley is the founder of All Faith Fellowship in Tyler, Texas. I spent a few days in Tyler last summer and it was a learning experience I will always remember.

Adano's spiritual name is Swami Nityananda Saraswati. Swami means Master of self. Nityananda means ever new bliss in God and Saraswati means wisdom of nature. In a recent letter that Adano sent out to his initiates, he started the letter with the quotations in John 15, "Henceforth I call you not servants for the servant knows not what his Master does but I have called you friends for all things that I have heard of my Father have made known to you, my friends. Adano Ley." Adano: Thank you. For those who don't know, for Swamis this is not a lecture, this is a Satsanga. Satsanga means fellowship with truth and before you can start the Satsanga you have to calibrate your mind because three things are occurring at Satsanga. One there's a physical contact, two there's an intellectual contact, and three there's an extrasensory contact so let us calibrate our minds because there may be restless trying to get to this building, trying to adjust with the cars on the highway so just tune your consciousness in. (Short meditation). Thank you. Tonight we (inaudible) second portion of the Sermon on the Mount which is known as the Beatitudes and as I said last night when the Master Jesus spoke, He was speaking on three levels of competence: a literal level, an intellectual level, and an extrasensory or mystic level. The literal level we can all understand because it doesn't take much intelligence for that and the intellectual level is a little more complicated but the mystic or extrasensory level very few of us are aware of and therefore we don't know the true meaning until we have the inner experience so tonight we're dealing with the second four beatitudes, last night we covered the first four and tonight we'll cover the second four. The first one is "blessed" and I said last night again in your King James version you use the word "blessed," in the new version of the scriptures that are being printed today they use the word happy and if you follow the new version you'll be selling yourself short because we do not understand what blessed really means because the word happy has nothing to do with a great teacher like Master Jesus telling us about the levels of consciousness. Happiness is only the second level above cheerfulness on the scope of the chart of emotions and "blessed" is almost the criteria of experiencing the human range of Divine Intelligence next to bliss which is God realization and if He uses the word blessed, He is already indicating a Divine State because the word blessed means to consecrate or lift up and you have to be lifted from a certain level of emotional behavior to another level of emotional behavior to be one with the Creator. So we must be clear in our minds that blessed does not mean happy, "blessed are the pure in heart for they shall see God." Now if you take the modern version "happy are the pure in heart for they shall see God," it is very very short of the mark because "the pure in heart" what kind of a heart, what kind of a purity and seeing God, since the scripture says "No man can see God but feel His presence," how then can happiness be involved in such a state, how will it then satisfy the seeker of truth. For a literal man, it will elevate his consciousness from depression and feel a sense of happiness

if he has a pure heart but again in a literal sense of the word heart is an organ, how can the literal minded man find a pure heart, how are you going to do that? Then we find that he is frustrated, he really doesn't understand the true meaning because the organ itself can't be pure and as soon as he tries to decipher, he will find himself becoming intellectual trying to find different answers for the problem. 1:40 Well if we take the intellectual approach, the intellectual approach is pure mind, heart, consciousness, "happy is the man who has a pure mind, he will see God," this is what the intellectual mind will try to (inaudible) because there are no impurities in the thoughts, ideas, (inaudible), therefore you're bound to see God. Again we are missing the mark because when a Master like Jesus used these words, He's not talking merely literal or intellectual, He's not just merely coming into the world to satisfy our ego, His main purpose on the earth is to restore the balance of the Soul and unite it with the Divine Nature, God, so it has to mean far more than just those type of interpretations. From the true mystic standpoint it must be about certain internal experiences that the Soul had actually experienced, bliss is the highest experience the Soul knows, ecstasy, it's the state in which the Saint lives or the mystic lives, it's an extrasensory state, it is beyond the range of the five senses, it's a state where the static world or the sensory world does not rush in and create any internal turmoil, it is the state of unconditional love, there is no condition in there in that state, it is pure love (inaudible) actual experience. It's consecrated that means it is lifted up beyond all emotions, all sensory conditions of the five senses so when one is blessed, one is immediately elevated outside of the static level of thinking, outside of the range of the senses, reason, and logic, he enters the world of intuitive living. In this realm very few people enter because we don't spend the time to go into that realm and this realm is vast, infinite, and it is the most rewarding (inaudible) inner consciousness, inner being. Well "blessed are in pure in heart," He uses the word "heart," I said it's an organ. If we think of it in terms of mind, it's partially true, if we think of it in terms of the organ it may seem incorrect but in the mystic mind no statement made is incorrect, it borders on both the literal, the intellectual, and the extrasensory. The literal organ has a purpose in the mechanism, the psychological makeup of it has a purpose in the mechanism, how does the mystic enter the unity of these two forces, how does he bring these two forces into unity because the experience must coincide with the actual terminology that is used by the Master. Purity means to clean up so if you don't have an impure mind then there are no thoughts in there that are pure, if you don't have this. If you have an impure mind, they're all impure thoughts in there, if you have a pure mind the thoughts are pure in there, it's positive. All right but where do we think? We don't think in our heart, we think in our brains so the word could not be incorrect as far as Jesus is concerned but as far as the intellectual person is concerned, the word heart will be thrown out and in the future we'll read "happy are the pure in brain or mind for they will see God" and then we are selling ourselves short because we really don't know if it's true, we have to have a mystic experience to vouch for the word "heart" and the word "pure" to really make it of value because we will see why. The heart is an organ, the literal heart is an organ, its purpose is to do what? Purify, isn't that it? Purify what? Blood. There are two types of blood in our system: impure blood and pure blood. The pure blood is mentioned as the life of the being, the life is within the blood in us, our scriptures say that life is within the blood. If the life is within the blood then this heart has a purpose, it was designed with a purpose, it's designed not just for a literal function not only for an intellectual function but it's designed for an extrasensory experience because you will come into modern day people who are trying to experiment with chemicals to find inner experiences and you will see why the heart is really (inaudible) as an organ by the Master Jesus and not some figment of imagination. The impure blood rises up in the heart by the veins and enters into the heart and is purified by the oxygen from the lungs and goes out of the heart through the arteries, this is its normal function we can't alter that yet by a strange fact only in the heart we see an odd phenomenon, that at the very center of the heart impure blood is in the artery and pure blood in the veins and yet it enters impure by the vein and leaves pure by the artery, interesting. It enters impure by the vein and leaves pure by the artery and yet in the inner core, they exchange places, the impure blood is in the arteries and the pure blood is in the veins, how did this sudden change take over, why this sudden exception to the rule? By certain forms of oxygenation since we breathe, we change the impure blood into pure blood. Man, when he was created "God breathed into

Man the breath of life," breath and life are interrelated and Man became a living Soul so Man does not have a Soul, he is Soul, and Jesus is speaking of "the pure in heart they will see God" and since the scripture says "No man see God but feel his presence and love," we have to come to an experience that involves vision and it's within the heart organ itself. Because the heart organ in certain respiratory rates especially in the oriental countries where we learn to switch off the heart and shut it down and produce what is called voluntary conscious life control which Jesus said when He was on the earth "No man take My life from Me, I have the power to lay it down and pick it up" and Paul said "I rebuke you in your rejoicing for I live and die daily in the Lord." He alone, unlike Paul and many other mystics, know the secret within the heart's function, they are able to switch off and bring about this internal illumination. You can't see without light, there is no way you can see internally without light, if you close your eyes you will see it's darkness, how are you going to see past the darkness of the brain? You are living within a physical organism that depends on blood. Now purification of this mechanism is next to Godliness, cleanliness is next to Godliness, Godliness is life power, the sole creative force, only when we can bring about an internal balance of the flow between the vein, the arteries, and bring about a purification within, this illumination occurs inside. Now this is what Jesus mentioned He said, "When thine eyes are single the whole body is full of light," physical atomic light that we have right here, not magic, it is just that we don't look at it objectively and sometime in the future scientists will make the discoveries themselves, they will vouch for what He's talking about. When the illumination occurs which is what the human being wants to discover about himself, lo and behold he will see the radiant form of the Master within. 1:50 The radiant form of the Master is there and you have to recognize it and that is called God. Now God "became flesh dwelt among Man," this is not a statement of imagination, He is the creative power that can come down in a personalized state and meet us at the intuitive level. When the illumination occurs within us, we will see that radiant form so we know the radiant form is not dead, it is a resurrected body of the Master Jesus who lived in a physical frame and ascended into consciousness which is what we call heaven. Now if you want to lift up your consciousness, which means blessed or consecrated, then you have to do what is required, you have to bring about the internal purification of the bodily temple. This temple is the house of the Creator, this body is the temple of the Creator, there is no other temple, this is the living temple, the Creator is inside, it's Cosmic Light, the radiant form of the Christ intelligence is within you, you have to bring about this internal purification by aligning the consciousness within and by slowly observing this illumination and becoming one with it. Now it is mentioned "the pure in heart will see God," will is a definite ultimatum, it's like the last will and testament, when someone leaves a will to someone, it is the final ultimatum of what has to be carried out. When a human being wants to meet the Creator on his own level, he must carry out that ultimatum, he must bring about that internal transformation and see the Creator from within. God is within us all, He is not outside, He is not in some tomb or home or house, He is strictly within our own mechanism that was created by Him. The requirements of it is to be pure, an internal purification, it borders not on the intellect, it borders on a composition of both intellect and physiology. Now the young people try to experiment by using chemicals on this physical body hoping to have an illumination or an experience from within and in the scriptures it tells us "He who does not enter by the door," that's the point between the eyebrow, the mid spot here and the same point that Jesus calls "when thine eye is single, the whole body is full of light," he who does not do that, enter by that point, and enters by any other method or door is a thief, that is laid out very clear, that we can't answer the experience from within ourselves by trying to short-circuit ourselves with drugs or by irrational unscientific methods, we have to go by the natural process of withdrawal and purification. Religion is a science and the Master Jesus was speaking, He was speaking on a very scientific basis for the mystic, the disciples that lived with Him. For the layman, for the literal mind, the pure in heart does not satisfy because layman would not understand what the pure in heart means but in the layman's mind, a pure in heart means to be happy within, don't have animosity to others, don't have anger, don't have grief, try to be pure, that is the first step. At the intellectual level it means have no desires, have no cravings, have no attachments, that is the next step up, the literal level, the intellectual level then comes the actual experience from within, this physical temple with the Creator within it as Cosmic Life, Cosmic Intelligence. So once you

get the experience, you will discover now that the word happy is incorrect and the true experience is bliss because for the first time you have an extrasensory awareness independent of your five senses. Now the intellect by itself cannot have an experience apart from the five senses, it needs the five senses to utilize, to relate to, to work with logic and reason. The literal mind uses the five senses to relate to its environment, it's only the mystic or the Saint who works within the intuitive realm independent of the senses, he sees those levels of creation by the steadiness of his mind which you call concentration or devotion for the Lord or single heartedness. Now the next beatitude which means attitude of behavior, are "Blessed are the merciful for they shall obtain mercy." Again we're talking in three levels: a physical level, an intellectual level, and a mystic or extrasensory level. On the literal level if we are merciful to someone, we hope that they may be merciful to us but we have stories of that when you read early pioneers of this country or you read some of the Indian stories here in North America, if you save an Indian life by being merciful to him, someday when you're caught in a range war or an Indian war if he happen to be the individual with the tomahawk over your head, he may remember you and not strike your and let you go back, give you back your life, a literal sense of the word. I don't know if you've read Tennison's work, some of the early cowboys they thought of this peculiar phenomenon, the mercifulness of the savage because we have demonstrated it to them therefore they are giving it back to us. On a literal level this can be accepted as a working meaning for being merciful and you will obtain mercy. Now let's come to the intellectual level, mercy is involved with compassion, a sense of respect and if we respect our

#### 1972 December 15 - Sermon On The Mount

Adano72\_12\_15SermonOnTheMountQ2NW4 - ...he makes a statement, "The least you have done after one of these, you have done it unto Me." They who were present thought he was referring to the people in the crowd but He was actually referring to an extrasensory experience occurring in another realm, in another area of time, it was the wise man who was coming to see Him and was bringing Him a gift, it was a pearl, a pearl a great price, that man was a physician, he was a physician king. He had to sell the gift in order to make a compound or a medicine to save the life of an infant, it's in one of Easter scrolls and it occurred in a time when Jesus was in the body and when that man arrived in Jerusalem, he'd already arrived on the day when the Master was being hung on the cross and he just saw Him at that last moment but that will be verified by a scroll, the Dead Sea scrolls as they're being dug up more and more. The man did live and they're going around with the fact that he was a pigment of imagination and somebody foisted a big story on the whole world but he will be vindicated by humanity and a great deal will be understood of what the purpose of his life is then we can understand the purpose of our own life, what he's really telling us, you see. Audience: What is the meaning of the gifts. Adano: Gold, well if you give someone gold automatically you lift up their economical status you know so you can't say Jesus with a poor man in no way shape or form you can say. If His parents were having a baby in a manger that would automatically put Him in a high income bracket but gold was symbolic in the east as royalty or kingship, only the royalty or the kings had access to gold and kept gold freely or gave gold freely, it was a symbol of His royalty, its heritage, not in the material sense of the word as a material king. These men were mystics, they were called the Magi, wise, they were aware from within themselves that here was a Soul who was not born by the will of the flesh or by the will of Man but by the will of God entering into humanity to lift up humanity and they who were (inaudible) in their own bodies as mystics, they were also elevating their consciousness that they can see on that level His mission and would know what His mission would represent to the world and out of respect for that manifestation or what the Eastern people call Avatara or descent of God into the flesh, the Hebrew calls it Emmanuel, God in Man, the incarnate Spirit, they saw this in the inner realm and they left their country bringing him these gifts symbolically representing kingship which is gold, frankincense or incense which is priesthood, and myrrh which he used to embalm, mastery of life over death. They knew that He was a living Master, they knew that He had come back into the world to prove His power of life over death. Audience: But the pearl. Adano: Well the pearl was never delivered. Audience: But it would have a meaning, wouldn't it? Adano: Yes, He made many references to the pearl you know, what

did He say? Audience: He said if you cast a pearl among the swine. Adano: It will turn around and rend you and the pearl of great price. He was aware of the fourth wise man coming therefore He referred to the gift that was coming to Him. The pearl is a stone that is used for therapy in the ancient countries, the construction of its crystalline nature someday will be proven by scientists as a cure for certain systematic diseases. Until we have sufficient knowledge of the structure of the pearl and if the pearl is produced by the artificial method which the Japanese do to let the oyster build it, we can have a way of compounding it into a type of a tablet for a certain type of disease. Remember disease is also interlocked with our karma. Audience: (Inaudible) the ancient people knew this and we've lost it. Adano: Any more questions? I don't want to hold up the janitor again tonight and let him feel that we are overworking our goodness. Tonight we do have a little meditation and if you like to join, glad to have you. Meditation is not prayer, prayer is telling God what He should do for you, meditation is God telling you what you should do for Him. So in meditation we go into a state of receptivity, in prayer we go into a state of transmission so if you want to join us, we'll be glad to have you there. Thank you. (Gap in tape). Audience: I want to welcome everyone here today, new faces and the old faces. Today we come to the last in our series on the Sermon on the Mount and even though it's an ending with Adano, an ending is always a new beginning, at least that's the way it seemed to me and we've been listening to the beatitudes explained these last two sessions in a way that really reached the heart and soul of the real meaning of them and I think we have another real treat in store for us today. I think probably everyone here today has been here before, I see a few new faces so for those of you who do not know Adano, he comes just from Tyler Texas where he is the leader of the All Faith Fellowship, a wonderful spiritual retreat in every sense of the word the. His Swami name is Nityananda Saraswati and his Christian name is Adano Christopher Ley. We've been really blessed to have him with us these last few days and I think the thing that I think of most when I hear Adano and when I see him is love, just an all abiding love that just seems to permeate the presence all around and we're very privileged to have you with us again today to speak to us. Adano? Adano: Thank you. Well as I said before, for those who don't know this is not a lecture for Swamis this is what we call a Satsanga, Satsanga means fellowship with truth. At the Satsanga three things are occurring: one, an intellectual contact, two a literal contact or physical contact and three, an extrasensory contact but before we can start a Satsanga we have to calibrate our minds because the mind is restless from driving a car, trying to get here in time, wondering what we're going to do or say or listen to. So the mind is in a state of turmoil and therefore to calibrate the minds just let us enter in consciousness. 0:10 (Short meditation). Thank you. We come to the last part of the beatitudes today because the beatitudes we know is attitudes of how to be and when the Master Jesus was speaking as I said, He often spoke on three levels: a physical level, an intellectual level, and an extrasensory or mystic level and in order to really comprehend the Master you have to understand how He blends the levels: the literal level, the intellectual level so it portrays the essence of the mystic level. In the beatitudes we find that we are using the word blessing and as I said the word blessed does not mean happy because in the new versions of the bible, they are using the word happy instead of blessed. This is because they're trying to change the terminology in English but those people who are translating in the new writings are not mystics. In the King James version the men who were writing were mystics, they had an inner experience and blessed had an entire different meaning than happy because the word blessed means to consecrate, to lift up, it's next to bliss. It's a state beyond happiness, happiness is only the next level above cheerfulness in the scale of emotions and the highest level is bliss so blessedness is next to bliss and bliss is God, it's the state in which every realized mystic enters or ecstasy. So when we use the word blessed we are thinking in terms of a divine experience, when you use the word happy we are not using a divine experience, we are thinking now in psychological levels of the subjective nature therefore we are selling ourselves short by accepting the new translations as an ideal way to interpret what a Master like Jesus would be teaching. In the first place He came to elevate our consciousness by living out these experiences, not by instituting any new belief but by demonstrating these beliefs so when you use the word blessed we have to realize we're talking and communicating on a very high level of experience. Now we covered the first eight beatitudes and we are going to cover these last few which ties in why the Sermon on the Mount was

not directed to the general public because it was directed to His disciples more so. Though He spoke openly, the impact and the intent was intended for the spiritual life of the individual, the journey of the Soul back to God, not so much of the outward life. The outward life was a preparatory process which can be taken on a literal level or a intellectual level but when it comes down to the intuitive level, the contemplative level, the mystic level it means entirely different to the individual because each individual has to make this discovery within himself, he has to experience the Christ's intelligence. So we go to the next beatitude which says "Blessed are they who are persecuted for righteousness sake, for theirs is the kingdom of heaven." Now if we say a man is persecuted for righteousness sake and he will inherit the kingdom of heaven, we can see that in terms of an individual trying to represent some group of people on this earth, trying to fight for the underdog, that's in the literal sense of the word.

Righteousness would mean right thinking, adhering to the laws of the society and if we persecute this individual or try to tear him down in spite of all he stands for, we can eventually say "well he will inherit heaven because he did it best." From our literal view of the thing we will say that is all that Jesus meant when He was on the earth so we can all adhere or emulate this person by stepping out, fighting for the underdog, and hoping the world is say "cheer, cheer, atta boy, here he goes on to heaven now" but that is not the true intent. It is a stepping stone in behavior, it is a stepping stone to correct the environmental situations that are around us. We should stand up for the underdog or someone who is downtrodden, we should try to adhere to the right rules of thinking as a group activity, as a collective activity but then it comes down, when a person is by himself, when he has to face his inner thoughts, the inner experience of trying to align his consciousness with the Divine, that is the big question, is he really following the true principles of consciousness? Though he may be championing the underdog, is he championing the cause of the Divine Nature within himself, does he know the real (inaudible) existing, does he know the real reason for his own personal existence? Now when we look at it from the mystic standpoint, "Blessed are they who are persecuted for righteousness sake, for there's is the kingdom of heaven" is when the individual decides to pursue a definite path of realization by aligning his consciousness with God, by taking time out from his daily activities to spend that time in seclusion, solitude, the right approach to inner peace and subjects himself to the ridicule of others, the harassment of others for being a nincompoop of sitting in a corner with his eyes closed and trying to do like that, which you call meditating or getting lost with in himself. Most of us will say "there goes that idiot there sitting on a stone thinking he's something superior and what is He trying to prove?" But that individual has separated his consciousness temporarily from the environment to pursue the inner approach, the inner peace, he wants to reevaluate the purpose of existence, the purpose of his own personal existence, where does he fit into the picture as a being, where is his greatest contribution as a being not only to society but to himself and his creator, how is he a channel for this Creative Intelligence? Unless he sits down and takes time out and secludes himself from the harassment, he will not be able to elevate himself, he will not be able to get into that consecrated state let alone have an experience of Divine Awareness. 0:20 Well as soon as he decides to do that, his closest enemy is the one who lives right next to him. Jesus said "Your enemies are very close to you," they may be your very loved ones because they may not want you to be spiritual lest you get a head start to heaven before them. So what they do, they'll try to harass you and they try to pick at you and before you know it you may get discouraged. Well as long as they get you discouraged and they feel they have won the first round then you feel guilty for having given in. When you turn up now between going their way or trying to really go inward but you know it's difficult to go inward where only you and your thoughts and your body and an unseen God is going to be in communion and it's much easier to be outside with them joining them where you can see the world, you can vouch that this is a desk, this is a rose, that's a light and everything around here are pretty well stable, you don't have to fear too much so the mind is tossed between the outer world being genuine and the inner world being a figment of imagination or assumption. Well we said "Blessed are they who are persecuted for righteousness sake," now righteousness would be the right laws of being, the right principles of inner awareness so if you don't harm no one, if you seek solitude, calmness, you seek to pray, you seek to contemplate, you seek to be creative in your consciousness, you don't indulge yourself with the sensory world too much, that tends

to aggravate others and they are forced to harass you for it. Well if you don't let them harass you and you stick to your resolutions, you will surely inherit the kingdom of heaven, you will have the experience of an inner certitude of an extra sensory awareness or an extra sensory experience of what Divine Consciousness is, not a sensory consciousness, not an intellectual consciousness but an extrasensory experience, it will occur within you, an actual experience of a different nature than the normal run-of-the-mill experiences that happen every day to you, something that will stand apart, this thing that would give you the strength to say "I've had an inner experience, I am sure that this inexperience represents something spiritual to me." You have one problem when you have the experience, you can't tell nobody, after spending all that time to get it, you can't go tell nobody because they're not going to believe you and if you tell anybody you're crazy so you find yourself in a worse position now. Having spent all the time to aggregate others to the point of being harassed by them for your own spiritual unfoldment, you can't even expose it to no one so you say God has done you a dirty trick, why did He make it so impossible to communicate such a wonderful experience and leave you here now hanging in sort of a limbo, no way to say anything to anyone what is true or what is not true but Jesus goes on to assure you, that's where the Master comes in now, the assurance that what you have done has merit, it has nothing to do with the outer world, it has something to do with you and your devotion to God, He says now "rejoice," this is His encouragement for your attempt, "rejoice and be exceedingly glad." He's already pointing out what you should do after having the experience and after having shut out yourself from everyone and accomplishing it, "great is your reward." Now He's giving you the encouragement and inspiration for having made the attempt because He had to have achieved it before He could tell it to you, it stands the reason. If He'd never walked the inner life, the inner experience then telling it to us would not mean anything to us, He would have to have walked it then He would be the one to confirm it that what we were experiencing is valid. So taking His promise, we have something of value we can live with in spite of others harassing us and tearing us down. "Great is your reward in heaven," great is this reward in total awareness, "rejoice and be glad," exceedingly glad, be totally immersed in it, don't worry now what human minds say about you having spent the time to get the experience, it is worth everything to have it. "For the persecuted, they the prophets which were before you," in other words you are in good company, your experience is nothing new, nothing looked down upon by the Creator as something bad, the world before you came along treated the other great realized Souls the same way but if you can stand and measure up in the hall of fame of prophets, I don't think you have to worry, you see this is the amazing part of the unfoldment. When you know from inside that the inner experience is valid, the type of people who have achieved it are the ones that are looked up throughout the history of Man as the highest examples of behavior then all the persecution and the harassment doesn't begin to compare for the time spent in achieving it, it is well worth it even if we have to leave the frame right now and not carry with us a single penny to the grave. As my friend said last night, a man had 50 million dollars, couldn't even carry a penny last night with him so what would he carry when he's going to face the Christ inside, can he carry any moment of inward seclusion, any moment of inner happiness, has he anyway to refer to the moments he spent to line up himself with one of the exalted beings that walked this earth that was harassed, I don't think he has it but if he has that then the 50 million wouldn't mean anything, he's got a greater reward than 50 million. So the individual who lives out the challenge, lives out the persecution and the harassment of those around him for trying to be spiritual inside, they are walking in the highest company possible. Now in the Eastern scriptures they say, "You know them by the company they keep" so if you're walking in the company of prophets that have gone on ahead, you can be classified as a prophet too because that is the company you're keeping. They say a spiritual man gains spirituality four ways in Eastern countries: one, attending satsanga that means fellowship with the truth. Two, sitting in the company of Saints or prophets. Three, adhering to the will of the Lord and four, inner solitude. Now if you look at those four ways you will see that the last one indicates how we should behave, it's the beatitude that starts the process for the other three so Master Jesus is confirming for the individual who gives up the time to inner solitude. Now in this Western world and especially in Eastern world we have a problem with the adults and the senior citizen, we're reaching a stage where we're going to be retired at early age and our children and grandchildren are gone and

sometimes the loved one or the partner is gone on, time hangs heavy on us, we don't know what to do with ourselves. 0:30 The period of loneliness can be like a mallet hanging over your head or like an axe hanging over your head, you think you are not worthy or worth anything in this world but this is your greatest moment to find the inner life because you're given the opportunity now to study within yourself, you're given the opportunity to research into yourself. All the time was spent researching and working for others, your children and your grandchildren, your loved ones, it was outward behavior, outward exposure but very little in exposure. Now you have the time for inner exposure so since you don't have the world to harass you now, you're better off. Before they might have harassed you if you tried it, here you are totally (inaudible) yourself now for the balance of your life you can go inward and really make full use of the time spent and you'll be exceedingly joyful in the discovery. Now Jesus went on to say in confirming the attitude, "Ye are the salt of the earth," this is another way of saying blessed, "ye are the salt of the earth." Well salt sounds kind of funny, why would He call it the salt of the earth? What do we use salt for, what is salt composed of? We know salt is composed of sodium chloride and you are the salt of the earth, if we put salt in the food that's where we use it most of the time, we find it gives it a savor or a flavor. If we look at the human body, the bloodstream is like salt water, the chemical composition is nearly the same. In the mystic view of it, "ye are the salt of the earth," it means that you are that particular individual whose inner life adds the flavor to society lacking in spirituality, you are that particular individual who radiates the perfect state of inner composure, it raises and enhances society that may be caught up in a literal existence and in an intellectual existence but who was He referring to when He said "ye are the salt of the earth?" Was He referring to the world or was He referring to His disciples who were supposed to be trying to develop themselves from going inside and exposing themselves to the inner life and gradually withdrawing from the pull and the desire of the outer world? He was actually referring to His own students, His own disciples, if they took the path of inner realization than they would be like the salt of the world, they would be like a savoring, a force field, there would be a power in this existence in which we are right now that would enhance, tend to raise up others but He says "If the salt has lost its savor," meaning in its flavor, if the individual who is supposed to pursue this spiritual life suddenly finds himself or herself no longer fragrant, no longer emanating this particular quality of inner light because of despondency, distraction, harassment, and slowly lacking in devotion, where will it go to get its savor, where will the salt go to be salted? If the salt has lost its saltedness or its savory taste, where will it go to get it? When the spiritual man has made the attempt to go inside and that applies to every human being now, and suddenly finds himself lacking the devotion to persevere to the end to have the mystic experience and suddenly finds himself drifting back into the sensory nature of the world, where would he go, to who would he go to to give him the encouragement to go back inside? We automatically find ourselves abandoned, the other world couldn't give it to us when we started and certainly now after a long attempt to go inwards, we become despondent and lack the devotion and drift back, we'd be worse off than when we started off, it is better we never started in the first place, do you get the idea? So don't be despondent if you find the journey inward seems to be harassing and not as productive right away, "be of good cheer" because you're walking in the company of prophets, you're walking in the pathway of those who actually walk that path achieving patience, strength, sense of certitude, hope, and that is a slow process for the individual. So when we go inward we must be prepared to make the resolution to ourselves that nothing else matters now, time matters not, how long we take to achieve this inner experience. We know what the outer world has to offer us, we know what we will encounter if we fall back, we don't know what we will encounter if we go forward. One time I was climbing up a mountain you know and trying to do mountain climbing and my friend is ahead of me and I'm halfway up the side and I start to get cold feet, I want to go back down to the ground, I start looking down how far I am and how far I'm up and something said, "if you go down, there's no guarantee you'll never get up back because you may slip and land on your back and if you go up there's no guarantee you'll never get across the mountain on the other side so you're stuck, make up your mind where you want to go." Well I looked at my friend up there and he says to me "stop looking down, you're only going to go back in fear, look up and give me your hand and why worry, you only can fall along once" and when he said that I said "okay here I come, I don't know what's up there

but I'm coming just the same." It is the same in the inner life, we try to start out inwardly and we look back at a certain point of the growth it's very disappointing and frustrating and so "gee whiz, I come all this way I'm already getting nothing and I try to look back, I want to go back but if I go back I know pretty well I'm not going to get back as far as I go" so the inward life is the consecrated devotion and time does not matter. It's like a chicken in an egg, if you take an egg and put it under a hen, it takes 21 days for the egg to hatch and the sitting hand has to generate a certain bodily heat, be willing to sit on the egg and when that period of heat seems to wane, she knows exactly when to get off that egg but you know something, she'll never break that egg even though she knows it's 21 days and that egg has to snap but during that whole period while she's sitting on the egg, she's making some peculiar noises around it as if to tell the chicken inside "here come on get out" and when 21 days come, the egg snaps. You never know which side is going to snap either but when it snaps you see the chicken pushing its head out and you think that the mother hen would have compassion on the chicken and take off the shell, no. I was a kid I saw that and I said "come on take your egg shell off, go on take it off" so I tried to help the chicken by taking the egg off, the chicken start to die so I realized at that age we don't help anyone by trying to be in a hurry and the other chickens that were being hatched, they struggled and struggled and it was aching me to look at them but nevertheless those chickens came out healthy. Equally true in the spiritual path we go inside, we dedicate ourselves to this life of inner solitude, inner composure and we don't know when this creative love that surrounds us is going to allow us to snap the bound, this invisible light band, this darkness around the consciousness so that we will see the light that Jesus talks out. 0:40 He says "The light is shining in the darkness and the darkness comprehends it not," we don't know when it comes like a thief in the night but if you persevere, boom, it snaps and when it snaps you know there's nobody out there to tell you "here I'm waiting for you all this time, I'm going to take away all the layers of your ignorance," you've got to wake up and shake it off and recognize where you are but you are happy that someone is sitting there as an example of what you will be if you mature. The chicken is happy to see the mother hen sitting there knowing someday he'll be bigger than mother hen but the mother hen is not doing anything but just saying, "well pick pick pick pick pick," so sooner that when you break through this mental ignorance, you start picking up the loose ends of the inner life and the outer life and they start tying in, that is what the Master really meant and He said "Where would you go to find the savor after it's lost," you have to go back inside. The next important aspect He said that if it has lost its savor meaning its power to do something that it was intended to do, it was good for nothing and therefore it would be taken and be trodden into the earth, that situation applies to the inner life. When we turn back after making the endeavor to go inward and then suddenly find we're lacking the devotion, we have actually set our mind on the ideal to succeed but we did not set our mind on the ideal to be one with God, we are looking inward for something magical or something miraculous, we want to come up with some kind of a power because we sat down and meditated and tried to get an experience and now that we fail, we feel shame faced to face our friends who may say "Why'd you spend all your life what, did you get?" And you will be downtrodden in this sense because your own mind will start deteriorating you, you'll feel the guilt complex, you can't hold your face up in front of (inaudible), you felt you're a failure and most people who have fallen away from the spiritual path you see it, they have a tendency to be very despondent, downtrodden and they almost want to kill themselves but if we did not set the motive for a miraculous experience, for some kind of a power to impress our fellow man because we went on a particular way of life to find the inner composure, we would not be despondent, the right attitude is to be one with God. Now "one with God" has no time limit, it has an unfolding period moment to moment and the moment to moment exposure is joy, bliss, every inch of the way inward is success from the time the egg is put under the chicken or the hen to the time it's completed as a chicken, every moment was success. Equally true inside of us from the time we shut out our five senses from the environment to the daily immersion with the spirit, every moment of that onward is success therefore we don't look back no more, we always look forward. Now Master Jesus goes on to emphasize the gifts of this attitude of life, the beatitude, He says now "Ye are the light of the world, you are like a city on a hill that is not hidden." These statements are the promises of the attitudes of behavior, He said of Himself "I am the light of the world while I am in the world," He

says to His disciples or people who follow the path, "You are the light of the world but you are like a city on a hill that is not hidden" that means the moment you discover the inner path and you begin to be lit, up as the kids says "now I'm lighting up, I'm illuminated, I'm starting to know myself," you're like a sore thumb stuck out from the rest, like a city on a hill you can't miss it, you're coming up the city you know the highway and up the hill you see the city highlights is there bright and brilliant, it's not hidden behind trees or anything. The spiritual person who makes the attempt to go in, though it's a blessed consecrated state to strive for, it carries certain complications of exposure and the exposure is that you're going to be singled out by society as an unusual individual, either you're a quack or you've got something loose in your head or maybe you aren't so stupid as you appear so they're singling you out for one and three but nothing to worry about, you are a light, that means you're shining there's something about you that sets you apart from the rest, there's something about you that attracts people to you, it's something that's in you that seems to grow and expand and therefore we can't hide you nowhere, we will wish to get rid of you but we don't know how to do it, we wish you'd get lost in some place so nobody will really know that you did exist, nobody wants to read the pages of history and know men like Moses, Elijah, Jesus, Buddha, or Krishna ever did walk this earth, it's too much of a shock to our intellect but here among teeming millions of men, these few handful of people are standing out like... (gap in tape). He is telling us in the Sermon on the Mount and it's intended most for the disciple, the mystic student, not so much for the ordinary layman because the ordinary layman can change and start domestic life because it's from the ordinary laymen individuals will start to search for the mystic life but those who are already on the path of domestic life, these are the ones He called His disciples or students, those are the ones who are walking in His steps and the sermon or the lessons are intended for them, the inner workings are intended for them because they can't be left to themselves. He's on the earth, He has lived these lessons Himself, He's trying to raise our consciousness to those heights and by accepting certain people as His students, He would have to see them all the way through in the inner experiences, He have to give them the assurances that they are not making a fool of themselves and we see that even then while He was with them and still elevating them, they were doubtful as to their worthiness as students because they were afraid and they sensed it when He was going to die and they asked Him, "Master what become of us when You go? But then He reads their thoughts and not the multitudes, it was the thoughts of His students, He says, "In my Father's house there are many mansions, I go to prepare a place for thee," you the students, "if it were not so I would tell you." In other words He was more concerned with those who were seeking the inner life, a pathway to God that is not chartered out in no book there, is no human written record of how you go from step to step to God inside and you can't say that a turn b corner, c, and so forth, we have to have the word of the living teacher or some individual who's walked that path to give us the encouragement to stick with it and as long as He gives us the assurance that it's not a journey of futility, it's not a journey of mental games, it's not a journey of strictly biding time because there's nothing else to do in this world, you're too caught up in our desires or because everyone has left us and now we are left to ourselves, nothing else to do but wait to die, it is not that. It is a journey that is actually lived by the Great Ones and achieved by these Great Ones and if they were not positive of what the end of the journey would mean or involved, they could not vouch for it and they can't make up the journey, the journey would have to be the same for everybody, they can't come and say "we have a new religion and this is a new way to get there." 0:50 They can't come and say Well when you get there He looks a little different than He did yesterday, it is always the same and it's the one same truth and we are living it for you and so don't be despondent, come inside with us, let us walk the path inside." So the Sermon on the Mount can be viewed now in another mystical sense, this is the mount, the point between the eyebrows, the teacher or the Master Jesus is the intuition locked up in the brain, the multitudes or the disciples are the five senses of the human body, the inquisitive scribes, politicians, writers, and scribes scribes are the ego, intellect, reason, the individual who accepts the teacher's words is the willpower. Now Mr. Aldous Huxley wrote a book called Lost Island where he writes in symbology using the student as Will, that's the name he gave the student and he went through the whole dissertation of this inner body of all the mysteries of it writing it in fiction. He was trying to portray the Sermon on the Mount and Book of

Revelation in a novel but he used the student as Will, the disciple is Will. Disciple represents willingness to be disciplined, willingness to try, each one of us is willing to try the inner life but each one of us needs assurance, each one of us needs comfort and guidance. Intuition or that higher self or that archetypal pattern of Spirit is the guardian, is the angel, or is the Divine Comforter, is the Messiah that pulls the Will, encourages the Will to continue. The harassers are your five senses, the multitudes who are constantly distracting you and presenting you with new desires, new stimulations to go away from the journey on the mount towards realization and come down into the lower nature and expend your energy. Now if you are the salt, and that's the Will again, that is the driving force in the body, and if it's lose its savor meaning it loses its quality to be determined, to persevere, where is the willpower going to go to get more willpower, you see? It can't turn to the five senses and say "give me some power now," it can't turn to reason and say "give me more power," it can't turn to ego and says "give me more power," it can only look up to the intuition to elevate it. So the willpower is the one force in our mechanism that we should not surrender or try to put under a state of helplessness, we find this happening in young people today. When they take the drugs to have a an experience which they think is an experience in God, three things happen to them: one, they have a loss of will the drug that they take has to run its course sometimes four five hours, eight hours, ten hours, sometimes a whole day and the third thing the confusion between what is real and what is not real, the incertitude of the mind, not being certain of what is the destination but the Will can't help you there when it's no longer functioning, once the Will is helpless, you can't make a decision inside and you can't follow it up, that's the problem with the drug. Now we can look at it another way, if you have a car coming down a hill and you take out all the breaks, cut all the wires that will stop the car, there is absolutely nothing you can do to stop the car running down the hill, it will have to run its course until it either smash up or it run out of the gas. The Will is like the brakes, it can constantly check it, check it, check it, until it slows down and bring it under control. Equally true when we're meditating inwardly if we were to pull out all the safety factors by a chemical experience and have no will to check these experiences, they come crashing in on us and we can't sort them out and know what they really mean, we're are at the mercy of our own brain and all the problems that have occurred in it so where would we go to correct it and who is going to correct it and what are they going to tell us when they correct it, can they tell us anything more, better, or worse? They can only tell us what they think they know and try to prevent us from repeating the situation. I don't advocate the fact that drugs to give you spirituality, I haven't found it to be, I've not known of any that I've met and the bible even admonishes it for us for that, it states, "He who does not come in by the door," this is the door of consciousness, the point between the eyebrows where we contemplate on the spirit "and enter by any other method" and they're very explicit, "enter by any other method is a thief," that means you're violating your higher self or lower self and you're impressing some type of consciousness upon this mechanism. Finally in the beatitudes we find that Jesus is telling us something that is very important, not to the layman, not to the intellectual person but again to the students. Every one of these attitudes that we perform will give us something, it's an outright promise, you don't get something for nothing, you are not working in vain, you're not performing these actions with the fact that you will be left empty-handed. What is being offered for each level of the behavior, for each level of unfoldment is God awareness. In many ways He presents God awareness, one way He says "You shall inherit the kingdom of heaven, you shall be called the sons of God, you shall see God," you see many ways to tell you how this consciousness will reward you, seeing God, inheriting heaven, calling you a son of God, these are all levels of inner complete awareness. Now on the outer level if I say that I'm a peacemaker and after completing and negotiating between to two warring parties, can I truly walk away from that table after it's all over and feel that I'm a son of God? In a literal sense you may look up and say "this man was very Godly to have brought these two people together, he's a son of God because God made His creation and God is in His creation, therefore he's a son of God" but how is the man inside, has he found God-ness inside, not because his occupation put him in a position to bring two people together to stop fighting, has He got an inner experience of Godness inside? We have to look at it in that direction so we see that the Sermon on the Mount primarily is directed to the spiritual life, secondarily to the outward life. 1:00 In the inward life it hinges upon a direct communion

with the Spirit. Thank you. (Gap in tape). Yes? Audience: (Inaudible). Adano: Yes, we must not look at it as a place in the heavens, it's a state of being. You see there are eight levels of creation, the first level of creation is Matter acting on Matter which we are involved in, this is hell. Now we know it as h-e-l-l from our bible that is what we call the scriptural term of it, from the true scientific term of it in the science of the Soul it's h-e-l-d, we are in a state of "held," we can't go any further than where the creator will hold His creation. He holds us in a state of held, that means the final expression of Himself is matter, we don't go beyond that. Now we have to go backwards to Him, we are away from Him when we are in held, h-e-l-d, not what is considered h-e-l-l, a place in a literal uncertain word, in the true scientific sense of the word or spiritual word it's h-e-l-d. Now the next level back to the Creator from the where we are right now or the sensory nature would be Energy acting on Matter so we are going backwards but we are going backwards to the Creator by our senses and by our extra senses we go both ways, outward and inward. In the Eastern countries they have a saying that goes like this "The further you retreat inward, the more you advance outward," you get the idea? The more you can retreat inward in your consciousness, the more you will have control over the outer world, that's the purpose of it. So the next level up would be now Consciousness acting on Matter, see that's the third level up in creation. The fourth level up in creation is Energy acting on Energy, now these levels have oriental names in the oriental scriptures, they have Hebrew names in the Hebrew text but we know them now in English and therefore we don't have to use the oriental terms or the Hebrew terms because science will one day vouch for these levels as we advance in paraphysical research. The next level up now is Consciousness acting on Energy but Energy acting on Energy is before Consciousness acting on Energy, Energy acting on Energy is the halfway mark referred to by Jesus when He gave the parable of the prodigal son who was away from the father, left the father, came down squandered his sustenance, found himself living among the pigs in the state of held, matter. He decided this was not the proper place to stay because even the servants of his father were faring better, he would turn around and go back. Leaving that level he moved back until he was at the halfway mark in his inner growth. They said that Master Jesus made a remark that the father seeing the person coming recognized him as his son and ran to meet him halfway, meaning that God don't meet you all the way down, He only meets you halfway, you've got to make the other half up, you got to do something to prove to Him that you love Him, see? So an inward turn around on our path towards heaven or Cosmic Awareness is a prerequisite and we are met at the halfway mark but between the starting point to the halfway mark, there is a great deal of others who come along to encourage us or coaxes along, the servants or the prophets, the teachers, the Saints, these are the encouragers to get us to the halfway mark. Now the halfway mark is called Energy acting on Energy, now the next level up is called Consciousness acting on Energy, here is the final test, what you say now you're stripping off all the old garments and you're gonna have to be cleaned up, take a bath, and let the Lord put on something on you, that's the final test, here is where we leave off now time, this is the last confrontation with time, Consciousness acting on Energy because when we get beyond that state we are entering into the Christ state or the Son-ship state, the recognition state, the Master state, there we are in a timeless state, Consciousness now acting on Consciousness. In that state you are timeless, you are free from all desires, you are accepted back by the Father as His true son, He places the mantle back on you, you are restored, you are lifted up. Then from that state on we go now to Beingness acting on Consciousness, this is the state that Jesus mentioned when He said to Mary "Touch me not, I have not yet ascended to the Father," He did not leave the consciousness level of Consciousness acting on Consciousness or the Christ level to enter into the Supreme Being level which is to sit on the right hand of the Father, to take His place in consciousness and beingness so that seventh level is called Beingness acting on Consciousness. Now we don't go any further than that because we can't become the Creator, we can't own the universe, we sit on the right hand of the Father as Beingness acting on Consciousness, (inaudible) that state of humility knowing the Father still owns this world, the Father still involves Himself and He Himself is called Beingness acting on Beingness, that's the eighth level. Audience: So heaven would be your seventh level. Adano: Heaven is your seventh level, you don't go any further than that, that's why He said "Touch Me not, I've not yet ascended unto the Father." Now in that state you are in total oneness

with the Father but you cannot become the Father, you can't own the universe because all the writings show that you are a child of the Creator and you are an inheritor of His power, you have dominion over the universe to subdue it but you don't own it, He alone is a sole owner, up to that level we are in heaven. Yes? Audience: I've heard that in the aramaic when Jesus was talking to Peter and He would ask him "Peter lovest thou Me, (inaudible) that the love were really three different levels of love, is this true or would you explain it? Adano: Well this was spoken to Peter after He returned from the grave, not before He died, "Peter doest thou love Me?" "Yes Master," "Then feed My sheep." He walks on a little while, "Peter doest Thou love Me?" "Yes Master." "Feed My sheep." They walk a little way, "Peter doesth thou love Me?" "Yes Master, what you think I'm doing all this time!" "Feed My lambs." Now twice He called them sheep, who is He calling sheep and who is He calling lambs? If it was levels of being or levels in heaven, it would be a different thing. He is not referring to that, what He is referring to the love of Peter is that Peter was the legitimate heir to the spiritual heritage when the Master left the body for him to carry on the work and who are His sheep and who are His lambs? The sheep are those who have already accepted the Christ and are initiated to the point where they can see the inner light but they are not totally competent to stay in that light permanently. 1:10 Now the shepherd is Peter, the shepherd must always keep his eye on his sheep though the sheep can graze all around but he does not take his eye off the sheep, he still has the crook or the staff that will pull it out of problems at times so He's informing Peter who is going to be the spiritual head of the disciples left to carry on the work or the world, that if he always keep his mind on the Christ intelligence, which is "love me, do you love me?" That means if you always stay in tune with Me, you will take care of those who are liable to slip back and are not too well anchored in that Christ state. Now twice He said that, that means there are those who are at a certain level where they may about to be totally immersed in the Christ state, there are those who are just coming into the Christ state. Now the last one is called the lambs, now if you've seen the painting of Jesus as a shepherd with His sheep around, where was the lamb? In His hands right? The thing that is weakest, you keep closest to you. Now the individual who has just been exposed to spiritual life inside and is not too certain that this is the journey he wants to take, he may want to back out and go out again. So Peter is cautioned, "Now don't let that happen, don't let these people fall back, it is up to you now as a spiritual head to make sure that they have the consolation, the correct information of staying on the path. This is true with every individual who walks the mystic path, the new student is suddenly made aware of the inner experience but then he's not positive that that's what's going to happen, he may not see too much and he worries. As long as he has someone to constantly console him, encourage him to stick with it and as long as that someone stays with devotion to the light, which is the Christ in himself, you would get the courage, you will get the strength from that individual and then you will start maturing from lamb to sheep. Now as we advance to the point where we are sheep now and we are capable of fending for ourselves in a spiritual light, working inside with the Divine Consciousness, someday we may graduate to become a sheepdog. (Laughter). Audience: The bible talks about the great mysteries, are they referring to some of the things you've been telling us for instance about the different levels of consciousness or is it something else? Adano: No the great mysteries are the levels of consciousness, they're just using the symbolic language. Audience: (Inaudible), the stations of the cross? Adano: The stations of the cross are referring to the different periods in the passion. You see it's crucifixion, that's the stations of the cross, what He went through in the scourging and the punishment of Himself before crucifixion, that's the stations of the cross but the mysteries are not that. Audience: We are Soul. Adano: Yes. Audience: Can you differentiate Spirit from Soul? Adano: Spirit and Soul, all right I'll give you an example. I have 10 glasses here before me, they are different sizes, different colors, different weights, different thicknesses with different quantities of water. Above them all is the moon shining in those ten glasses, how many moons do I have when it shines on those 10 glasses if I have 10 reflections? Each one of those glass will have a reflection of the moon right and if you look in them wouldn't it be correct to say that you have 10 moons? What would be correct to say? 10 reflections of the moon? Now if I break the glass and let the water all run out and become one, how many reflections would I have in one water? One reflection and if I mop up all the water and there is no reflection what would I have? Now the spirit is the moon, the body is the glass,

the mind is the water, the reflection is the Soul, you got it? That's why they say your mind should be as clear as water and your body should be as pure and shining as the glass and your Soul should be always one with the Spirit, a radiant Soul but that is the actual relationship of how we are lined up in God. He has become His creation, that is the moon or the light, the Divine Principle has come down in reflection. "Come let us make Man in our," what? Own image or reflection, "male and female create ye them and God breathed into Man the breath of life and Man became a living donkey." (Laughter). A living Soul, right? So we don't have Soul, we are Soul, and from the situation of the glass, the water, and the moon, we see that we don't have reflections, they are only conditions in that frame of reference, when you break away the conditions, the only thing that really exists is the moon, you see. There will be no US without God and there will be no US without Creation for us to exist in, that is like the moon, the water, and the glass, we are the in-between thing called the reflection, you see the importancy of ourselves? It's a kind of a short change and here we go around sporting our ego. Can I help you some more? Audience: (Inaudible)... I don't recall all the details but the Soul is a physical thing according to him which (inaudible). Adano: Man is Soul but he's encased in three bodies. Remember the reflection is in God, the moon. Now that reflection can only become polluted or appear to be polluted or need to be purified if the water and the glass are dirty, the reflection in itself is never dirty, the real you can't be dirty but you will have all these so-called impurities in the water and you may have discoloration by the amount of light permitting to flash through. Since Man is Soul then he doesn't have a Soul, right? It's only obvious then what is He trying to save? Well, carry it further. 1:20 He has three bodies, a chemical body comprising of 16 basic elements plus trace elements that's the glass. He has an electrical body or etheric body or an astral body comprising of 19 elements that's like the water. Now he has also a causal body or an archetypal body, the very pattern that makes him appear as a human being, that is comprised of 35 elements. Now when the chemical body is smashed that means it breaks down or dies, the electrical body and the idea body or causal body, they don't break down. Now they would go into what we would say now the glass is broken, the water is on the floor, but the reflection isn't gone away from the water on the floor all right. The id (idea?) of the reflection is still in the water but now what has happened to all the reflections? There were 10 glasses, all the glasses are broken, all the water came together, should we not have 10 reflections still in the pool of water? But we don't have 10 reflections, we have what? One reflection, so we don't have a Soul to save, we are Soul already, something has suddenly pulled us together. Now the electrical body is the water, now let us eradicate the water, the apparent condition that the idea now of us being something suddenly disappears into infinity, back into itself. So we can't say "I swept up the the reflection off the floor" and I can't look at the mop and says, "Where's the reflection, it should be in the mop?" Because all I did was take up the water in the mop, I broke the glass but the reflection has done played tricks on us. So the reflection goes back into its source so the reflection is the id (idea?) the very thing that must come forth again and again. So God is the eternal Spirit projecting Himself like waves of reflections as Soul in Creation, we come back learning to appear as images in a glass of different types of water, of different pollution, that is the various lessons we learn again but the Soul, which is the actual id (idea?) again is never really polluted nor never really restricted, only the shape of the glass and the liquid in it will determine how large a reflection you have but in actuality the reflection is neither big or small. By smashing the containers we go back again to the source so I think what Mr. Ford is saying, he's saying exactly the same thing but I have put it in different terminology. You see we don't have a Soul to save, we are Soul already, what we have to save is our particular attitudes of mind, we have to correct those. Audience: (Inaudible). Adano: See the Creator encased the Soul, which is His reflection as an id (idea?), in an electrical body and a chemical body and the composite of the two is called the Soul body, you see. Now, or the image body so I said the image body is comprised of 35 elements, the electrical bodies comprise of 19, and the chemical bodies comprise of 16, so 16 plus 19 equals 35, so the idea body is a 35 element process only as an image acting as an image, until the image recedes back into its source then there is no need for the image but the image must come out from the source again back into the chemical and the electrical otherwise it has no identity. So the Creator must project us out all the time, out of His infinite Spirit as Souls and we tag to that Soul nature and how do we tag it? We tag

it as the I AM, which is the first expression of the Spirit as Soul because when that image comes out, that reflection comes out from the moon, that reflection would be personal, it will be stating an individuality apart from the actual moon so the very first expression of Beingness in a mechanism like this would be I AM but then you can't say "I am body," you can't say "I am the astral body," you have to say "I am Soul," a reflection of the Spirit. Now when this chemical body collapses and this electrical body collapses, "I am Soul" actually is not really Soul no more but "I am Spirit" then Moses was right when he heard God say to him and he asked Him "What is your name?" And God said "I AM that I AM," "I the Spirit am in the reflection with your Soul," you see? The two "I AM's" are the same, reflection and source are the same, the beam of light and the image of the light, you see? "I AM that I AM," this image is the same in the source where it's coming from so Soul and Spirit merges back and every time it's projected back out, it's projected back to the containers in which it has to work and the lessons are in the containers. So we need bodies to learn lessons but the lessons don't pollute the real Us, you see? There is no pollution of the real Us, it is kind of frustrating to think that our real Us are going to be polluted, that's why they say the Soul cannot do any wrong, the Soul is never making any mistake, it is the pure light of God but the body and the mind can make all the mistakes. Audience: You were talking about the backsliders and you mentioned the personality of will, can you give any more suggestions that relate to that? I mean I recall for example for the disciples well they got this lesson there and you know how to try to reinforce this thing on the journey inward for themselves, it was through the visitation of the Holy Spirit that they really came into their power. Adano: Good, that's very good, remember Spirit is force and "I" is consciousness, "I go unto the Father but I will send you the Holy Comforter or Spirit." Now the word comforter is to comfort or to console, to encourage, and the Spirit is the force that comes down, that's why anyone who has had an experience in the Holy Spirit or Holy Comforter feel like an upsurge or an in-surge of energy suddenly lifting them up and sometimes knocking them down and they start talking in tongues, it's a force field. All right, He the Master that is the Soul that is fully identified in the Christ, is at the level of Consciousness acting on Consciousness, that's the real "I," that's the true "I," that's the Christ "I," it's going to the Father, that is it's going from Consciousness acting on Consciousness to Being, which is the Father, acting on Consciousness but He will have to send the Holy Spirit, that's the next level below, Consciousness acting on Energy, you see because that consciousness has to come down now and act in an energy field to raise our consciousness and energy up. So the Christ level is before the God level or the heaven level and the Holy Spirit level is below. Now the salt, if it has lost its savor, where will it go to get its savor again? If we are backsliders and never had an experience in the Holy Spirit as something to reinforce our will or encourage us, that Christ-Master could not leave us in that state, He had to take into consideration every level of the journey, you understand? So here is where grace comes in now, the salt may lose its savor but if you take the salt and throw it back with other salt, what will happen to the salt? Audience: It'll be reinforced. Adano: It'll be reinforced so when He's talking to Peter the legitimate head of His following that He should encourage knowing fully well that He's going to go on, Peter is not aware of this because Peter is not in that high state yet, Peter is not even in the Holy Spirit stage, Peter would have to be where? Energy acting on Energy, Peter is in that state, he's not up in the Holy Spirit state yet. So Peter is made a legitimate head to carry on the church, the Master is going on but He's promising them that He's not going to abandon them and He's leaving Peter with a certain certitude that he can carry on in good faith and that he would be reinforced so they're going to be backsliders, Jesus suspected that a long time even before He took off for the journey that this is human nature but He's making compensation for all that by grace. So He actually gives them the promise that the Holy Comforter will come and remind them of all these things in His name and that's the reinforcement that comes in. When the Spirit came them on the day of Pentecost, all the backsliders were suddenly pushed in, there was no more doubt in their mind, it was a mind of total certitude, everyone found himself communing in consciousness. If there was any doubt in their mind that their Master had gone now and the Master had lived with them and if there was doubt in their mind that He was truly a Master, that He didn't have any true interest in their life in the inner world, here they have now the tangible evidence of a force pulling them in, binding them together as a body for the first time. They were like wheat pulled together and bound by a strand,

they were now something of value, they were held together, it was the first unification of the disciples in the Spirit, you see? They were cut and scattered from their moorings by the Master, the Master came and cut them down and left them like that and maybe He put one little baby boy to look after, they says "Okay make sure the wind don't blow it away." So the baby boy may not be too smart enough but he knows he's got to tie them all together then comes the big brother and says, "This is the way you tie it," takes a string and tie it, "Okay now hold it together and go." So Peter might be little baby boy and not too strong, not to experienced in tying the disciples together as a unit, the Holy Spirit is big brother who comes down now and does the job, pulling them all together into one bond and then now Peter can carry on, he's got something to carry on. This is the reinforcement and it's grace but this grace, this promise is made prior to the journey. You see all the safety factors, all the promises are already laid out for you before you start out on the journey. You're starting out on a journey inward not knowing where you're going and not knowing what you'll get, not knowing what is already provided for you to have but here for the first time the journey is laid out, you know what company you're going to be involved...

#### 1972 - Householder Adam and Eve

Adano72\_HouseholderAdamEveQ3NW1 - (First 10 minutes is a duplicate of 1972 September Part 8 - Householder) 0:10 God, the eternal principle of creative energy, is in a timeless state after performing everything that there is to perform in a time state called creation, creation exists in time. Now there really is no time as an actual principle, there is the illusion of time in which creation must exist or appear to exist. Now in this appearance a unit of time is the distance light crosses the width of an electron giving its potentiality as a creation. Now the width of an electron is a fantastic measurement, if you have ever seen an electron, let alone measure its diameter? You have to measure it in millions and millions of kryptons to get the exact measurement of the width of the electron and the sphere which is traveling across it. Now light is traveling at 186,000 miles per second, that is accepted measurement for a second. Now one electron its diameter, the distance across is trillions of kryptons, let alone a second, it's micro micro micro micro micro seconds so there really is no such thing as time, all that exists is infinite motion to the highest degree of ultrasonic movement, the Creator is Audible life energy, He spoke before He became light, not a person, it's a principle. Sound precedes the light but in our relative world which we live, light seems to come ahead of sound especially in a thunderclap and lightning, the lighting will be seen first and then the roar of the thunder is after but in the cosmic realm of timelessness, the sound is first and the light is after, in fact the light is too slow for the sound. "Come let Us..." do something, "Let there be light," the command has to be given before the force can go out. So sound is responsible for life, Audible Life Current, it's audible, why? Because you can hear it, you can hear the life current inside your own body, it's there, there is a music going on (inaudible), you can listen to it and those who have heard the music know that they are listening to their own true Creator for the first time, that God is bliss, that Sound Current gives you bliss. Hearing it is one (inaudible), feeling it is another thing. So he who can see the Lord in human form has seemed Him at His best. Audience: How about you answer my question. Adano: You wanna ask a question again? Audience: (Inaudible). Adano: He has to abide by the time cycle, everything in this relative world is synchronized to time because it's created in a time cycle which is a relative existence and not an actual existence. The creative force field, the Audible Life Current, the shabad, or Sat Naam is that pure essence that exists in timelessness and grants permission, it grants permission to its lower nature, Kal the time cycle, to make a Creation. God is a Sagittarian in opposition to Scorpio in the astrological sense, therefore no matter how Scorpio try, he can't overrun Sagittarius. In other words (inaudible), the science of life, then you'll understand a great deal more. We are beings of light, the whole universe began in the constellation of Sagittarius, it is the only symbol in the astrological (inaudible) male or Man and animal and is equipped with death, the power to destroy, that it's armed, every other symbol is not armed to protect itself. It must have the power of life over death, that's why the symbol was chosen for it, the Creative Force must have that control and cannot entrust that control to other forms of their creation but in the other forms of creation or the other symbols in the astrological process do have the ability to kill themselves or to perform violence but they don't have the power of life over death to determine who

perform it, only in the Sagittarian you see the Centaur or the archer with the bow and the arrow within the justice point, this is the destructive principle and at the same time it is upholding the law. Now Scorpio can only kill itself or sting you but it can be destroyed by the Sagittarian and every other one can be killed by the Sagittarian because the Sagittarian is the one that is armed, the rest are not armed in this cosmic cycle and in a cosmic clock in which we live in of 24,000 years on the descending arc and 24,000 years of ascending arc, we exist in the cosmic clock, you see. So we have to understand what you're doing, we have 12,000 years this way and 12,000 years this way ascending and descending making 24,000 years in a complete circle. Therefore our clock is designed to have 24 hours, 12 hours in the decent movement and 12 hours in the accent movement, Man didn't come along by just imagining these things, he had to relate to the galaxies, he brought his religion from the galaxies, his religion is not a religion or an invention of the earth world. From the time the Creator created us, He set it in a process all there is, known as the path of the Master or the Audible Life Current so if you go back to your scriptures you'll see it's a galactic system involved, "In the beginning was the Word," in the galactic center of Satch Khand or Alpha Centauri or the Grand Center, just between that point, the cosmic life force is vibrating or pulsating "And the Word was with God," the Christ-field is in total consciousness there and beingness "And the Word IS God," that makes all the difference when John wrote his book, the word "IS." If he said the word can be God or ought to be God, this was then be a different light on the subject that Man would be searching now for his Soul but because he said "the word is God," Man don't search for Soul no more, Man is Soul. "And the Word was made flesh," that means the Creative Process became His universe Himself by His own time cycle. Out of his timeless nature He designed a time cycle, He make Himself into a lower level of existence by setting up a relative creation based on light and time and space and put it in a continuum, that means an infinity action that will be here for as long as we hold it together by atomic law. Now Jesus said when He was in the body, "Though heaven and earth may pass away," change their form, "not one word or jot or tittle of My words will pass." Now a dot is a full stop, a tittle is a comma, that's old fashioned english so not one just jot, one full stop, not one comma, and (inaudible) the actual sound frequencies that are released by the voice of the being can ever go out of existence. You can't take out the ideations of the existence out of the universe though you can change their atomic (inaudible) so "when My time has not yet come," He could not enforce a pictorial dominance in this time cycle because He's a Master to prove for those who live in the time cycle His superiority, He has to respect "when in Rome, do like the Romans," when you're in a time cycle, work with the time cycle. 0:20 So He had to work by Divine Will, He therefore was at the right place, at the right time, for the right (inaudible) of the wedding and for the right experiences to behave without forcing His will, He had to be asked before He do anything and that is primarily the role of a living Master who has mastered Himself, the role of a Soul, living in a time cycle that knows no boundary lines save love. By the mere love for the Creative Force Field, He is passing through the time cycles in which He Himself is responsible but He dare not break it. Now Caesar is not above his law, the Master is not above the law, He obeys the law but He shows by His love the law has no control over Him. He approaches every condition by facing it and pass through it and all that time asks us as a human being is to face your principles, face your obligations. So if you're facing it then you're a master of it, if you're not facing it you're running and then you're avoiding and when you avoid you have to come back and do it all over again, that's why it's called "doing it a second time," you're not overcoming. Now the highest form of therapy for a schizophrenic individual or any erratic individual is to fight back (inaudible). If you have that type of attitude, you want to do it and fight back, you will break down the patterns that hold you back and you will not avoid (inaudible), then you transcend. So involvement is a key word in spiritual growth, forget your origin, your origin is established, that God has become you (inaudible), you are Soul, you don't have a Soul. Realize your involvement because you're alive and you have a commitment to yourself to face the time cycle and the repercussions and the journey is towards the emergence from reincarnation to resurrection. We do not have to incarnate, we have to resurrect. Audience: (Inaudible). Adano: All right, put some ice cream on top of it. Now you know what "My time has not yet come," you understand it? He had to be asked. Now no Master will usurp that right though He has the power to crystallize thought, He cannot because then

He would be exhibiting His ego. Ego is best recognized as (inaudible) to do something too fast without waiting on the Lord's dispensation, I'm not waiting on the dispensation of the Lord, for His time to let me express it. You know when you want to do something badly, you're chomping at the bit and you've got to be doing it, who are you doing it for? The people that need it or for your own self-expression to impress them yet if you wait and don't get aggravated, sooner or later that's what you have to do will happen, have you never experienced that? Then you learn lesson number one in the spiritual life (inaudible) because you're gonna always gonna eat them back and the verbs and the adjectives and the a's and the b's, all the letters they can stick in that throat and give you tonsilitis, this is the problem, then you get burping you know and you burp up some of the a's and the b's. So spiritual life is that particular life that throws us into a situation where we have to eat our own words back by being in a hurry. Have you ever heard people say, "I wouldn't do this, I ain't gonna do this not more," what they end up doing in the next half hour? Because that's exactly how the Creative Intelligence works in us to make us realize that our ego is locked into the time cycle and the time cycle is going to force the confrontation immediately to make us face it to eat our own words back. So if you're not in a hurry, you just wait and don't push, sooner or later you're gonna get the experience. Audience: (Inaudible). Adano: When you're in a hurry, that's why Jesus said, "My time has not come," He ain't in a hurry in fact He is very very slow. All that He did (inaudible) scriptures and put them all the things that He did, they can be all done in 24 hours, all the so-called miracles of the three and a half years of physical existence can be all done in 24 hours. The ability to crystallize though doesn't take too long and if it doesn't take too long to crystallize them, how many miracles can you perform in 24 hours? 60 seconds make a minute, 60 minutes make an hour, 24 hours make a day, how many miracles you got? That's thousand of miracles you're performing, right? So we know that even the crystallizing of people's thoughts, He have to teach them the lesson of patience and even some of the people He could not help, did you know about that? Did He not say to Himself, "With these people I can do nothing?" A Master does not alter the thought patterns of people who don't want to be altered, that set up their own ego and block it, He works with those who are humble and those who are receptive and those who are karmically linked for He Himself is Divine Love without coercion, He is unconditional love therefore He is not concerned and will not use the other individual for His personal gain He has no gain to have by performing a miracle because there is no miracle to perform. He brings their desires into purpose by responding to the time cycle when that desire is supposed to crystallize for them. He knows exactly that split second when it is going to happen and if you live the spiritual life you'll notice the spiritual life is photo finish most of the time, I'm talking from experience now. Audience: (Laughter). Adano: (Inaudible) photo finishes I love you, (Adano singing) "how I love you, how I love you, (inaudible) photo finish." But you see photo finish is good. Thank you. Let's have our initiate anthem. (Gap in tape). ... what the fellowship represents. The primary function of the All Faith Fellowship is not to convert anyone to any belief or from any belief but merely to present all beliefs, their essential structure, and the underlying basic principles of the common unity among them all and to emphasize the practical nature by living it. So we will find ourselves discussing philosophies of Yogananda, Charan Singh, Kirpal Singh, Sai Baba, all the things that you've never heard of because we're not here to convert or coerce you but to make you a better (inaudible) of what you have, how to make it work, and to give you an insight into the truth from all angles that you will be able to see a common bond and realize that you are the means for its expression. 0:30 This removes the doubt that we're trying to make any individual into some type of (inaudible). We may seem to talk of more groups and activities at times and involve ourselves but that does not try to make (inaudible). The truth is one, the paths of many, the Masters when we sit down in Their presence, we find peace, when you get together with your (inaudible), you find war. Peace is the essential structure of all beliefs, it's achieved by a constant process of behavior but this process may have different ways of being recognized by various people who apply them and each aspect is important. It's like a wheel, for each individual the rim of the wheel is birth to death, the journey is the spoke that connects the rim to the hub, the hub is the ideal of spiritual life. There are many spokes in a wheel, they're all connected to the one ring, into the one hub, but a wheel is a useless object without an axle, the axle is made of the same material but it's not connected by way, shape, or form as part of the

wheel. The wheel can only rotate around the axle to have some purpose, yet if there is no grease between the axle and the hub of the wheel, they are going to be seizing up, hardening up of the wheel and then it's stuck, it can't do nothing. God is like that axle, He's part of the wheel by the structure in which it is made of the same material, He is made of the same material but God is like the axle apart from us in consciousness. We only relate to him by the rotation around our beingness in Him which is the love and the love is that grease that lubricates you and keeps you going and you'll find it in Seva, s-e-v-a and s-a-v-i-o-u-r. Pick your s-e-v-a as you will also find your s-a-v-i-o-u-r because it's all love, wherever you look at it, whoever presents this particular attitude or list of techniques essentially they're going to be one thing you're gonna learn and the Masters are all in agreement when it comes to peace, there is no conflict but if you choose to be one-sided, limited by selecting and shutting out the other then you don't have the true understanding of the function of what a (inaudible) represents. The (inaudible) to make you aware of all the possibilities, all the avenues, and the common unity all in one (inaudible) so there is no concept of Christianity, Mohammedism, Buddhism, Sikhism, Jainism, Hinduism. There may be conflict in churchianity, all the churchianities of the world may be in conflict with the essential fruits of the teachings of the great (inaudible). Christianity is not churchianity, it does not begin or end with the Master Jesus, Christianity is that particular state of being in which the intuitive nature of Man is called the Master consciousness or the Christ-self, we all have to awaken it but we don't know how to awaken and it's not in books. Through the grace of the Creative Intelligence, the awakening comes by human contact, that's why you say "God has become Man," we need such contact at the human level in some form to indicate to us a feeling of what bliss is. If you experience bliss, you may not know what it means or what (inaudible) but if you meet another human being who can arouse that bliss in you and make you have the same experience and when you leave that person, you can have that same experience in consciousness then you have found what God truly is but God is bliss existing within you and can be experienced moment-to-moment on a conscious level. Like the man said when the woman asked the priest, "Are there any books for meditation?" She said the priest told her it was for the Saints, meditation is for the Saints, then she figured out she was being shortchanged by her church. She wanted to go to church to learn how to become a Saint, only to find out meditation is for Saints and the congregation ain't supposed to know nothing about that so what kind of congregation are we creating? If we aren't creating Saints, what are we creating? (Inaudible), a great deal of ideas that are not going to liberate us. The Saint according to your dictionary is a sane man, a human being who has received eternal patience and a charitable nature, it is not by the canonization of the church that makes him a Saint nor the miracles that he performed during his life, nor the miracles that are performed after he died by praying to him, these are all the byproducts of the nature of the human being that has been transformed by ethical living. A Saint is a human being whose life has been transformed by ethical principles, once transformed there is no miracle barred from his vibrations that he generates. When you set up the necessary receptivity to think of him or generate the desire around him, his vibratory nature can crystallize it and it begins to happen in your life everyday let alone when he passes out of the body. Now a Saint has no desire but he has one gift, it is called the Christ intelligence in him, that is the ability to crystallize thoughts as will. Not his thoughts, not his desires, but (inaudible) because you've got to go to him, he's not going to come to you, he's not going to come and knock you on the head and tell you "I'm a Saint" and he's not going to relieve you of your sufferings (inaudible) unless we turn to him because he is sane. He is the only individual that has a true sanity about himself, we are all to some degree insane because we are constantly pursuing our desires in many directions creating self-destruction with them, a Saint don't have any, he has a sanctity of his being by learning to be patient and he has what is known as the character of his nature which is giving and he has known the secret that giving is getting back, as long as you give you that back, the more you give the more you get back. 0:40 So he would even give his life for you (inaudible), "He who would lay down his life for My sake will have it back." (Inaudible). They're saying exactly what Jesus was saying, "If you lay down your life for your fellow man, you will have it back," there is no greater love that he who lays down his life for his fellow man. Once you can recognize these principles in all beliefs, you'll recognize what is the actual living in a spiritual person and what he has to do. He has to become

human and we say we are human because we look at ourselves, outwardly yes (inaudible), emotionally, psychologically, many of us are like animals, insects, and we have all the tendencies of them in our personality makeup. Some are like pigs, some are like dogs, some are like chickens, some are like cats, strange thing. Those who can see on the inner realm can see the animal tendencies locked up in you, how these tendencies are clawing out from the mechanism and the aura is there, the aura is all the thought patterns, your behavior, and the emotional nature is there (inaudible) and we are not aware of it because we are not steady in consciousness, our minds are wandering all over the place and we can't see it and therefore we don't recognize it. Now Jesus used the term when He said, "Cast not your pearls before swine lest they turn around and rend you," literally this is untrue statement, you can take a handful of pearls and throw it in front of four or five pigs, they are not going to turn around and run you down into the ground so He's not talking of a literal pig and a literal pearl concerning human beings. He is talking of the pig-like tendency of the human mind when something of value is presented to them that you cherish as a human being that tends to elevate you, they with their animosity and their pig-like tendencies or sensory nature that grovel in the senses in the slop of their ignorance because they don't know any better, then they tear into you like wild pigs and like peccary, a peccary is a wild pig, it has a two horns right in front of the nose and it will gore you. Human beings have a tendency to do that when you have something of value that you discovered in your life which is said to elevate you and they do not understand, they will gore you with their criticisms and before know it, you have one individual who is literally massacred by vibrations of words, thoughts of animosity, anger, hate, resentment and to be "wise as a serpent and harmless as a dove," again that's not a (inaudible). There is nothing more violent than dove when it fights, when two doves fight there is no quarter given between the two doves and a snake is not smart, it can be outwitted, the only reason he's called wise is because he hides under little holes in the ground to avoid detection. When the Master was using those terms or symbols, "wise as a serpent and harmless as a dove," (inaudible) it will come right up to your hand but that is not what He meant when He was talking about a human being. "Wise as a serpent" infers the vital life energy that's stored up in the spine coiled up just like a serpent is coiled up and hidden in some corner and cannot be recognized. In the base of your spine coiled up within you in the coccyx it's shaped like a rattler and on top of a rattlesnake it has two little nubs. There within the cave of the spine, we have a latent life power locked up in us, this potential force is a sounding board of life itself, it's the trunk for the earth current within the human body and the starting point of the male spine and the female spine, this energy rises up. Once it starts rising up out of its cave, it goes into various areas of the spinal section and the various areas of the endocrine system and rises up to the brain therefore you will see in the headdress of the Egyptians the serpent over the headdress or in the Indian (inaudible) you will see the serpent the head is spread out. They cannot draw life energy as a symbol otherwise they will draw jagged lines, the only way they can relate to it in terms of art is to draw it like a snake. The reason for that is when the energy is rising in the spine, it quivers and goes up the spine and when it quivers and goes up the spine then it radiates out from the consciousness, this is the reason you say (inaudible) rising and vibrating out. When that energy rises within you, your senses open up in an extrasensory way but it is not the extrasensory powers that you're concerned with, it is the ethical transformation of your nature that you're more concerned with. It's not impossible to perform psychic ability, psychic abilities are byproducts of the rising of the current of the spine, this occurs in everybody to some degree in fact you could be born having the psychic abilities and having no ethical nature. Master Jesus clearly stated this in a simple way "What does it profit a man to gain the whole world and lose his Soul" and that is utilizing the ego in nature to exhibit psychic abilities having no ethical nature in terms of human relationships with his fellow man therefore he will have to come back by his unscrupulous methods that he used to take advantage of his fellow man by manipulating them. An ethical life is a spiritual life, the greatest Saint may never perform a miracle in his whole life and in fact the actual truth is no human being performs miracles, these are the byproducts of the consciousness within the human being at a certain level crystallizing other people's thoughts. Even Sai Baba goes around and all the miracles that are attributed to Him are in fact the reality that His consciousness crystallizes the people's desires because Sai Baba is supposed to be of

that caliber and they have a desire and they want something and he crystallized it for them. A friend of mine met Him and he visited Him for three months and saw many manifestations of consciousness and when he was ready to leave, he and his wife, he didn't say to Sai Baba anything, he wanted a picture. He had his camera around him but out of respect he didn't want to photograph the man, the wife spoke up and said "Can he have a picture?" He said "all right," so when her husband set out a camera to take the picture as soon as he snapped the picture Sai Baba took it away from him, stopped him, and then He went like that (inaudible). He did twelve taps and twelve of them materialized. Also, He sensed that the man had deep yearning for some object, the man had a desire for a ring way back in his childhood days, the desire was so strong but Baba picked up the thought pattern and He said to him, "You want something." He says "no no," He said "Yes you want something" and then you did like that and handed him a ring and the ring is (inaudible) with the face of Baba (inaudible). His desires were crystallized for him by the consciousness of Baba, Baba did not perform a single miracle because Baba maintains the equanimity of his sanity and this ethical nature at that point in relationship to the frequency. The desire of the individual that has (inaudible) us is suddenly crystallized in time and space, (inaudible). Equally true the people that lived around Jesus, Jesus did not have any desire, there's not a single thing that He did with an indication of a miracle, everything He did was a crystallization of human desire for those who had a desire. The very first crystallization is the desire of His mother for a relatives who were having a wedding and ran out of wine. Now they drank wine these people, He attended the wedding as a visitor, as a relative, and the mother was concerned because the wine has run out, insufficient. She know her son is in that state of awareness, she turns to Him and says, "There is no wine." He says "Woman what does that to Me?" Indicating once and for all He has no desire, He does not even call her mother because God is Mother Nature in the world of manifestation and to call a woman's mother since He's a realized man will be a violation of the truth so He had to put her in her place to find her true relationship in connection with the God self so He says to her "Woman my time has not yet come." A Master who is functioning or the Soul that is functioning from the Master consciousness does not violate the time cycle lest it's accountable to the time cycle and that fellow is a very very demanding individual, his name is Kal, time. He's very relentless, he wants penny of the karma (inaudible) as the life energy that you use in this world of time, some people call him Satan but with the time cycle and this the Master consciousness is aware of the creative forces that are available to us and can use it. So Master Jesus crystallized her desire by love, out of the love for the woman which is mother to Him, He emanates that thought pattern and cause it to crystallize through the time cycle. The normal time cycle to make wine would be X amount of years to grow the grapes, X amount of years to harvest, X amount of time to knead it into wine and ferment it so that is time plus energy to bring this object into manifestation, the normal method of bringing it into manifestation. Having the ability to crystallize thought ability now which is the Christ intelligence, He does not lack anything, He does not want anything, He does not need anything therefore thought is speeded up now into the time cycle, He's capable of manifesting His thought at the speed of light squared, 186,000 miles per second squared which is instantaneous because all matter is energy, all matter is atoms, and all atoms are Spirit and all Spirit is thought and all thought is Love and being a Master of the intuitive level, His whole being is love, everything He touch brings this love into crystallization but He is a human being, He is that expression of the Divinity that has taken the flesh. "In the beginning was the Word," the Audible Light Current "and the Word was with God," the Word is in consciousness in time, beyond time, and "the Word IS God," the Audible Life Current is the eternal Now. God is the eternal principle, He's not a man on a throne yet the Word has to become flesh, crystallized into substance at a human level. The humanness of the human body is the Divinity in matter and at the same time is the Spirit is motion and that's why a living Master is often referred to as "God in flesh," that's why you would want to come in contact with that expression (inaudible), to recognize it, to understand Divinity in action. "And the Word was made flesh and dwelt in Man," not the animal, the animal has a flesh body but Man's body is flesh, it's the only substance that will hold back on this side of the wall of the flesh the five elements of the universe that are in conflict and on the other side of the wall in unity. When you look at your body, you are looking at the temple of the Creative Force, a manifestation of Spirit and you don't have to save your Soul

because you are Soul, you have to accept it but you have to accept at the same time the humility of being Spirit which is a hard thing to do because the ego is striving definitely and desperately to impress by the psychic abilities that it is empowered with. Only at the Master level the capacity to crystallize thought is entrusted providing the physical frame has accepted the ethical laws of living, you can't be entrusted with such a power if you're unethical, you would make a havoc of the universe. It takes a great deal of spirituality to be ethical to prevent people from destroying themselves by the misuse of spiritual forces so when a Master is desireless, He has achieved the ethical nature where He is not influenced now by any physical desire let alone the attempt to force His Will upon the society to make them accept Divinity. The nature of Christ in Man is that ability to materialize thoughts at will, not the man Jesus, all men have the Christ in themselves, "The things I do you shall do also and greater things you shall do," you can only do the things that the Christ allows you to do within yourself and you will only do greater things according to the period and the time cycle that you live in. Now if Master Jesus was to return back in the physical frame, you would not recognize Him, in the first place you would not even accept Him because you're already turned off to the long beard, the long hair, and the sandals and the beads so what will He come back in that type of a dress to impress us with? Now He come back in the Ivy League suit, you can't accept Him either, if He comes in a spacesuit you can't accept Him either. 1:00 So praying for the second coming of Christ, what are you praying for? Some individual that come, "beep, beep, beep, beep," here I am Jesus Christ, you've got the wrong impression of what this thing is all about. Masters are always in the world, there is never a moment that a self-realized or God-realized man (gap in tape) but to understand God realized man, we have to understand Them on a human level and that is very difficult because we have desires and and they don't have desires, we think we have to save our Soul, They tell us we are Soul because they know they are Soul. They tell us, "Don't try to save it, try to express it," we can't accept that because pain and suffering is too great in our lives therefore they will take any pain and suffering and rise above it. So Soul is that true Beingness and in Its nature and in Its magnitude is love in action. If we go through all the various desire forms that have been crystallized by the Master's consciousness we will see there are no miracles but there is a law on the line, it's crystallization of thought. God does not work in miracles, He works by laws, the creative intelligence works by laws and these laws are all locked up in us, we don't invent them, we come to relate ourselves to them and release them. There is a law working inside of us and it's the law of light, this whole universe is a congealed form of light, it's built like a hologram, one cosmic laser beam, a three-dimensional expression of mass therefore we are crystallized in the laser beam of light and we have our mass, a three-dimensional experience but we live in nine dimensions and we can only seem to utilize a few of the dimensions because we don't understand what a dimension is as yet.

1:36:30

#### 1972 - Massage Marriage

Adano72\_MassageMarriageQ3 - (Duplicate of 1972 September Part 1 - Householder Woman - Adano72\_09\_1HouseholderWomanQ2NW4)

#### 1973 January - Informal Wallace

Adano73\_01InformalWallaceQ2 - ...to behave that will free you once and for all and that law was to love the Lord thy God with all your mind and heart and Soul and your neighbor as yourself. If you love the I AM-ness in yourself as the God principle then you'd have to learn to love the I AM-ness in the other person as your neighbor because that would be the God principle in them and if you don't do that then you don't have no sense of integrity or respect or dignity for yourself let alone for your neighbor. It is upon this principle lie the truth of an ethical life or the spiritual life and it's not the miracle making that we are measuring a spiritual person, there are great Saints who never perform a miracle yet at their death, miracles are happening around them. It's like in the case of Pope John that passed on not too long ago, he never performed the miracle while he was in the body and now after his death people are praying at his gravesite and miracles are happening so we we're not measuring the man's ability to

perform miracles while he's in the body, you're measuring how he lived his pure life out and the death is the key to having achieved this principle, you see. So in the immortality of the body we don't eat and this is what Solar nutrition is leading you to back, it's leading you back to the principle where Man don't eat, Man lives by direct energy. Audience: (Inaudible), is it also frustrating and there must be (inaudible). Adano: There was a Saint who said, "Please Lord take away my desires but not right now." (Laughter) Do you remember him? This was a very good Catholic Saint, he's well known for his spiritual writings and he used to pray every day "Lord please take away my desires but not right now." In other words he was conscious that he was still a human being but in as much as he was conscious of it, one day all the desires suddenly left him and he had no more, he was forced to accept it. Audience: Who as it? Adano: Saint Augustine. Audience: (Inaudible). Adano: Yeah that's right, well he was constantly writing and busy explaining what God was for the Catholic faith and describing all the various levels of behavior and all the theological principles and one day while writing for the first time he gets a spiritual experience with God, he saw a flash of light all around him, the whole world around him was nothing but a mass of light, there were no trees, there were no river there where he was sitting under, there were no churches where he was supposed to be at church, and his own body where he was supposed to be sitting was nothing but a mass of light then he realized the whole problem, what he was writing was a bunch of nonsense so he stopped writing just then with the pen and he started to ponder and he sat there for a day or two sitting there doing nothing and the secretary came and says, "Sir, why are you sitting here like that, why don't you continue your writings" and he looked at him and said "What I have just seen of God and what I have just written is like straw in the wind," he never wrote no more so his last writings were half finished, like that, and there was no more continuation, he was writing the book called Summa Theologia, summing up theology, he was trying to give a summary of it all and here he had the actual experience of what he was writing for the first time and he saw what he wrote was nothing in comparison to what he was experiencing so he quit writing, you see he was changed. Yet in the church they have taken all his writings and they have made it the doctrine of the church to enforce it as a form of belief, fully not realizing that he himself didn't write anything that was valid, he wrote strictly from his intellect. Audience: (Inaudible). Adano: Meditation, the word itself is an acronym and it involves many principles and until you understand the true definition of meditation you can't see where it ties in with the ethical life. The first letter of the word meditation is M which means mind and that does not mean the five senses, it means cosmic mind or cosmic awareness. Now the second letter is E, energy which means the vital power of the universe. This cosmic awareness, this cosmic energy are the only two things that exist, they are called the word "us" in your bible, "Come let Us make Man," consciousness and energy are the two vital forces that makes a creation, there is no creation possible without consciousness and energy. Now a third factor must come in and that is the power to distribute that energy, just like in an automobile you have a distributor which distributes the energy from the generator through the engine. Now a D is the next letter so D is the distributor, you call it the Holy Ghost, the Holy Spirit, Mind you may call the Father, Energy you may call the Christ, you have your trinity right back in the first three words again. So it's the Consciousness or the Creative Intelligence with the Creative Energy or power and the distributing force that is acting now as a creation but the creation, the next letter is "I," you know this? You're coming back to "I" but this "I" is the individual I: me, you, everyone in this room, we are the little "I," this is the first "I" that we realize. The first when we open our eyes and we look at it, this is our finger, this is our hand, foot, these are all the relationships of the "I" and we are caught up now in this "I." So meditation is individualistic, you can't meditate for me and I can't meditate for you, it's an individualistic experience. The experience that you must have is personal to you, the experience is personal to me, so that keeps it on an even balance. All right, but as an individual there's only one thing that is important in my own makeup, the next letter tells me that, the next letter is T, thinking, thoughts, "As a man thinketh, that is what he is," as an individual think, that is what he is, you see. So your thoughts are responsible for your whole existence but thoughts are not stagnant, they're in a state of flux therefore the next letter A which means activity, there is a activity going on in your conscious mind, in your fluctuating mind, and that activity is called the time rhythm. So all thoughts in you or in myself are geared to a time rhythm such as thoughts of tomorrow or yesterday

or now. When you can find thoughts that will go beyond yesterday, tomorrow, and now, let me know. You see you're involved with this rhythm as long as you are a human being, you're involved with thoughts of tomorrow which will create anxiety, you're involved with thoughts of yesterday which creates frustration, and you're involved with thoughts of now which creates release and as long as we keep recycling in these three patterns of thoughts and in the rhythm of the time, we are involved in it in ourselves. Therefore it creates now ethical or unethical conditions, this rhythm creates it, how to act out ethical or how not to act out ethical so the next letter is T again and that is the motive to act ethical or not to act unethical or to act ethical or to act unethical, you see what I mean? So T is the motive meaning two words you're moving towards something, you're not stagnant, as long as you are an individual and you think and you have this mental process, you're always moving towards something, there is a purpose for your existence, you're not a stagnant individual, you're motivated, you're pushed forward all the time, you're propelled forward but where are you propelled to? It's the next letter that tells you where you're propelled to "I," the real "I," the "I AM-ness" in you but that I AM-ness in you is intuitive, you can't know it by your five senses, there is no way to know the I AM-ness in you by your five senses. 0:10 No matter how you try, your five senses cannot relate to you, your I AM-ness, it can only be experienced by intuitive nature. Intuitive nature is a type of nature that acts independent of the five senses, it acts like an extra sensory principle, that means it's in another range of behavior but in that intuitive nature or independent nature, you're only going to do two things: you're going to observe which is the next letter O m-e-d-i-t-a-t-i-o, you're going to observe creation as it is for the first time and that same observation involves oneness so the O in the word meditation is first observation and then oneness, identity. You first have to observe the Creative Principle in yourself and then you have to become one with the Creative Principle, you and your Father have to become one, "You see Me you see the Father, I and My Father are one," "I am the Father," I AM and the I AM are the same, two things equal to the same thing are themselves equal to one another, this is a divine mathematics at this highest point. Now the last letter is N and that is noumena not phenomena, meditation is not involved with the phenomenal universe, it's not involved with psychic abilities, it's involved with a confrontation with reality, noumena, which allows you to see yourself as God created it. Now in that state you have the full conviction of the immortalness of the Creator and the conviction of your own immortality within the Creator then you are free for the first time as an individual while living in the flesh. This is the term called free while living or liberated, salvation, that's the true meaning of it. Not the one we say we bless you on the head and you're blessed, that's it, it's the first time that this mechanism has actually lifted the veil from the phenomenal existence to a realistic existence that doesn't change no more, you know the reality of God is there as a force, it's a power, it's a consciousness. Then there is an awe, that's where the church calls the fear of God, we don't advocate fear because you can't love anything from fear and God don't want us to love Him out of fear because that would be coercion, that would be dictatorship, we can only love by freedom. So it's the awe-ness of God, the magnitude of God that is so intense, so great that we cannot begin to relate to it with our five senses, we can only relate to it from an extra sensory level and the extrasensory level is what puts us in a state of humility so when you sit down to meditate, you are achieving a conscious humility within yourself to the magnitude of your nature and within that you begin to have what is known now as experiences occurring in an extrasensory nature but you're not looking for them, they occur as by-products of that alignment, what your mind is centered on is the full focus of your divinity that you are Soul. Now you are constantly reminded by the sayings of Jesus "What it profit a man to gain the whole world and lose his Soul?" That means why should a man spend his time trying to exert his extrasensory nature to contain material objects or to impress people with his abilities when he doesn't even have the realization to know what he is? And once you can do some extra sensory ability, you find that you suddenly seem to get chronic in it, you want to go around doing it for everybody and there is no individual who can say they don't want to, they are all tempted to try to prove it to themselves. It's a strange phenomena that they would all want, as soon as they can say well they have clairvoyant ability and they can see something and they recognize it, then this is a stimulation and within the stimulation is the trap, "I will try it out next time," so before you know it they'll start hunting up opportunities to try it out. Now a realized man does

not do that, a realized man remains within himself as the natural process knowing that this is a by-product, having no desire would not generate it yet within the same structure of creation, the same environmental behavior, there is a commitment called the law of karma or cause and effect, "As you sow, that you reap." There are human beings who are committed or by their own virtue of action lined up for you to help, they are called the lost sheep of the house of Israel, this don't mean the Jews. The house of Israel means "is reality," within this is reality or this reality of ourselves there are many of us who are lost within the desire make up of their thought patterns and they are craving now to express it or dominate others or to manipulate others or to get out from that frustration. So when the realized person comes back to his I AM-ness or his true oneness, he's assigned to pull those out go, "Go unto the lost sheep of the house of Israel," go unto those individuals and try to draw them out of that particular thought pattern. "But as many as received Him," this comes back to a statement of consciousness. This Creative Principle is within you and you go out into the world to meet people knowing fully well they are caught up in their problems but you're not going to try to impress them, you're going to go where they have need and when they ask, you will exert that power or that quality. If they don't ask, you don't impose it upon them but even when they ask, they may not be willing to accept the remedy for the problem they have because the remedy may seem so obscure, so bizarre for what problems they got into but as many who would accept the remedy that you will propose for their bizarre behavior and their so-called mental patterns, to them will be given the release or the power within themselves to be healed. So we see now what meditation is doing for us, it is aligning us from within to allow this Creative Intelligence to flow uninterrupted and to bring It into manifestation not by our wishing or by our desire but strictly by the law of cause and effect. Audience: You said "not by our desire," but strictly by... Adano: The law of cause and effect. Audience: Explain. Adano: All right, there was a blind man who came to Jesus and the people who brought him were gonna lay a trap. The trap is the game between heredity and reincarnation and grace or the law of cause and effect. They said to him "Master who sinned that this man be born blind, the man sinned or the parents sinned, tell us?" They are laying the trap for Him to commit Himself now as a realized person and He replied, "Neither," it was not the man's fault by cause and effect, which is karma, the man didn't trigger it off himself. Neither was his parents, they didn't trigger it off by their cause and effect and he didn't inherit it from them, "But this is unto the glory of God." "This specific case is made for My presence here as a karmic law that I will demonstrate grace to show that I being in the total oneness of the spirit knows fully well that every individual must go through compassion, mercy, and grace and forgiveness and here is one man who has to have forgiveness not by something he did or something his parents did but by the compassion and grace of the Divine who is using him as that model." So that Soul came into that body form with that particular affliction to permit the Divine Intelligence within the man Jesus to act out and demonstrate the law of grace. Now the law of grace works like this, (Adano does something visually) what law is that? Audience: Grace. Adano: All right what law is that? Audience: Grace. Adano: Grace, intercession. By natural law if the man had committed a sin then He would say "Yes, you did commit to sin therefore you have to be born blind therefore that's your karma, now go and repent." "By natural law your parents commit a sin therefore you inherit it then you two go and repent" and that would be simply this action going on, no way to stop it but something is interfering now, interceding, the higher law intercedes, this is called grace. 0:20 Grace is that wonderful things that come your way which you didn't ask for to get you out of trouble. Audience: It could be any trouble though, karma... Adano: No matter what trouble comes your way and something comes along to get you out of it before it happens to you, that's grace. Audience: Oh well can you expect grace any time? Adano: Yeah, you're entitled to it. Audience: Thank you. Adano: You know if it wasn't for the grace of God, none of us would make it, our karma is too heavy, our desire nature is too heavy. The things that we've done would be automatically like the law of gravity, they'll smash into each other, they'd have to be smashing into each other, you'd have to be (inaudible) tremendous impact but this intercessory law is working constantly throughout our life pattern to pull us out at those critical moments to make us realize. Now here in an illustration with Master Jesus and some of those are people that He healed. You remember there were 12 lepers or some number, well they all came and they were all healed, right? And they were told not to sin no more

and they were to go show themselves to the priest to be accepted back into the community. Yet out of all of them only one man came back to thank Him and did He not admonish the man, He said "Were there not so many of you?" Do you remember that part of your scriptures? Audience: (Inaudible). Adano: No there were ten, He's telling the man, "Weren't there 10 of you?" Where are the others, you see? This is a very important aspect of spiritual life, a very important aspect of ethical living. Here they were given grace for something that they themselves were suffering from through their own karmic problems and now they were given the opportunity and they were admonished not to go do anything wrong but none of them came back to thank the Man except the one. Therefore they put themselves back exactly where they were before they were even helped. Audience: You mean they're gonna go back and start the old thought patterns over? Adano: Yes. Audience: Because they didn't express gratitude? Adano: Right, the man who expresses gratitude for anything has remorse and he has forgiveness, he has repentance and therefore he is not liable to slip down so easy, he's sustained by the grace, he's sustained by the example, by the intercession. It's when he's not thankful then his release is an illusion and his pain is an illusion therefore the illusion becomes a reality later on when he repeats it, there's nobody to release him anymore, then he can't get rid of that pain no more, you see? Who would he turn to to release it? Having no gratitude, he would have to be called to account for that first experience of being ungrateful, that's an unethical form of behavior. To give somebody something and they don't tell you thanks, it's unethical. You see He was making them conscious of what the true behavior was, He was not trying to show them up in the sense that He was superior than them by healing them, He wanted them to realize where their true liberation of their spiritual feeling came from, it came from being grateful, it came from being practical on a practical level but until they could recognize that, they would still make those same mistakes over and over and then they will warrant what is called the spiritual damnation, they're shut out for a long time in that condition. Audience: (Inaudible), someone asks say for healing but they can't accept it? Adano: Now you don't go and heal a person unless they ask, because when you're going out to heal people and they don't ask you, you're trying to be some kind of a circus... you know inside the circus they have a guy who has a whip in his hand and a chair in one hand and all the lions are running through? This is what you call the miracle maker you know, he's trying to put all the diseases in the right places or crack the whip and keep everybody lined up and then turn around and take the bows you know, "Ta Ta Ta Da!" Audience: (Inaudible). Adano: When we ask on that level of spiritual laws to come in and intervene, we are helped because we've expressed a need but we don't have the right to take away your ability to ask us for it, we don't have to impose, we cannot impose ourselves on you. See God does not even impose Himself upon you to make Him love Him, do you realize that? He made us, gave us freedom, yet He can take back everything from us except one thing. He can take back life which he gave to us, He can take back every object in this universe except one thing He cannot take back, that's love, because He is love Himself, He cannot take love away. Therefore it requires love from you to love Him, that means a personal choice, it requires a personal decision on your part to release love for Him, that's the only thing you can deny the Creator. Now the ten commandments start off with "Thou shalt have no other God before Me," that's a form of love that is very rigid. Jesus tries to make this rigidity more practical by saying "Love the Lord with all your mind, heart, and Soul and your neighbor as yourself," extend this now into every action. In so doing then you would not be left out by the Creative Principle, all your needs will be fulfilled but not your wants, there is no mention in any spiritual book of the whole world or by any way that one can study the spiritual laws that you're going to have your wants fulfilled but all your needs. Audience: (Inaudible). Adano: When you get desire-less then you can fulfill wants, you see but it's a very difficult state. Audience: When someone asks for help, are you interfering? Adano: No no no, wait a minute. If I interfere with you sick and I see you sick and I come over and try to heal you without asking your permission or without you asking me then I am interfering with your ability to ask forgiveness for your wrongdoing of whatever it might have been to put you in that situation. An illness is the result of a violation of some law and if it's a violation of some law of health, mental or physical or spiritual, that particular condition exists for you to make some type of evaluation and to go over it back and correct it under your own abilities. Now if I take that away from you, I'm making you weaker, I'm depriving you of

your own self-initiative, there comes a time that you will never want to live a practical life, you're always going to want to depend on somebody to remove all the aches and pains and you're never going to want to change. So having to suffer a little and having to make some type of declaration to your mind that you're not going to do this (inaudible) you find out why you did it is a form of forgiveness to yourself. Now if you turn to me and say "Well please, I'm ill, I need help." Okay I'll reach out and pray for you for the healing. Now the healing will occur, when it occurs then there comes the admonition, "What did you do before you got ill?" Then if you reply to me and says "Well I did such and such a thing and then all of a sudden I got sick." I says "Well okay, now that you're well don't do those things no more," right? But if you go back and do this very same thing and then come and ask me for healing you know what I'd say? Live with it because you've been told what not to do. Audience: Suppose it's karma from a last life, would you know? Adano: Well it will it will come up to the surface of the mind because it will be there at that particular point in consciousness for you to recognize and then you will be able to correct it. Audience: Suppose like a wife of someone asked for healing for them. Adano: As long as somebody asks, that is all that is required. The centurion asked for his servant and that is all that is required, his servant was healed. 0:30 I'll tell you this story, I was staying in Dallas and before I was discussing the same principle that night, that we don't have to be present as long as somebody asked, it is done. The phone rang at this party's home and the daughter answered the phone and the mother is on the phone way off in Utah and they're talking on the phone and daughter says "Guess who is here?" She told her mother that I was in the room and they're talking about the scriptures and then all of a sudden the daughter says to me, "Can I ask you Adano a request?" I says "What is it?" She says, "Well I'm asking for my mother, she's sick right now (gap in tape) ...calling, wanted to know if there's anything she can do." She don't want to go to the hospital. I says "Tell her it's done" and at the very same time I was saying what Jesus said to the centurion, "It's done" and I kept on the conversation, never bothered with the daughter so she said to the mother "Adano said it's done, that's all, why you worry? Shut up the phone and go back to your bed." Two days after she got a letter from the mother and she says "How do you explain this? From the moment you told me that on the phone I saw a flash of light and my whole body went into a quiver and all the symptoms of the illness left me and I went to bed and slept and I'm well." And then after going to hospital and she went for a medical checkup there was no indication of the problem. Now if the individual is going to jump to the conclusion that I'm a miracle maker it's not true, I'm no miracle maker. If they jump to the conclusion that I interfered and I took on their karma it's not true, one person is asking and I am simply expressing that request in the same mental atmosphere like the request is made to Jesus by saying "It is done." Now the key to reality is act it out, live it, don't doubt it, live it.. Now when you put a seed or let's take a letter into a mailbox, do you question the mail authorities for delivering a letter after you put in the letter and put the right stamp? Do you keep in your mind, "Will they deliver it, are they going to deliver it? I better call and find out if they're delivering it, I better find out to figure out the right (inaudible), do you do that? Audience: At times I wished I had. Adano: But you already put it and you leave it to the postal authorities to carry out their duty and the letter is delivered. Equally true in the principle of consciousness we are not here to question the cosmic energy, how it's going to perform its its principles, we are strictly here to release the thought under the very environmental relationship and forget about it. Jesus merely said "It is done," He didn't bother to question if God's gonna do it or not, that's why He said "The things I do you can do also and greater things you will do." Now if you don't understand that then He didn't really have any value to us, He has a value to us when we understand what He's doing then He becomes to be a greater value when we can apply it ourselves then we begin to see how true this thing is, that He was not limiting no one and He was not setting himself up as the ideal or the only individual, He was making it clear that every man had to stand on his own two feet and demonstrate the law. Audience: Well Adano two years ago I was sick and the Mormon sisters quite a lot and they asked the elders if they would do a healing and they said if I would ask... Adano: Remember what I just said. Adano: Well I'm wondering now (inaudible), if they can do it, I should be able to do it and so I didn't ask, I decided to wait and I also wondered why I didn't. Adano: But were you healed? Audience: I got better, I didn't ask for the healing but see I had come to a plateau. Adano: What did you ask for them? Audience: I didn't

ask for anything (inaudible) and when they prayed I started getting better and I've often wondered if I had asked for the healing whether it would have all gone away and you know, me and my ego, now I'm wondering when you don't ask, is it ego? Adano: Yes, it is ego. I cannot heal myself if I have an ailment, I cannot pray for myself, I would ask you to pray for me and this is true. This toe was turned under like that for years, it was under this foot like that. I used to walk with it like that for years and it always used to bother me and I tried everything I knew in metaphysics: thinking, otherwise, and so forth, it'll never come out and one day I'm on the reservation at the prayer meeting in a Kiva and even there I did not want to ask because that night they were asking me to pray for lots of people that was sick but it came in the morning when the whole meeting was over and I'm sitting down here and I said "Adano you're a damn fool you know. (Adano chuckles). Here in the midst of all this prayer meeting and you're not even going to ask for a healing, what kind of ego is this?" So there was the leader of the group and I said to him, I said "Brother, I got a problem." He says, "What?" I said "My toe pulls under and I've been praying for healing but it never seems but I think you can pray for me and I need you to pray for me." He says, "Brother the prayer meeting is over, we don't pray no more after it's over, you have to wait until tomorrow night." I says "Well I believe that if you pray right now, it will happen." He says "Well all right," he says, "but we never did it before and I don't know how it will work, I'll ask brother Jesus." I says, "All right, I'm willing, where you want me to stand up?" He says "Just stand up where you are." I stood up and he start praying, for the first time he's going against all traditions that he knows and he's gonna pray and I tell you in 10 minutes I can feel like somebody pulled my toe apart from inside like an electrical energy twisted and my wife was looking at it and she's seen the toe pulling itself out. It never went back in, it's perfectly out but that is how you have to be if you want the healing. Audience: When do you know when it's... like before you said sometimes it's best to work it out yourself, how do you know when to do this and when to ask? Audience: Yeah, that was my problem. Adano: If you want to get rid of it immediately, sometimes you ask it doesn't work, that is to tell you you're not ready for the healing but if something tells you inside of your mind, "wait, try and work at it yourself" and then part of it accomplish itself or none of it accomplish itself then you reach what is called a frustration level where you're going to say you're being egotistical, you don't want to ask for help. Your own mind is going to tell you where you are right now, you're going to space yourself for the first time, you are being egotistical, you got to be more humble. You are being led up to what is called a time factor for more humility and it may be little Joe Doe or Marianne over there who just sings on the choir and she can say to you "In the name of Christ that you'll be healed" and then you are healed, it doesn't have to be Oral Roberts you know so it is not the individual so much, it's that critical moment when you're ready to let go. So at that critical moment in my own life I was ready to let go and in the environment on the reservation so I got the healing. Audience: I wasn't willing to let go. Adano: Right. Audience: I felt like if they had the faith, I should have it too and that I should... Adano: All right, now you're taking the case of Oral Roberts, people come to him and ask him to heal them and he said "I can't heal you until you're ready to ask for the healing or until you want to be healed." Now that person is saying they're not ready and he couldn't if he tried to pray for that person, they'd never get well. Now when he prays, Oral Roberts, he sees the two angels standing next to the person that will do the healing. When that person says "I am willing to be healed," those two angels does appear and Oral Roberts can see it, he has that ability and the person is healed. Now here's an interesting fact, when our friend Wallace, you know he wrote to Oral Roberts for a prayer you know, this is interesting, and Oral Roberts told him he would pray for him but he didn't go to see him so he asked him to come to the house. 0:40 So Oral Roberts flew from Oklahoma to the Governor Wallace house and he arrived and he prayed and in his prayer he was told that the Governor will walk but not now so he prayed and what happened? The governor's wife all of a sudden began to talk in tongues and he left, Wallace isn't healed but Wallace is puzzled because his wife for the first time is happy going around talking and having all these wonderful experiences. So he calls Oral Roberts again and tells him "Man I want some of that stuff that my wife is getting." (Laughter). So Oral Roberts decides to send some of his assistants to do a prayer for him and to give the governor this message. He sent four ministers of the church, when they arrived at the door and they opened the door to let them in, Governor Wallace looked and he says, "Well I guess I gotta live with it,"

two are colored and two are white. In walked in these four ministers and they're gonna lay their hands on him and they prayed for him and he began to talk in tongues then they told him, "The Lord says you will not walk right now but later on until you have more humility" and he talks in tongues, he goes into the inner spirit. Audience: He still doesn't understand though. Adano: But if he should ever become president in this country and get up and walk, if that ever comes to pass by the law of grace and he is elected by the people in this country, you'll have the first president with the spiritual force acting in the body but he'll be a change man by then. Audience: Do you think he will? Adano: Yes. Audience: Could you explain the talking in tongues idea? Adano: The talking in tongues is the gift of the Holy Spirit and it comes from latent life patterns in past lives that the energy goes up to the brain without any interference now and reactivate those areas of the brain in which we have lived in past lives and we begin to talk in the tongues. Now we can't speak anything more, when a translation is made of the talking in tongues it simply means this, they have translated it many of them, it means "Praise be to the Lord, glory to the Lord in the highest." These are the words when translated in the language in which it comes out and sometimes it comes out like a middle Eastern language or Babylonian language or oriental language but it always means "Praise be to the Lord, glory to the Lord in the highest." Now the only problem in speaking of the tongues they have never had any individual speaking it in English, that is a man born of a foreign language in a foreign country having the experience of speaking in tongues speaking in English. Audience: How come? Adano: Because speaking in tongues was never in English, it's proving it's a past life experience, you see it's not a present experience, it's a past life experience. Audience: But England is old. Adano: (Laughing). You see because if it was an African man having the blessing, he couldn't be speaking in English because he wouldn't be exposed to the English and he would be speaking his own language but they have found that every one of these experiences where in India, China, Africa, or Scandinavian country, they're all speaking in the Babylonian or the Sumerian. Audience: Oh they go back that far? Adano: Yes or way back into Egyptian or in the early Hebrew but there are never any coming out that are coming up in English. This would be the unusual experience that some oriental man who never spoke English in his life all of a sudden when he has the gift of tongues start speaking "Praise be the Lord, glory to the Lord in the highest" then we'd have something there now of value to record as a consciousness but since that is not happening we are realizing more and more that the principle is based on a past life experience, the church is slowly beginning to realize that this is not the first and last time we're in the body. Audience: Will the church ever really accept that? Adano: Oh yes they just have to wake up a bit more and but they can't up and tear down everything but they're slowly talking gradually about it. Audience: Well the ones I've known would think something like we're having an open discussion tonight on the thing, that it would all be devil, the devil and devil oriented and everything, I found that so common... (Gap in tape). Adano: ...he prayed that the man and wife would be killed you know and so doing the man and the wife fell down and died. These are unforgivable sins so he saw his own shortcomings and it was difficult for him to overcome these shortcomings but he had to work harder and harder and meditate more and more and fast to make these corrections in himself. Audience: What about the karma (inaudible). Adano: Well he had to pay for it. Audience: He went out and he meditated. Adano: Yes, he had to correct it, he had to work harder in his own consciousness to correct it. Audience: (Inaudible). Adano: No, he had to work harder, he had to pray and meditate and he had to suffer more. That's why when he was caught eventually by the Romans and he was executed by the Romans, he wanted to be executed upside down for all the mistakes he did and even for the denial of the Master. You see upside down meant he wanted to be lesser than the Master and he wanted his head to touch the ground meaning that it's customary to bring your head at the feet of the Master so this was the reason he wanted his head down with his feet up indicating that he was not worthy as a disciple, he had too many shortcomings as the disciple. Audience: Was he a realized Master when he died? Adano: Yes he was a realized Master when he died and he was the one that the Master chose to pass on the spiritual mantle, you see. Now you cannot make yourself a spiritual Master, it is always someone who conquers this spiritual quality to you so when Jesus asked "Who do men say that I am?" Everyone begin to say "you are a prophet, you're a great teacher" and then Peter looked for a long time and then replied, "Thou art Christ" and Jesus said

"I did not tell you that but the Father which is within you revealed it to you." This is an inward awareness of the Christ in Peter recognizing the Christ in Jesus by seeing the light in Jesus. Peter's Christ-light had to see the Christ-light in Jesus and the two light had to merge for Peter to realize this and this is what we call the auric field. Well he saw that, he made the declaration, then Jesus knew that this man would be a likely candidate to carry on the spiritual path because he's more attuned to that condition. Then He said "Upon this rock I will build My church." The teacher gives credence to the student who will take the mantle to carry on when the teacher goes off and so Peter was then selected as the next in line to have the spiritual heritage to carry on. Now though Peter might be what you call a man with a great deal of shortcomings in his physical nature, in his psychological nature, yet from his devotional nature he was the only one that could keep his mind steady, that's why He called him a rock, he was the only one that could keep the consciousness steady and focus on the body of Jesus to see the Christ in Him. So he was then the natural heir to the spiritual mantle but that doesn't say he was able to hold that steadiness because Jesus knew he would falter, he was not fully developed, He knew he would falter and therefore He told him later on "You would deny Me," that means to say the experience you have inside would be a doubtful one in terms of hallucination and that you will not really believe it and then put to the test on a physical level, you'll even deny this physical body, which he actually do and He told him when he will do it, He says, "You'll deny me three times before the night is over, the cock will crow three times when you deny me," but then the third time, he begin to make confession, he went into all the pitiful reactions of a man who realized what he had done you see but you can say that is the sin of the spirit. 0:50 Granted it is a sin of the spirit but it is a sin of the spirit based on the fact that he was not strong enough to measure up to the trial, his faith was not there so the Master forgave him absolving him from the karmic debt. A Master does not condemn a student regardless of how he fails, He doesn't look for your failures because every Saint has a past and every sinner has got a future and for a Master to condemn you for your shortcomings as a human being to measure up in a spiritual life would be the first thing of a denial of His own true nature. So He can't look for your shortcoming, He's got to look for your your evolutionary nature He's got to look for what is good in you, and He's got the confer the goodness, He's got to raise those goodness up, and He's got to absolve the bad in you by His grace and mercy. Every spiritual teacher is in that same relationship with his student, to look for the good in the individual and not for the bad. Audience: (Inaudible). Adano: The bad is only an undeveloped level of goodness. Audience: That's an interesting way of putting it. Adano: But that is all it really is. When it's developed at its full potential of goodness, there is no bad. Potentially you are Soul and your all goodness but how this Soul is working with the mind, this is what makes for bad or good. You see mind is an expression of the Soul in a lower level of energy, it's a form of energy working through from the Soul and it passes through the sensory nerves as a negative charge and the motor nerves or muscular part of you as a positive charge and you're caught between this pull, this polarity between sensory and motor functions which you determine and logically move your body and you guide yourself on a mind rhythm but mind rhythm is time cycles so your mind seems to dominate the body and seems to regulate everything and you think you are led by the mind, in reality you're led by your Soul but the Soul does not interfere until the mind goes down or shut down. When the mind gives up trying to regulate the sensory functions and the motor functions of this mechanism then the Soul takes over, not until that time. The Soul is not a dictator, the Soul is a very intuitive play, it's an intuitive function so it does not interfere, it allows us to have all the expressions of our mind. Now a realized person realizes he doesn't have a Soul, he is Soul so he sees this interplay of mind in everyone around him, the pull of the positive part which is the motor function, the pull of the negative part which is the sensory function and once this interplay is going on, he doesn't emphasize the negative in that individual, he tries to emphasize the positive in the individual because he knows sooner or later they're going to come into a state of polarity and that person is going to have a free mind, he's going to be liberated from his mind that's what the enlightenment enlightened is to be, not enlightenment in terms of knowledge, knowledge doesn't give us realization, it is the wisdom that gives us realization. It's when we're free from the mind, the play of the mind, the polarities of the mind then we have now the true wisdom. The wisdom is a certitude, it's an inner certitude that you are, that you cease to live in an

illusion state, for the first time you're living in a reality state, you are certain of this reality that there is no way shape or form you will lose your reality and you are not swamped in by impressions of the environment anymore, you're totally aligned with this reality, it's an inner certitude. This is the wisdom and it doesn't have anything to do by knowing more or less or be more educated or less educated, it has to do with this inner knowing, this inner condition that would alter on a physical level the human body. The human body will go through what they call now transition, that's why when a person is converted or a person is elevated there is a transformation in the body, we can see the change, there seems to be a youthfulness, there is a glow, that is the enough condition that comes out physiologically now, when this occurs we know that this individual is in that state. So in Peter's case he was not fully identified with it and Jesus knew this and told him he was going to deny Him. Now even when Judas betrayed Him, He was aware of Judas and He did not condemn him. Remember what He called Judas? He called him friend which is the highest title another human being can bestow on you, it's higher than the title of king, higher than the title of parent, higher than the title of prophet, higher in the title of Saint, friend, it's equality. So when He called him friend, He did not diminish him in statute but kept the highest part of Judas still going within him and we have to realize what is meant in this ethical process but we are not talking of conditions that cannot be lived, we are talking of conditions that can be lived. Now Masters do not come to us from the psychic realm to teach us, they live in the human body all the time. Anytime a Master pretends to tell you he's going to teach you from the psychic realm, from a mediumistic level to elevate your Soul, you are being fooled. A Master must go through the criteria of birth under one of the four levels of birth: to reborn minus his memory or to be born with total memory or to be born by immaculate conception or to be born 21 years of age and talk, fully a grown man. These are the four requisites of a Master, the same four requisites a Soul must pass through from the lowest level to the highest level. Audience: Have we already had one that was 21 years old? Adano: No we were created that when we were started off, we were all created full, complete. Audience: 21? Adano: Well 21 is the mature level of the mechanism. Audience: (Inaudible). Adano: We haven't starting from the bottom, we've started from the top coming down, we're on our way back. We are the prodigal son mentioned in your scriptures, the Soul is the prodigal son that has squandered its creativity or substance by being entrapped in the world of illusion, that's what you call the pig pen. You're living on your senses and when we come to our self, when we begin to accept ourselves, then we make a turn around and as soon as we turn around and start rising from the lower sensory nature which is the gonad area and the base of the spine and starts ascending up into the brain, which is the highest part of the mechanism, at the halfway mark there's where God meets you, it's called the heart center. "The pure in heart sees God now," not until that time, the pure heart sees God is not at intellectual conversation neither is it something of an admonition, it is a biophysiological movement inside of you, when this energy rises up from the base of the spine and crosses this vortex, not until that time. When the decarbonization of the blood has reached a point where there is no need for decarbonization, then this inner light (inaudible) and the first thing you hear inside is a bell ringing and then you know how that the church invented the bell. It was mystics that heard the bell inside, who gave them the tones that they could remind themselves to look inside themselves that this bell is the angelus. That's where they got the idea "For whom the bell tolls, it's tolling for thee," each one of us this bell is tolling within but not each one of us is aware of it so when you sit down to meditate, you're supposed to listen to God, you're supposed to listen to this bell who meet you halfway on your way up as you draw your consciousness away from the lower nature and you begin to hear this bell then it pulls you up and you go up like an elevator now. 1:00 So when a person can hear the bell sound inside clear, then by the grace of God he's pulled in so he sees God and what does he see really, he sees himself in God as a pure light. God has no shape you see but God is the radiant form within you and the radiant form is the spiritual teacher first and then the spiritual form becomes you after, you and God become one, this is the final realization. (Gap in tape) ... are coming and being born, are coming back from the past lives and they're settling in certain areas of the continent. Rome is where Washington is, Washington DC is Rome. On the Atlantic seaboard in this area is new Egypt, right up in your Great Lakes area is your new Greece. New India and new China is on your west coast and right in between Arizona to Arkansas/

Alabama is your new Jerusalem belt. Audience: Where is Tyler? Adano: (Inaudible). Now new Tibet is from Arizona right through New Mexico, the border of Texas and goes up, that's the new Tibet. Audience: This is in relation to the Souls that are coming down. Adano: Yes, this is in relation to the Souls that are coming back and the new age schools that are founding themselves in these areas and the emphasis on the spiritual teaching. Audience: Where's Virginia. Adano: Virginia is in the new Egypt, this is in the new Egypt. Audience: So we're going to skip over Tyler? Adano: Well your temple beautiful is forming back again you see where your Casey thing is you see. This whole Virginia area is the new Egypt, see when Casey was (inaudible), he was the prophet (inaudible) at one time then he came back in this incarnation to start the process for the new age and the emphasis is the unity between the east and the west in all levels of consciousness. So Egypt has to be on the east coast and on the west coast is new India and new China. You see the Atlantic is towards the east, there's where the new Egypt is. Audience: (Inaudible). Adano: Don't worry of the continent going under and don't worry if you're in the area where it's going under sometimes you're placed there at the light to help those Souls go on there by your own spiritual growth and remember its Divine Will, "if you can find ten right thinking people, I will not destroy the city," this is an ethical law at work. Audience: (Inaudible). Adano: Well Sodom and Gomorrah is all over, it's all around us, that simply means individuals who are degenerating themselves willfully. Now we can live in this environment with those individuals. Now the willful degeneracy is to destroy or tear down and you can live in the same environment and be right thinking and elevate it and hold it in check, it only takes ten to hold back a tremendous amount of people that are spiritual. Ten spiritual people can hold back thousands of people. Audience: Well in that case, Casey was right when he said if the study group down there had lived their prayers, we wouldn't have gone in World War II. Adano: Right. Audience: I mean how can 10 people here being real spiritual affect the government. Adano: Well it's very simple, 10 people generating the love for mankind must first remove their own desires. 10 desireless people having no personal motivation can affect the lives of many people because it will bring that law into order and into manifestation but it's when you have personal desires then there's conflict so he said if they could only live it, if they didn't bring their own personal nature into it, their own personal you know needs into the picture, then it would not have been (inaudible). You see these people had personal needs, personal shortcomings, therefore they couldn't do it. Now you have to find 10 people who don't have this, well you first find one, then find the second one, and before you know it you'll have ten individuals you can then vibrate on that level. Now you have the same thing in the case of Jesus and John, you see, remember what did Jesus say John was? He said "There is no man greater than John who was born that is Elijah that has come," right? He said that, He's telling us that Elijah is John. Now He goes on to say, "But John is not born by the will of the flesh nor by the will of his parents but by the will of the Lord," that's how John was born. Now if John was born by the will of the flesh then John came back due to an unfinished desire, the flesh of John as Elijah had an unfinished desire to be born again, had some unfinished problem to work out therefore that would be the will of the flesh for him to be born again but He said he was not born of the will of the flesh that means he had no previous desires, he had no desires in his past life, "Nor by the will of the parents." Well the parents of John couldn't pray for a John the Baptist because they wouldn't know what it looked like, stands for reason. They couldn't crave, they were willing, their flesh, their body and mind could not crave John the Baptist because they wouldn't know what John the Baptist is. So Jesus is saying "not by the will of the flesh" that means not by the man's unfinished desire nor by the desires of his parents was this man born or was this man ever coming into an existence but strictly by the will of the Lord meaning that this man was liberated in his past life and is now returning as a messenger of God acting out God's will on a voluntary basis. He was not coerced or he had no payment to make for being born so he's being born strictly by the will of the Lord and the will of the Lord is a very drastic will because how did John die? Audience: (Inaudible). Adano: Yeah but you see the Lord's Will is very strange in how it works, it may seem cruel at one level but is justice is another level and it's love at another level. It is the level in which you are involved with, it's cruel from the standpoint of the woman wanted the head of John just to get even with John, it's justice because he incurred this by exposing the woman but in terms of love, he was the only human being capable of standing up against the masses with their

ignorance and trying to elevate them. So that would be the love, "There's no greater love than a man would lay down his life for his fellow man" to the extent that when he's dying, knowing they were wrong he's still telling them they're wrong, he loved them so much that they couldn't begin to understand his love. He may be exposing their shortcoming but he still loved them enough to want to die for them and he didn't run from his death so we see the will of the Lord working in three levels: it's demonstrating justice, it's demonstrating the law of cause and effect, and it's demonstrating the love. Audience: What would have happened if Elijah hadn't come down as John so they could get that baptism straight. Adano: It had to come back, you see the student of John... Audience: (Inaudible). It isn't that he didn't have to, he had to. Audience: (Inaudible). 1:10 Adano: Well we have to understand why he would have to come back because his student in his past life was Elias and he was Elijah in his last life, he had a student called Elias. Now this student came back as Jesus but in a previous life when he was a student of Elijah that student made a mistake, the mistake was when he went to his teacher and said "Why don't you give me a double portion of your spirit?" He was asking for something he didn't earn or was not worthy enough to handle. So his teacher told him, Elijah said to him, "You ask a hard thing," that is to say to the student on a spiritual level "you want God realization without earning it, you don't want to put in the time to meditate to realize yourself, you want it to be given to you like Santa Claus but nevertheless," why a Saint has to have compassion, even though it's a hard thing for the Saint or the realized man to recognize and point out to the student his shortcomings, he will go ahead and grant him the desire because it's a desire in which he himself must fulfill. Since he has no personal desire and he's gifted with the power to materialize desire, he has to grant the desire. So he says, "Nevertheless this power or mantle is yours if you see me before I go." Now that puts a clause in the acquisition of that power, to see him before he leaves the body. Now you can imagine for one moment somebody tell you that, "You will have God realization if you see me before I die." Now I don't tell you anything else, you know what will happen? You don't know when I'm gonna die and you dare not leave my presence to go any place, you see? And since you don't know when I'm gonna die and since you can't leave where you are, you're really gonna work now, you gotta meditate, you gotta fast, and you dare not want to go to the bathroom either. You're really gonna work to this level of pure realization, you're gonna make that sacrifice, that final thrust. So in a sense the teacher did put the student through a hard pace by putting him in that condition therefore he did earn it in the last minute of his life because when a teacher did leave, he transferred the power to the student but the student now has to be born again by the law of cosmic principles of ethical law because he earned that power by mercy and did not earn it by grace. It is the normal grace of a teacher to give his power to a student before he leaves, it is a normal law to confer this on a student before he leaves. If he confers it by mercy, that is when a student asks him for it and he has to be forced to do it, then the student has to live through a certain principle of meriting it in another life. By grace you don't have to live a second life so in the case of Jesus in his previous life he did not merit the God realization by grace, he merited by mercy. So when he came back into this life as Jesus, he cautioned his own disciples and this is how he told them to make them aware of it he said, "You haven't chosen me, I chose you," putting it on record the difference between mercy and grace. If they were going to choose him as a teacher to guide them to the truth then they would be imposing upon him and he would have to fulfill their desires. As he was choosing them and knowing their shortcomings, they were getting this elevation by grace and therefore they would not be in the situation he's in in a previous life so he was liberating his disciples in the future from making that mistake. So the disciple really were chosen to be elevated. Audience: (Inaudible). Adano: Good night. Audience: (Inaudible). When are you leaving? Adano: I'm leaving on Saturday evening, we'll have a meeting tomorrow. Tomorrow we'll discuss therapy, some of the basic therapies of the body. Audience: (Inaudible). Adano: Bye, bye. (Gap in tape). Adano: In the case of John the Baptist, John was not born by the will of the flesh. The will of the flesh means he had no personal karma, he had no desire that was unfulfilled in a previous life to make him responsible for being born and not by the will of his parents, his parents could not crave for John the Baptist, they would not know what a John the Baptist would be in the first place so they themselves could not setup the karmic pattern of his birth but he was born by the Will of God that he was commissioned by the Creative Intelligence to take human form as a

Master, going through the process of birth, preparing the way for another realized man (inaudible). See the path of the Masters is laid out in the Science of the Soul that one must lay the way for the other and by virtue of that tradition, we carry on an unbroken link from time immemorial to the present day and we continue this unbroken link all the time. 1:20 So John is declaring that the coming teacher who will follow in his path would perform certain functions and in that way he's giving credence of acceptance of that teacher. Unless one does not give credence to the students that will follow who will assume the role of teacher then that teacher will not have the recognition that they will be related (inaudible). Equally true the student must recognize the teacher and give credence to the teacher as a true lineage of the spirit so Jesus is saying the same of John that he was not born of the will of the flesh indicating that he had no personal karma, or personal commitment to be born from some unfulfilled desire. Nor was he born by the will of the parents which was their own personal craving of desire patterns but strictly by the will of God meaning the Creator Intelligence placing him in a position to act out the role of a (inaudible) and then the credence comes by saying "There is no man greater than John who is born that is Elijah who has come" indicating that Jesus was well aware that John was Elijah in his previous life. Now John has to give credence to Jesus by saying "I am not worthy to unlatch the shoes of him that cometh after me." Now if there is no man greater than John that is born who was Elijah, how would such a man make claim to another individual giving him preference over himself, do you see the role of the teacher/disciple relationship? One is giving credence to the other for his lineage and the other is giving credence to the heir or inheritor of the lineage so that he will be accepted by the students. So he says "I baptized by water but this one will be baptized by the Spirit" meaning "at the level of spiritual unfoldment to which I'm awakening you is one method." His method now being the inheritor of the lineage of the truth will then take you to another level of unfoldment so you must accept him on this credence, on this declaration, if you don't accept him on this declaration then you don't accept me and if you don't accept me then you don't accept the Father which is within you, you see? Now one student is declaring that the teacher is not born by his desires nor was he born by the parents' desires, he was born by the desire of God so that has to round out itself mathematically for the individuals to accept him as a true teacher and the student must in turn now be recognized by the teacher as the next (inaudible) to carry on the lineage. So Jesus is carrying on the lineage by saying "he will baptize by the spirit." That's what we were puzzling last night in this lineage and the (inaudible) initiation, one really make the road by himself. Audience: Is this why God waited for the parents of John the Baptist to be so old? (Inaudible). Adano: Right he has to defy the normal accepted rules of behavior and physiological laws of existence to superimpose the Divine Principle. Now St. Augustine says this "There are no miracles but simply unknown laws." Now there are laws that we do not know about creation at our present level of behavior but would appear to be a miracle when it's executed by those who have the ability to execute it and as soon as we are capable of understanding those laws and executing it, then the miracle disappears, we have achieved now understanding. So in relation to these truths we find in our scriptures, all these laws appear at certain times to confound us with the innate quality of our spirituality that we have to raise our level of consciousness to be able to apply them. In the case of John the Baptist parents, they are not in the physiological age bracket to have children yet the higher laws that could come into effect in their lifespan would defy every known understanding at the time so having children at that age would defy the accepted rule of having children. Audience: How old were they? Adano: They were in their late 60s to 70s. (Inaudible). Well you see the thing is this, we have fallen down physiologically (inaudible) in terms of bearing children and having children because of our mental makeup. The human body is capable of performing these functions at an advanced age when we don't have mental inhibition because the same principles are in us. Premature aging is a mental function, we age prematurely from a mental functioning and from an environmental program. Our society in which we live in is not geared to live, it's geared to die, we have already programmed our existence to three score ten existence and the condition of premature death are fortified, from then on in we're merely living on borrowed time. Audience: (Inaudible). Adano: It will continue to break down and build up all the time behavior but you can prematurely inhibit it. Audience: (Inaudible). Adano: It's all in the consciousness and the application of the consciousness on this particular subject but when you

don't understand the laws and you don't know the laws then you cannot apply it. When you know the laws then you can apply it, there are no miracles, it's simply unknown laws working at different levels of behavior and the behavior has to do with the ethical living. Audience: (Inaudible). Adano: The average individual does not know the law involving creation, he merely knows to eat, live, mate, and die and live out the daily survival patterns (inaudible). There are very few of us that know of creation let alone know what creation we are living in. Audience: (Inaudible). Adano: You know we are very naive people or very strange people to live on the planet earth and think we have all the answers to the galactic system and that we're the only individuals (inaudible). We are very very immature spiritual people, no matter how we try (inaudible). We are hanging on to vestiges of ancient religious traditions and symbolism and when the truth is revealed to us, we can't stand (inaudible), it is not something we are prepared for. Audience: (Inaudible). Adano: We are in a dark age cosmologically speaking but we are in a new age solarly speaking. A cosmological age is three one four five million years, that's a cosmological day in creation. 1:30 One day in creation is 3145 million, that's only one day in creation, a day in creation is three one four five million that's one day in creation. Now it takes seven of those days in creation to start a galactic system. Audience: (Inaudible). Adano: And within that galactic system, we have many many Yugas or cycles of creation and our planet earth in which we live only four and a half half billion years old, it's a pretty young planet in this galactic system. Audience: Yeah but we're not from this planet. Adano: No, we're not from this planetary system but we are here from our falling down in consciousness and from our migratory movement in time. Audience: We've got longer to go than I thought. Adano: We are from a place called Satch Khand. Audience: How old is creation? Adano: How old is creation? Well which one of the creations are we talking of? The solar one that we live in or the cosmic one. Audience: How old are the Souls? Adano: The age of the Soul is the age of God, that's the age of the Soul. Audience: How was God made? Adano: How was God made, it's a very good question. How is a Man made to ask a question does God exist? Audience: (Inaudible). Adano: See the Soul is as old as God and if God is eternal polaris or what we call the constant polarity of life, then He's ageless, He has no beginning and He has no end, He is alpha omega, He's self-existent. Now God is not a person, when we use the word God we are going to always be confused with some person is sitting on a throne when in reality there is no such person sitting on a throne. God is the creative principle of eternal polarity but out of that eternal polarity, we must have a creation based upon desire or Will, it is called Cosmic Law and you can't have the creation unless we have negative and positive, there is no existence without it. So we have to have these two forces existing in two different directional flows: negative is not bad and positive is not ultra good, it's the directional flow upon itself that makes it continuous or eternal. Now as long as it's a creation and we are the result of the creation, we will be viewing it with our mind, we will not be viewing it with our Soul therefore we will have no comprehension of it as it is, we will only have a comprehension of it as it appear as it is by the use of the mind. Our mind is going to give us an apparent appearance of something on a sensory level but never on an intuitive/oneness level, we have to achieve that condition and that is where you call the breakthrough of the darkness in the brain, "When thine eyes are single, the whole body is full of light and the light shines in the darkness and the darkness comprehends it not." This darkness that you see when you close your eyes is the result of the density of the desire makeup of your body and until that density is dispersed, you can't see the pure light of God inside. Now this whole body becomes light, atomic light, because it's energy equal to the mass times the velocity of light squared and the actually experience is seeing it. Now the light of the Soul which you are is the brilliance of nine suns so you couldn't even begin to look at your own Soul force, it will blind you eternally. A mere glimmer will keep you blind for a long time, the same thing happened to Paul when he was Soul, he had a glimmer of the light inside and he was struck blind. Many people who have had an experience with the Holy Spirit in a pentecostal movement are blind for days with the light so you can imagine what a smidgen of light you are seeing in this atomic makeup of your body. So we are talking of something that is happening on a different level than the mere intellectual level has been passed off as spiritual truth. Audience: That's where the expression comes "I see the light?" Adano: I see the light. Audience: (Inaudible). Adano: Vulcan has been there so many thousands of years before we ever came along to find it. Audience: (Inaudible).

Adano: The Greeks knew of it, the Chinese knew of it. Audience: (Inaudible). Adano: It didn't go anyplace, the earth and all the apparent planets around the sun takes the alpha centauri, the nearest star, as its sun for this sun and makes an annual journey around it once, that means that it goes around it. So one solar year for this sun is the journey of this sun and its planets around alpha centauri which is exactly 24,000 years. It has to go around alpha centauri in 24,000 years and when it goes around alpha in 24,000 years in the periodical cycles of a hundred years each, we will stumble across the phenomena of the twelfth planet that appear and appear and simply disappear all the time. In another three four hundred years, it will never be there we won't be able to track it and another few hundred years we will find it and track it because the sun on this planet is moving around alpha centauri once. Just as all earth moves around the sun once to make one earth year, one solar year of the sun is equally 24,000 years around alpha centauri and alpha centauri is going around another star within the same proximity of ... Audience: (Inaudible). Adano: At the same time it is pulling this galactic system along with another one, Mr. Casey said it you know. I'm not repeating something that's a figment of the imagination, Casey (inaudible) and the Hindu philosophers knew this a long time in their own readings. We are not discovering a single thing new in this world, we are only validating from unknown laws that are suddenly becoming apparent from unknown facts that were not obvious at a certain time of our unfoldment. Audience: (Inaudible). Adano: Right. Audience: And then somebody else so many years from now will say "they didn't know what they were talking about." Adano: Right, interesting. Audience: Where is Satch Khand? Adano: Satch Khand is outside of the causal realm. (Inaudible). Where we are we live in the physical cosmos, this cosmos which is physical to our five senses and every mechanical measurement is under the electrical cosmos or astral cosmos of Hiranyaloka. Now that whole cosmos is the second level up and above the Hiranyaloka cosmos we have the causal cosmos or the cosmos Theta. 1:40 It's mentioned by some writings, they call it the Theta realm, t-h-e-t-a and beyond the Theta realm they say "now we have arrived at the abode of God" or Pure Spirit. There is no thought in that realm, it's all consciousness and in that realm now we have Satch Khand. Satch is the eternal, Khand means the abode, the abode of the eternal flow. Audience: (Inaudible). Adano: No it is also a state of pure substance because it is substance too, we cannot separate substance from reality, we cannot separate the spirit from reality because the spirit is also substance. It's the purest form of substance you can find, just a few people who are able to manifest that pure substance. The name for that pure substance in the human body is nectar or effulga, e-f-f-u-l-g-a. It also takes on the pure essence of our seminal fluid which has a name in Sanskrit as spatum. Now there is a living Master called Sai Baba and on certain days of Shivarati, which is the Lord of Creation Shiva, he will bring up a Shiva lingam out from his own body condensing this Spata or essence of this spermal fluid right out of his mouth in the form of Shiva. He does this every year at Shivarati and this object, this essence (inaudible) we don't have this on the earth, it's simply congealed out of his own mechanism by his consciousness. Now this man is alive, he's not a dead man, he's not something that's talking about being a fairy tale, it is factual but this is an essence that we have within us that we can... the purpose of the Saints telling us to conserve these forces in ourselves is because they are linked in a minute way to the Creative Principle and the ethical attitude is the key for it all. The same strain that will enforce such an imposition upon us that we have to behave a certain way to make these things be practical to elevate us and midway between the spirit and the physical is the psychic. Audience: (Inaudible). Adano: Yes, this is what you have to achieve. Audience: What happens to that stone he brings up out of the earth? Adano: It's placed in every Shiva temple in India at the altar. Audience: (Inaudible). Adano: No, the Avatar that Yogananda refers to Babaji, no one sees Him, He is the Avatar of the planet, see that's why they call Him the Maha-Avatar, he is the teacher of Avatars. Avatars mean incarnates of God who take on human form to lift up mankind and Jesus was an avatar and Krishna was an avatar, Buddha was an avatar but Babaji is the Maha-Avatar, he is the teacher of the avatars so He doesn't lose His identity, He will gain His identity. Now He's simply called Babaji, that's not really His name, the Sanskrit word means revered Father, how old He would be no one can estimate that but His appearance was a thousand years ago in the Himalayas at the time when Man had fallen down in the dark ages. He came back strictly to restore the lost principles of the holy science when Timothy died. Timothy was the last

man in the Christian faith to have the Holy Science, when he died no one else knew how to practice the Holy Science and the Avatar came back to restore the balance. So He has taught many avatars from that time on and many spiritual people from that time on and He's the one mentioned by Yogananda as the Maha-Avatar. Audience: Well is Jesus second in command? Adano: Jesus is ascended, when the Master has ascended there's no second in command, He's in that level in which His work takes Him to all levels. He's not restricted to the planetary system of the planet earth. They only use the word Maha-Avatar Babaji, He's the Maha-Avatar of the planet earth, we are only referring to the planet earth.

Audience: Well I was reading somewhere that at each new age... Adano: There is always a Christ-realized man. Audience: Yeah but they get together and decide what they're going to with us. Adano:

Right, a Kumbha Mela. Audience: They are raising the consciousness of Mankind. Adano: Well every 14 years is a Kumbha Mela, every 14 years there is a spiritual summit. Audience: What happens when a new age comes in? Adano: When you're talking of new age, we are not talking of a cosmic age, we're talking of the solar age. You see a cosmic age is an entirely different thing, we are in what is called Kal Yuga of the cosmic age but in the aquarian movement of the solar age. Kal Yuga is the iron age in the cosmical principle where man is killing man for the sake of something, where man is keeping man from every angle, where darkness is the supreme (inaudible). Now within this cloud of movement of Kal, which we call time, within the time cycle that Man live in the cosmos or the time warp of the cosmos, we have solar movements, that if we have individual movements within the time movement, within this particular relationship, there is an internal refinement going on preparing us to handle the time cycle.

Now there was a period when we were in what is called a bronze age cosmologically speaking and solarly speaking, there was a period when we were in a silver age cosmologically speaking and solarly speaking, there was a period when we were in a golden age cosmologically speaking and solarly speaking. Where we are right now we are in the iron age cosmologically speaking but we are in the bronze age solarly speaking. Audience: How did we get off key when we were silver and silver? Adano: We don't get off key, it's like a little cogwheel in a bigger cogwheel, it's the cosmic movement of the circle that's why it's called three one four, measurement of pi for a circle, everything is geared to three one four. This is what we're involved in the situation, we have now in this age which you call your new age or the aquarian age, in the Hindu philosophy you may call it Dvapara, in this solar cycle within Kal, the iron cosmic cycle. See the iron age from a cosmic cycle is one eight four five million. Now that will take one eight four five million years to go through a cosmological movement of time in which we are restricted with time patterns in the entire cosmos. Now within that time cycle we have many solar cycles of 2,400 years so if we divide 1845 million by 2400 we will come up now with so many Yugas or cycles of the solar cycles, they will be called solar cycles which will be divided now into gold, silver, bronze, iron. 1:50 The iron one would be 1200, the bronze would be 2400, these are years and the silver or Treta would be the thirty six hundred and Sat or golden would be forty eight hundred, they will make up a twenty four hundred years pattern in the solar movement but you take that twenty four hundred and divide that it's a one eight four five million and you'll see how many times our solar system went around. Now the planet earth in which you live is four and a half billion years old, not million, billion years old.

This little rinky dinky mud pile that we're on alone is four and a half billion years old. Audience: You mean we're on the lowest of the low? Adano: Yes, we're on the lowest of the low. Now your carbon measurements put it at four and a half billion years old and it puts the moon at four and a half billion years old, they were together, they were not separated. They were made together within the same cycle so we are proving ancient astronomy to be correct and we are proving that the statements in your scriptures are correct but they are not read accurately by wrong interpretation, we got the wrong interpretation that the world was made in seven days, it's not seven 24 hours. A day of creation is not a day in our solar time movement, it's cosmic. So we are apparently living through many many eons of time principles but are not aware of it, that shows how dense the body has reached. The more dense this body gets, the more it relies on matter to survives, the less dense this body becomes the less it depends on matter to survive. Audience: Did we go through solar systems coming down? Adano: Yeah, Mr. Casey mentioned that too. You know when Casey was in the body, he did many life readings but he has only done 35 astral charts of the astral body and I've seen them, (inaudible) because the astral

charts are different. The entity has to go into all these levels to get its education, it has to pass through all 12 signs of the zodiac and it has to stay within these galactic systems that these signs govern. You see we have a solar system to which the 12 signs relate to with certain planets that we are related to here but that same zodiac applies to the entire universe, it applies to many other galactic systems with many signs involved in it. Audience: In other words every time we reincarnate, we must be another sign of the zodiac. Adano: No you reincarnate in the sign you go out, the sign you go out is the sign you come in, you pick up where you leave off, you don't go helter skelter jumping around, it's timed exactly. If you die in the sign of Sagittarius, you come back in Sagittarius. Audience: The same day? Adano: No not necessarily the same day but you come back in that sign because that's where you have to pick up to work out the unfinished pattern. Now if you die in Capricorn you come back in Capricorn. Now you may be born in Capricorn because you die in Capricorn but you don't have to die in Capricorn that time, you may die in Leo and you may die in the constellation of Uranus in pluto for this particular movement. Now if you're fully realized and you leave this particular planetary system, then you have to go up another planetary system where those particular astrological movements will apply to you. Audience: If I am realized here that means I'm a beginner in the next, is that right? Adano: Not necessarily, you are a student here in the physical sense and you're conscious, you're a student in the astral realm but you may not be conscious. You're a student on the causal level which you may not be conscious, sometimes you may be conscious on both and you're a student in the God realm which you may be conscious or you may not be conscious, everything is going on all at one time, it's not split up, but the relationship is in consciousness, the link between you and God is memory. Let me explain that when John the Baptist baptized Jesus, what did he see happen on Jesus? Audience: The dove. Adano: Who saw it? Audience: John the Baptist. Adano: Alright, who saw the dove? Audience: John. Adano: If John the Baptist saw it then he saw it with his inner eye and what did it really mean? It meant that the moment Jesus was initiated, Jesus left His body and became one with God and He was worthy enough to travel through all the realms of creation in six seconds without impedance by any karmic ties, that's what worthiness means to be a Christ realized person, that's what they call beloved. There's only one Christ principle and when a human Soul or a spiritual Soul has achieved this wordiness from flesh form to the point of contact and can slip out of the mechanism and merge back with the cosmic force field without any interference on all the eight levels of creation, then that is a worthy Son, that is a beloved Son. It's not tainted, it means in going up the eight levels there is no accounting to be made on any level for any desire pattern. So the first level He would have to cross when He got initiated would be Matter acting on Matter, He's have to demonstrate His mastery over that. Then the second level He would have to demonstrate Energy acting on Matter, all in that same one initiation. Then the third level He'd have to demonstrate Consciousness acting on Matter. Then the fourth level He'd have to demonstrate Energy acting on Energy. The fifth level He'd would have to demonstrate Consciousness acting on Energy. Then He'd have to go to the sixth level of Consciousness acting on Consciousness. Then He'd have to go on Beingness is acting on Consciousness which is seven. Then finally He'd have to go to Beingness acting on Beingness, He went all the way up. Audience: He took an express train instead of a local. Adano: Right, it was a one-way trip from the point of contact and John saw this knowing fully that this is a truly beloved Soul from the Father principle and now this Soul will carry on the tradition of lifting up all Souls. So when He did this, He was already aware of His own death, He knew He was going to die you see so He was already making way for the (inaudible) that this teacher now was going assume the role of teaching. See there's more to the spiritual life in your Christian scriptures from the standpoint of the student/teacher relationship than it is understood by the (inaudible) layman, you have to go into the Eastern studies to understand the intricacies of it, that they're not saying anything new, we're all saying the same identical thing but when you use different terminologies for it. So Jesus, He had the perfect right to say "You see Me, you see the Father" and "None come to the Father but by Me." You can't really ride on that particular frequency of the ego back to God realization or cosmic consciousness unless you are Christ realized, that means having no internal impedance. Audience: What would have happened if He had? 2:00 Adano: Well then He would get stuck in one of the levels. Audience: (Inaudible). Adano: Well He demonstrated all the way right to the

last moment of death. At that moment He showed that He was able to go all the way so His death was a final confirmation of His ability to go up. If He did not die on the cross and the confirmation of the death on the cross did not show His ascension, then He had no achievement. You see on the third day He arose from the dead right? And then they said "He ascended into heaven and siteth on the right side of the Father." Why did He not sit in the lap of the Father, why He didn't sit on the left hand of the Father, why He sit on the right hand of the Father? Symbolically it only means after crossing over Consciousness acting on Consciousness, the next level in physical manifestation would be Beingness acting on Consciousness and that is sitting on the right hand of the Father, He was in that total state of Beingness acting on Consciousness but He cannot become the Creator, that is Beingness acting on Beingness. No Soul becomes the Creator, the Creator is the Creator Himself, He is Sat Purush, the eternal self but from that point down we have the ascended self which you call manifested Master, it's Beingness acting on Consciousness so Jesus achieved His full beingness in consciousness. Audience: In other words, He made it through as Elias trying to catch Elijah. Adano: All right, to it that way and I'll accept it. Anyway, we were going to discuss some corrective therapy. Well yeah it has to do with something inside, but the corrective therapy has to do with the postural movements that correct without maintaining, using it for maintenance, you see the Yoga postures...

### 1973 January - Tides Meridians Acumassage

Adano73\_01TidesMeridiansAcumassageQ3 - Wanna read out the time of the fire movement and the glands that are controlled by the fire movement? Audience: Eleven to One: it's gallbladder, heart, triple warmer, spleen, and pancreas. The air or wood is three to five: lungs, bladder, liver, small intestine. Water five to seven: kidney, large intestine, bladder, lungs. Metal or ether 9 to 11: triple warmer, spleen, pancreas, heart constrictor, stomach. Earth eleven to one: liver, small intestine, gallbladder, and heart. Adano: You got that clear now, any questions? Audience: I want to know why we loop this, loop the little dashes? Adano: Alright, the loop represents the control. Audience: What about the dashes? Adano: Negative. Audience: All the little dashes? You know you told us to dash and then loop it. Adano: That was the line when fire controls the ether or the metal and then earth controls water and water controls fire and air controls earth. You got it? It should read fire, earth, ether, water, air. Now fire controls the ether and the earth control the water and water control the fire and the air controls the earth but as I said before in the oriental philosophy, they prefer to specify air and ether in more concrete terms. So air is often referred to as wood and ether is often referred to as the metals because it's a more concrete term and therefore fire would control metals but you notice it has to pass through earth, that's why we see those circling lines that little spiral so metal comes from earth so fire also would control the earth in some degree in shaping it and refining it into a method and the metal would control the wood or the air by cutting down the wood. Now the earth will control the water by damming it up or filling it up and the wood or the air will control the earth by going all over the earth and making the earth stagnants after a while. Audience: What was the significance on the water there were no seven to five and over here are no eleven to nine. Adano: No they don't have no significance. All right, well we got the positive now. Did you mark the positive one? Well which one was positive? Earth and water are positive. Air and earth are positive. That's the one that runs across, that's positive. Well you should have the one that runs across from air to earth, that's positive, all right and from earth to water is positive and the water to the fire that's negative. The ether to the air is negative and the fire to the ether is negative. So how many negatives and how many parties we got? Three negatives and three positives so the atom always has more electrons than protons right? So in the same schematic you would have more negatives than positives as they revolve around. Now we're going gonna draw a circle, a dotted line circle going all around the five points, see those five little ends? Make a dotted circles to complete it, enclose it all in a dotted circle. The dotted circle will go like this, outside of the whole thing make a dotted circle completing it. 0:10 Now inside the five-pointed star there's a pentagon, outline the pentagon clear, that is five lines there in the middle of the star. So you have a clear cut pentagon in the middle of the star. We have a pentagon inside right, is that clear for everybody? Now at the top of fire put "time." At earth you mark "space" right outside of the circle. Outside of ether your mark "light." Outside of water you

mark "motion." Outside of air you mark "sound." On the dotted line on the dotted line all around you mark "consciousness." That's the complete circle of consciousness and in the pentagon you mark "being." Now when we say a Master is a Master in the physical realm, He must come from the five realms, He must come from the realm of pure being, He must be from the fifth realm. Until you find a living Master from the fifth realm, you haven't found a Master yet. He must be able to control these five movements therefore He's a Master of the fifth realm, Consciousness controlling the Energy. Now at each "V" point or vortex of the star, draw a dotted line out going away from it towards the ring. The star has five "V" points, you know what a "V" point is? It's like an apex shaped like an "A" frame, like a dome, like a pyramid. All right from each point where the two lines meet, draw out a dotted line towards the surface. Well here is the bottom of the star, here is the apex, you see it comes in and goes out? That's a point here for one of them, that's another point going out this way, another point going that way, another point going this way, another point going that way. So you have five points in the star on the outside line of the star where they come up together in like a "V," trying to look like an "A" without the center bar. On those center bars that emanate out from being, you put the word "love." Now there's two lines going to the top, that's the positive love. The two lines going away from the side is the negative love and the one line coming down to the bottom is the neutral love. All right, what do you notice about the love, what is interesting about the love? Negative love goes out in every direction right? And the positive love seems to go up like if you have your arms outstretched. Now why did Jesus say, "Come unto Me all that travail and are heavily laden and I'll refresh you?" So the positive love is this all the time, the negative love is this, "hold back everybody, please be still," hold the forces in check, negative don't mean bad. Positive means to build up, negative means to control or hold in check. Now the neutral love is the one like this when you put it over your head, that is the imparting between the two (inaudible). Now if you look at the oriental mudras and the various figurines, you will always see the neutral love being like that, the hand always outstretched that way. The neutral love is the impersonal love, it is the unconditional love that is bestowed all the time so that you and the Creator of one and the same, you and the Divine Force are one and the same all the time. This Divine Force imparts to you impersonal love, it has no attachments, no conditions, ideal love on a purely impersonal basis, a purely unconditional level, a purely unattached level. So that's why they say "In God there is no condemnation because the energy moves down to you directly from pure Being." You notice all the lines will soon meet and they'll cross into the middle and they'll go across into the pentagon. If they're allowed to cross into the pentagon, they'll end up in the middle, they'll cross each other in the middle of the pentagon which is pure Being. Now creation, you notice sound and space and light and motion are all within the negative sphere and the neutral sphere of the lines, right? 0:20 Sound, space, motion, and light are in the neutral lines or the neutral love and negative love, they are the expressions of creation, is that clear, do you see how it goes out? Creation must go out from pure being affecting in sound, space, motion, and light. Now God is timeless so time is between the two positive fields so in the positive field what the time become, it becomes timeless. Yet we can't exist without the concept of time therefore time is not a real thing, it is only a condition in which we relate to the Creator so if you light a match, you ask yourself how long it takes to burn out and you're constantly watching the time cycle in the match till it burns out and you go away with the concept or the impression that it's timeless. Now you ever watch a file that is burning? It gives you the feeling of timelessness yet it is occurring in time that's why the fascination for watching a burning fire. You're involved with the time principles and in a positive scale always wondering where it's going, what's becoming of it, and it's receding from finite to infinity. So God cannot be perceived as a person in either time or timelessness but His Divine Light, He is that one principle of light, always in time and timelessness. When He manifests as times, we have a creation and from the time then we get sound you see, sound must come out of it. The moment God is going to take up time from His timeless state, He's going to start manifesting sound then sound will resonate through space on the negative scale then we have light, which we see and "Let there be light," but to say let there be light, He has to use sound. The mere statement of "let there be light" is a statement made in sound and in space and light then comes into manifestation in the space movement then the last thing would be the motion, we measure light now in motion, how long it takes to go from

one planetary movement to another planetary movement or one body to another body. So our astronomers tell us that the light coming from the sun reaches the earth exactly how long? It takes nine minutes to come from the sun to the earth at a speed of 186,000 miles per second and if you multiply 186,000 miles per second by 60 by nine, you'll get the distance from the earth to the sun, you can't escape mathematics, it's right there already set up. The creators made it... He's geometry you know, what a man called Spinoza, he said God geometrizes and to create is to geometrize. A working movement in the universe to relate to our universe on a practical level we have to comprehend geometry, even astrology is involved in geometry, mathematics. Now time in your Science of this Soul is called Kal and those who have read the Sant Mat readings always hear of the word Kal being mentioned. Kal is the only force that opposes the Master force or Being force, you know it in your Christian scriptures of Satan, which means adversary, time. The opposing force A-Kal which is timeless or a Master force so the Master force within you is A-Kal, the opposite of time, timeless, that's the reason why you feel infinite inside of yourself, why you feel you're immortal. The feeling of immortality in you is A-Kal or timeless, otherwise you don't have any feeling. If you were to think of yourself in terms of time, just think for one moment in terms of yourself being time and see how you feel. Not possible right? That part which thinks or feels cannot begin to think in terms of time being a limitation, cannot think in limitation, so it's already in a timeless state. You exist as you in timelessness out of your pure being and everything that appears around you gives the appearance of a time sequence and you're caught up in this time sequence around you in the form of sound, space, light, and motion, you got that on your chart? Now you notice the ring, what is the ring that connects them all? Audience: Consciousness. Adano: Now you see why mind is a instrument of the Soul? Now you're looking at the Soul broken down into its pure aspect, there is no expression there called Soul, Man is a reflection of this principle, all these things are put together to make up Soul or the Spiritual Order of United Life, that's the true meaning of the word Soul, the Spiritual Order of the Unity of Life and we are an expression of it but we can only recognize this expression by consciousness. So Casey would say "mind is the builder," who reads Casey writings? What does je say about the mind? Audience: Mind is the beholder. Adano: All right so where is mind put up on the scale of this whole principle here? In that circle, it bridges everything in that circle, do you see the circle? The circle of consciousness is mind. That circle of consciousness is mind already, it's mind and it's the builder within you all the time, you can't do anything in a tangible sense in your time cycles without using your mind. You have to use mind all the time so mind is an instrument but mind is also the most powerful instrument that time uses to delude you. Audience: I'm getting confused in that they say that mind is tied up with the Soul but then it's tied up with the sensory. Adano: Yes. Audience: (Inaudible). Adano: Alright, first you got understand how is it tied up in the sensory. Mind is tied up in the sensory function of the body as negative sensory, positive motor, movement, you live in a sensory motor universe that means your sensory functions telegraph themselves through nerves, your motor functions telegraph through muscles, therefore you have the principle of energy now, otherwise you don't have no energy. Mind is a form of controlling force which appears as energy through sensory motor movements otherwise you have an inert mass. 0:30 You don't have no mind in a physical body until it passes through your sensory motor movements so how many senses do we have? Audience: Five. Adano: Oh how come five? Well there is a sixth one now, is it the composite? Audience: (Inaudible). Adano: You have five forces in you, these five forces when working in unity is considered the sixth sense and what is the sixth sense supposed to do in the first place? Audience: (Inaudible). Adano: Well that's a broad terminology. Audience: Intuition? Adano: Intuition, you're knowing independent of the senses for the first time, that's what the word intuition means, to know independent of the sentences, to know from within and look at your star what have you got, where is the being located? In the pentagram therefore you know fully from within yourself when you do what? When you pull back the energy to the center away from the conscious contact with the outer world or the five movements of the other world. You couldn't have any control or domination of this environment if you don't pull back the energy from the central movement so you are a victim of your senses if you become attached to the outer world and you're a Master of your senses if you pull back from the outer world. So the person is happy and peaceful and serene and elevated when they

withdraw from the sensory world every time they meditate. Now how does a spider spin its web? So where is the middle call in the spider now? You see the Creator is constantly demonstrating how you work like a spider spinning his web. The word comes in to spy or spin so a spider is constantly demonstrating its inexhaustibility to create from within its inner being. Now can a spider pull its web back into itself, why? Audience: He created it. Adano: Can God call back His creation? Audience: No? Adano: (Laughing). You're running into mechanics of the mind. Audience: No we always have to evolve, do we not? we don't go backwards. Adano: This is a good opportunity to use your mind (inaudible). Audience: Well a baby doesn't go back into the womb and it's kind of the same thing isn't it? Audience: We go back but we go back on our own with a little help. Adano: If the spider can't pull back its web inside of itself, what can a spider do? Audience: He can recreate it again or he can undo what he did, maybe he can make a new one if that one gets messed up? And if he can take it back, why doesn't he? Adano: Good question, now what did Jesus say about creation? "Although heaven and earth may pass away, not one jot nor tittle of My word will pass away." The illusion that is around us as a (inaudible) heaven and an earth or planetary system may go into change as pure energy that may not be visible to the naked eye but nevertheless you notice there's a ring going all around (inaudible). So you see now why cannot disappear? As long as you have consciousness there is no such thing as the world going away any place not even one word, that's the sound or the vibratory rate or the space in which it appears to be in, let alone the motion in which it's involved with, nor the light in which these forms will resolve themselves. Even it becomes timeless, it will still be in consciousness, it cannot go away. Now you see how binding this universe is upon us when we think and act but everything we think and do is recorded for eternity. Audience: And everything is related. Adano: Right everything is related, there is no loss, it can be destroyed, it's all recorded there so we call it the Akashic record or the Book of God Remembering. So it can only spin out but it can't pull back, the web is only as strong as the substance which is in the web, the web is an illusion. Okay, we're coming into some important things now in terms of the understanding of this principle that we're looking at. Unless we understand how this cosmos is makeup, the acupuncture pressure points, the massage points, and all the other co-related activities don't mean nothing because we're dealing with energy all the time. Now since we're dealing with energy, the energy has to be positive, negative, and neutral all the time. Now mind is the expression of the Soul, your mind is an expression of your Soul and Casey would say mind is the builder, the builder for who? Audience: You. Adano: All right, who is the architect? Audience: (Inaudible). Adano: No not necessarily so, mind is a builder, it's the builder of consciousness but Soul is the architect. The architect designs but he doesn't build, you have to go get a contractor to build the design so who carries the design, who sets up the design in you? Your Soul nature, your God nature sets up the design within you and your mind executes that design, your mind tries to hold that pattern, your mind tries to maintain the form. What you look like is your Soul pattern, how you maintain this Soul pattern is how you apply your mind. Audience: Does the Soul change? Adano: The Soul is constant (inaudible). Mind deviates but Soul don't, mind is the thing that you are constantly working and constantly relating and constantly trying to compute or constantly try to analyze, constantly try to reason so right now what are you using to listen to me with? Audience: Mind. Adano: Mind, do you see how powerful control it has on you because you're not able to separate it from your Soul. Which part of you you're going to call Soul and which part are you going to call mind and what you're going to use to do to call it? Audience: A Soul is the permanent part and the mind is changing. Adano: All right, now the Soul don't think. Audience: The Soul Is. Adano: Well if the Soul Is, what would you do to recognize it. Audience: What would the mind do to recognize it? Adano: All right what would the mind do to recognize the Soul? 0:40 The Chinese have a word for it, develop a "no mind," in other words learn Zen, the Zenith. Zen begins when thinking ends, that's all the word really means, you have reached the end of your thinking, that's the Zen of it. Audience: And that's the greatest art. Adano: You reached the end of thinking and you start the beginning of feelings. If you can't think or if you don't think, what would be the next most important thing. (Inaudible). All right so Soul does what? Audience: Soul feels. Adano: All right, now what is the food of the Soul? Well come on, you don't feel thoughts, you feel love. When you stop thinking, there is no more thinking going on now. Audience: this is what I came to learn, how do you get to that spot?

Adano: Well by feeling. Audience: How do you how do you turn off the thinking and stop the feeling. Adano: By listening, you feel by listening. Audience: But then you have to come to the control of the emotions. Adano: You learn to feel by listening. You can't feel until you begin to listen, you'll be thinking every time when something touches you and you'll be calling that feeling but until you learn to listen, you haven't begun to feel. Now there's a saying "If music be the food of the Soul, play on," IF music be the food of the Soul. Now we're going to prove why music IS the food of the Soul and therefore we should play on. "In the beginning was the Word" and the Word is sound or music or the cosmic sound of vibratory force "and the Word was with God," the vibratory force was the conscious being "and the Word IS God," it's not "was" or "shall be" or "can be," the Word IS, that vibratory force IS God, it's you already "and the Word was made flesh," this substance, "and dwelt in Man," (Adano claps). Where is the sound, in the flesh or in the air? In the flesh providing you can hear it, if you're deaf you would not know if it's in the flesh or outside of the flesh but if you're deaf you'll feel it. It's a funny phenomena, deaf people feel sound but they can't relate to it, they don't know why but they feel it, it irritates them. Audience: What happens when you feel it in meditation, I mean I can hear it back here but I'm seeing it up here. Adano: Good, so to become attuned to the Soul is to listen and by listening you feel for the first time your true identity, you feel now the unlimitedness of yourself. When you meditate you are really listening to yourself and therefore you are not thinking, you are on the receiving end and your scripture tells you straight words, they don't mix it, "As many as transmit to God, they shall become sons of light or sons of God?" or "As many as you pray to me, you become sons of God?" is that what the Bible says? The bible says "As many as received," but how can you receive? Audience: Believe on His name? Adano: No, no, belief got nothing to do with receptivity, "As many as received, to them gave He the power to become sons of God," the word receive has nothing to do with belief, you can't receive until you listen, you have to pick up, it's a strictly broadcasting. A radio wave is received on the antenna and brought in and you are forced to listen as it comes out through the loudspeaker. (Gap in tape). Audience: I guess it was there but I hadn't heard it. Adano: Well you were busy hearing the world, you weren't listening to the world. See there's a big difference between listening and hearing, most of us go through our lives hearing the world but never listening. So most of us go through this world hearing ourselves, hearing ourselves talk but never really listening to ourselves or listening to ourselves talk. So when you start to listen to yourself, you will have the experience of realization of self, so realization is not something out in the sky, it's already within you in the flesh the moment you begin to listen to yourself. Jesus didn't say He was somewhere, "The spirit of God is in you," He didn't say outside of you so if it's inside of you, why you can't experience it, why should you not experience it? The only thing that's interfering with it is you don't know how to listen but the structure of the universe will show you that from time memorial men have always been realizing themselves and listening to this principle and they can see it in this graph or this chart how to listen to themselves and by listening to themselves they can now direct this force. Then Jesus will say to you "No man take My life from Me," that's where the word Chi or Prana or life comes in now, "but I have the power to lay it down and pick it up." How would you He have the power to lay down and pick it up, from where? But He must know the rules, He must know how the thing is constructed. Well you got the spiritual laws in front of you now but you have the technique given to you, He gave you a technique long before I come along to point it out in this graph. He says "As many as received Him, to them gave He the power," that word power is power, I don't mean the new version fandango translation they said "to them that receiving Him, He gave them virtue," that throws the whole thing out of context. Audience: But this is the power to heal. Adano: He you don't say anything, "As many as received Him, to them gave He the power to become sons of God," that's a big difference from power to heal and power to manifest. He says "power to become sons of God," you don't begin to realize what He's talking about otherwise you would grasp the truth right away. Audience: Well he's talking about being like Jesus because Jesus He knew for a fact that He said "I am in the Father and the Father is in Me." Adano: All right but this power is something He's talking about based upon the knowledge, He can't base power on fantasy. Remember He said "I tell you things of the world, if I begin to tell you things of the heavens what would happen?" You wouldn't even believe Him that He came from a spaceship, I don't want to get quoted. (Laughter). 0:50 Audience: You watch

UFOs. Adano: But the thing is this, unless you know the laws and understand them then to receive this power and to use it, then you wouldn't understand what you're receiving. Now it's not compulsive to have a tremendous education. With all these knowledge, remember all this knowledge this whole entire universe still does not belong to Man, who does it belong to? Audience: God. Adano: God. Yet within this structure of the universe, He planted the Christ principle to which all things are known, the Christ principle knows all things. Now the same Christ principle said "I go where" when he died? Audience: Back to the Father. Adano: But He will do what? Audience: Cometh. Adano: No, He didn't say that, He said that in another level of thinking 'I go unto the Father but I send you the Holy Comforter.' When the disciple asked Him what would become of them He said, "In my Father's house there are many mansions." They were asking what would become of them when He died and go on, He was answering a different question. So He told them "In My Father's house there are many mansions, I go to prepare a place for you, if it were not so I would tell you," that's a different question. The question is I'm saying now "I go unto the Father but I will send the Holy Comforter who will remind you of all these things in My name." Now all these things are known already by the Christ intelligence that was present in the man Jesus and will be reminded in you when you experience or accept that principle in your body. When you accept that Holy Principle in yourself, all these things will come flooding into your brain, it's a wisdom that will come into you without any effort because where are you going to get it from? Not all the books in the whole world of libraries you can't find it, the wisdom comes in from another source, it has to come in from the inner consciousness. And it will remind you, that means it will make you aware of it being inside of you already. In other words if you were to speak it in the space talk, brother Jesus is going to slip a cassette into your brain and you're going to flip out and know it all. So cassette one coming up right now now, take one, that's reminding you because you're playing it back all over, you're going to play back through your consciousness, you're going to play back all the things that He experienced in your consciousness. So until we get it down clear what we're trying to do with ourselves then all these other techniques really don't have true meaning yet or true value. So we're trying to receive, we're trying to identify, and as we try to receive and identify then we can see the purpose behind for these therapies. The therapies are synchronized to the movement of energy, energy is power, where would the man have the power to heal if he didn't understand the laws, he has to understand the laws himself and once he understands the laws, he can apply it. Now the laws are working in three ways: on a chemical level, an electrical level, and a thought level. That same power is working three ways: a chemical level, an electrical level, and a thought level. On the chemical level you have the human anatomy and you have the 16 minerals or elements that make up the human anatomy plus the trace minerals. Now the chemical combinations make this human body, yet there are more than 16 elements in this world and trace minerals or trace elements yet this human body cannot be constructed outside of these basic 16 and trace. It requires these same basic 16 all the time of the trace to build it so it's definitely adhered to a certain pattern. The pattern is set up by the Soul and mind or consciousness is the builder, it holds the pattern and tries to repeat. So the cells themselves have a mind, they will repeat their pattern, they will repeat themselves. The cells in the eyes are different from the cells in the nose and cells in the nose are different from the cells in the big toe and they're different from the one in the heart and they all would repeat their own pattern all the time. Heart cells will repeat heart cells, big toe will repeat big toe cells yet you can still take and graft from the same mechanism if you need to graft but once they graft and hold then we find what is called alignment or adjustment, the cells will start taking on the new abilities to align themselves. So you got the idea now, "Me all face?" Your nose to your toes is the same in terms of the uniformity of it but in terms of their makeup, they will have to bridge across themselves and then learn to adapt within themselves. All right, the mind is the builder, the mind will accept, as long as mind accept the big toe on your nose, it will keep the graft there. If the mind does not accept the big toe on the nose, the graft will always be falling off and this is the problem doctors have. They will graft on to a certain area and it will always seem to rupture or it will turn dark, it will not hold. Yet gradually as the mind learns to accept then it will stay in the area and work so we have a psychological problem with the cells but mind is the builder. Audience: I guess this is off the subject but what about cancer, the cells are fooling the mind? Adano: The cancer comes from

breakdown within the structure. First the electrical pattern has to break down, the idea pattern has got to break down. Now in the etheric body, cancer is first discovered there as a thought expression. That means there is a clouding up in the etheric body due to some thought pattern and if we do what is called a radionic measurement on the cell, we will see this clouding up in the area and we may read that clouding up as a form of cancer, that's in the etheric body. Now in the etheric body it may indicate you having cancer of the nose but you haven't got it yet in the chemical body, it's in the etheric body clouding up there, giving off a radiation or giving off an indication the possibility. Now that possibility of cancer might come from your constant turning up your nose at people and it's locked up in your etheric body. Now your etheric body is taking full consideration for all this constant turning up of your nose until it gets so occluded that it makes its impression to precipitate. When it starts precipitating now you notice the negative energy moves down and then they start focusing themselves right into the neutral form in the chemical body then the chemical body starts to lose its electrical potential around that particular area, it starts to slip. 1:00 Now when this electrical potential starts to slip now we have a gradual deterioration, a slight itching, slight irritation in that spot and eventually that irritation goes to a point where there is no regeneration, it doesn't want to heal itself. When it doesn't want to heal itself then it becomes now feeding off of the waste product in the cell and as it feeds off of the waste production in its cells and it becomes strong enough then it becomes cannibalistic, that means it's going to eat the living cells now. When it eats the living cells then we have a condition called cancer, it's a condition. Now a virus can also flow in at the same time and affect it, a certain chemical can come in at the same time and affect it and speed it up but in your body everything is chemistry and it's right there already. As long as the electrical shell is broken, these other forces move in to concrete it so the first thing you got to correct in that person is the thought and seal up that electrical field. Now this is where we're coming into the electrical field now, the electrical field is polarity: positive and negative, you call it yin and yang in the chinese philosophy, it's positive and negative and neutral, in the body this condition exists. You're either too positive or you're too negative in some level of your makeup and the purpose is to bring about a polarity or a balance within yourself or harmonize with yourself. Audience: What do you mean too positive? Adano: Well some people are very positive to the extent they're dogmatic, others are negative to the extent they are chaotic, or we say apathetic. The one who is neutral, he's the one that presses the trigger against his head. Audience: So neutral and balanced are not the same thing. Adano: Balance is a different thing, balance is not neutral, the neutral person is neutral and he doesn't care anymore, he's just gonna take the trigger and press it against his head, boom, that's the end of him because he's neutral, he reached the point of suicidal action. You need a positive and negative and he has no more care or responsibility, a sense of rejection or guilt, he's neutral but balanced has every sense of responsibility, every sense of obligation, every sense of mercy, compassion, understanding, and initiative. Audience: And it would have a feeling of an inner and the outer. Adano: Right there's the big difference between the balance than the neutral. You see the balance is always double positive going up already, it's balanced out, so in the negative going down everything here has a tendency to drive us into a state of being destructive. So a person who is neutral is not necessarily a person that is healthy, the person who is balanced is a person that is really healthy, the person that is positive is not necessarily healthy either and a person that is negative is not necessarily healthy. Now let's take an indication of all the 12 disciples of Jesus, who was the most positive or over positive man? Audience: Peter. Adano: Very over positive, very dynamic right? In fact as soon as he saw his Guru coming across the water, he started to walk on the water, how much more positive can you be? You wouldn't fear, you would jump right out and try. Now who is the most negative? Audience: Define negative in this sense you're speaking of? You know but some sometimes we think of negative as something that's not good. Adano: Negative in this sense means vacillating. Thomas, Thomas was the most negative even after death. Judas cannot be considered negative because at least he did one thing, he was neutral, he hung himself. He couldn't take a positive or negative, he didn't know where to go, he couldn't stick with the Guru and he couldn't stay with the people he got the money from so he had to kill himself, he didn't know where he stood in the situation. Thomas is negative because Thomas is constantly questioning up to the last minute even after everything is happening, he's still negative, vacillating. Judas is neutral,

the rest were in between, fluctuating. Now John came the closest to be purely balanced, he became balanced out years later, not right away. Because he was called the beloved, he was the closest to getting purely balance you see. Now where he became balanced is when the Master said was Peter, "Do you love me?" You know that conversation after they pray? And Peter says "Yes," and He says feed my sheep, then He said the same question over again so it got Peter pretty aggravated then Peter remarked "Master what becomes with this man that followed Thee" and He says "What is that to Thee if he tarry until I come?" And then Peter got the wrong conclusion that Jesus is coming back to do something. See how over-positive he can be? He not have the understanding of balance but John then got the balance from that state because then he was able to go out and live the balance state. Now what type of man would you call Paul? Yes he was a positive man but he was so over positive too, like Peter, you see that the two would clash all the time, two positives clashing against each other.

Audience: Yet they were the ones that accomplished. Adano: Ah, now we're talking about something entirely different. You see when you talk of positive in terms of accomplishment this is in the physical realm. Now when we thought of positive without accomplishment what would you call that? You see the human mind cannot accept positive without accomplishment, it sounds kind of sicky, it sounds kind of weak, impractical, nonsensical. Yet the positive without accomplishment is God, bliss, you see? God is positive without accomplishment, God does not praise himself having made the world, there is no way this God is going to be happy that He made creation. So He's positive without condition and the condition being that He's pleased only to create. Being pleased and being happy is two different things, He was pleased to create and He didn't want the creation to go to the extent to avoid realizing Him and get caught up in its own creativity. When you use the word jealous, we're not using it in the sense of possessiveness, we're using it in the sense of involvement. When your desires tend to trap you in the environment and you lose sight of the true purpose of your being then the creative nature in you will be jealous because your true purpose of being is to realize yourself and not to be trapped in the creation, not to be attached to the creation, it's to break free from the creation. So this would bring on a type of competition inside of you then we come back to competition and conflict now so the inner conflict between realizing yourself or being attached to your environment is a tremendous battleground of your consciousness, this constant flux is going on, one is competing for the other. 1:10 The outer world is competing for your attention and the inner world is competing for your attention, sooner or later you're forced to make a decision that's what it means you can't love the Lord or love Mammon, you can't love pure being and love illusion or manifestation, you got to make a decision which way you're gonna be, either in pure beingness or in manifestation. Now nothing is wrong with manifestation, manifestation is God's joy, God's pleasure because we are a manifestation but we don't have to be caught up in the manifestation, we don't have to be a victim of the manifestation, we have to break free from that, that's why we must employ the mind to break free. The very same mind that would trap us must now be used to break free so when we say mind is the builder we are saying, take the very same instrument, the very same mind that will trap you to your environment and break free from your environment with it. Okay the electrical body... Audience: Is that the same as the etheric body? Adano: Yes, the etheric body tends to throw lots of illusions, electrical body is more in line with what we're saying. The electrical body follows the meridian movements which are found now in a close proximity with the nerve and lymphatic movement of the physical body or chemical body. Wherever the nerve and lymphatic movement go in the close proximity, we will find the electrical body or meridian movements of the electrical body. Audience: This is where they join together, the electrical and the chemical body. Adano: Right. The electrical body acts like a transformer. A transformer has a primary coil and a secondary coil and between these two coils we have what is called an inductance or an impedance movement. These two coils do not connect to each other but they're in close proximity to each other and they have a power movement in themselves. Now the same thing with your chemical body, it's not connected to your electrical body, it's in the proximity of the body and it moves within these areas. We have the same principle with your endocrine glands and your chakras, the chakras are the reservoirs or the relays in the electrical body. Audience: Because they have a magnetic affinity. Adano: Right. In the meridian movement you have these relays or what you call points. Now relays (inaudible) chakras, the same

thing is used for chakra, these are the relay points in the neural system, in the autonomic nervous system of your spine. So in your spine you have seven basic endocrine glands chemically speaking now, electrically speaking now you have seven centers or relays of energy. Scripturally speaking you have seven churches or your seven golden candlesticks, that's the scriptural terminology. Cosmically speaking these are your seven virtues, we got seven virtues or seven cardinal virtues, there's supposed to be nine. Like the chakras they're supposed to be nine and they're supposed to be nine endocrine systems, endocrine glands but two are not active, they are in the (inaudible), they are held in in suspension so we do have seven carrying it way back to its cardinal state. Audience: Do we ever get to use it? Audience: Some people speak of moon chakras. Adano: Well those are only names again. Now let us line this up clearly now, what we're saying now with these energy movements. The energy movements follow meridians and tonight we'll take a few of the important meridians of energy movement. We will take the triple warmer or the triple heater meridian, the movement of this energy, how it works. It starts with your ring finger of your left hand right up from the edge where the nail joins the bone and go straight up, you draw a straight line up all along the outer perimeter of the elbow, come all straight up on the upper forearm to the shoulder blade and go right across to just where the peak of the chest is right here, below the collarbone on the left. Now if you feel that point tell me if it's sore? Once you locate it, it's gonna be sore so that's where it ends, that's where the perimeter of the triple warmer ends, it ends right there. Now if it ends there, it begins there too and it goes right back down to the ring finger. I'm talking of the meridian of energy, I'm not talking of the chemical body, there are no nerves in this, these are in proximity of a certain line of nerves and lymphatic movement so that the straight line or meridian is running up and down. Okay, we discussed yesterday what was the triple heater, where do you find that in the chart. What hours are controlled by the triple heater, 1 to 11 and it's a fire movement right? Now what does fire control? Control means that the arrow is pointing into it. Metal, which means ether, the fire controls the ether. Eleven for one on your proximity of the tides, in your high tides of the blood it's eleven to one. Between 11 to 1 when you get the paralysis of the arm, you apply the pressure right there and correct it immediately because that's the time it will attack you. Between 11 to 1 you get a paralysis in your hand or a cramp in your hand, day or night. Whenever you get that particular attack in that area, there is an imbalance in the energy movement in that meridian. 1:20 Remember that it's only in your hand, that's not in your feet. You work the pressure from the finger up, that whole meridian right up to the top but normally you can correct it immediately in the middle of your hand this way. If you hold it in the middle of the hand, you can correct it immediately the moment it gets a cramp. Now if it doesn't correct immediately, you can go directly to the middle of the wrist, you have to find where it is reacting but along it on that meridian, the point of contact will automatically tonify the energy. Either hand, automatically go to the perimeter and press. Now like today you got a cramp in your hand from the cold now instead of using heat to create circulation to bring back the circulation in the fingers, you go right up into the lung which is close to their heart where the perimeter ends or also begins, the meridian ends, and press right into it and the insert of energy and the pressure and the reflexes shoot right down into that area. Now if the blood was going to coagulate and cause a sensation of soreness or no circulation there, that coagulant conditions begin to stop and then reverse its process and start heating up, that's why it's called triple heater. What is a cramp, what is a numbness? The circulation has dropped in the temperature ratio in that area, otherwise it can't be numb, numbness means it's anaesthetising itself. A spasm is different, a spasm is a quiver, a spasm does not have numbness. We're talking of a condition where numbness will follow in the area, a cramp tends to be numbing the area, there tends to be no life in the area so we are reversing the process of the energy by applying the pressure along that point. Now if you stick a needle right through the finger right here, in this finger which (inaudible) ring finger, you have to take the needle and stick it into it, automatically the thing will stop because the metal is coming in contact with the electrical impedance and shunting it out now but you can't just stick the needle in, you have to stick the needle in and rotate it, the rotation has to do with shunting the impedance. The reason why it's not allowing the energy to flow through that perimeter or that meridian, there is an impedance somewhere and that impedance can be a chemical cause that is coming along that area which may be a coagulant, blood, with toxins in

it, the toxins may have an electromagnetic static condition that would irritate or block that impedance in the cell but the cells itself are unable now to keep the circulation going so they start to go to sleep so the two are coordinating together so if you stick the needle in, we have what we call dispersion. Now the type of needle will determine how fast the dispersion will occur. If you use silver or gold or stainless steel or if you use bone or wood or your fingernails. Audience: What are the acupuncture needles made out of? Adano: Today they are made out of stainless steel because they are more easier to disperse because the impedance is not as high in the stainless steel, gold would be better because gold is the same vibration as the human skin but gold is too expensive. The original needles that were being made was gold, the best needles are gold for the body because it's the same vibration as the skin and it's not that corrosive, gold doesn't corrode you see. It bends easily and it's more flexible to go into the skin without irritating the skin and therefore wouldn't cause any undue harm to the tissues. Now stainless steel is the only nearest thing that can do the same thing like gold because it's flexible and it doesn't corrode too and it's easier to replace stainless steel that is cheaper than gold and you can make a whole lot more in quantity than gold. So that's why they found stainless steel to be the next best thing, silver is not so easy (inaudible) so gold and stainless steel and for what's called commercial use, stainless steel is the best. Now they're going to come up with a combination of stainless steel and gold in which will have now the same vibratory movement of the skin in relation to the contact point. Anyway we got the triple warmer and we know the time and you find the meridian point and go back. Now let's look back at your triple warmer action on your chart and observe some more interesting things. Is there any other area in the body where the triple warmer comes into the chart besides in the ether? In the fire right? You notice something, triple warmer is in the fire movement and it's in the ether movement and we say the fire it controls the ether movement so what it tells us now? It tells us that the triple warming action not only can control but it can be controlled. The very same meridian can control certain things and that very same meridian can be controlled by other things so that meridian will control, that triple meridian will control, certain diseases and that same meridian can be controlled by certain diseases. It will control certain diseases and it can be controlled by certain diseases, certain conditions in the body will be under its control and that way we'll what is called an effective therapy and effective cure and the other conditions will not be controlled by it. So it has its own indicator what can be controlled and what cannot be controlled so we can't fool ourselves and say this type of therapy is gonna cure everything in the world. If it was, the Chinese people would be the healthiest nation in the world and if it was a quackery, they would have thrown it away a long time ago so it's not quackery and it's not a cure all for everything either, it is a principle that will help to alleviate certain conditions and bring them under control that are controllable and other conditions that it will not control, we have to forget about them and go on to something else and leave the meridian to something else. So we have to know what can be controlled, that's why Jesus says "No man take my life for Me, I have the power to lay it down and pick it up" which indicates control. You must know which one of these movements in Himself that bring about control and which one cannot bring about control so it's a full understanding of the movement of the energy, that clear now, any questions? Okay let us take the gallbladder, the meridian of the gallbladder and you take now from your hip bone, right from this hip bone here, and you go down and you run on the outside and you come right out on the the second to last toe. 1:30 It comes right here, comes up, and comes up here. Now you notice this second to last toe comes off right in line with the ankle bone, your (inaudible) finger is right in line with the ankle bone and it comes right up. Now those who have had structural massage or structural therapies given to them, what happens when I press along that area? Audience: It hurts. Adano: But because it hurts, it's releasing deep suppression from within the mechanism. Audience: What happens when your gallbladder is in a move. Adano: You'll feel pain because your nerves are all in a state of shock and the meridian can't go away though the gallbladder is cut out, that doesn't remove the electrical frequency. Do you have children? Audience: Yes. Adano: All right, they are separated from you by the umbilical cord and how come you control their minds by thinking of them? Every time you think something, they know of it and they feel it or wherever they are you can feel them, are you familiar with that phenomena? Audience: Yes. Adano: All right, can you stop the electrical interplay between you and the child? Audience: No. Adano: Same way with the

man who cut off his foot, every day he wants to scratch his toes because the meridians can't go away, this doesn't say it's a magical energy. The energy is there within the proximity of the neural path so it's there nevertheless and you can come right in to his imaginary toe and put in a contact point and he will feel it. So if the Master Jesus only went one step further from acu-massage by contact points to acu-consciousness with mind points, He uses mind on the points of the body where the conscious (inaudible) on the meridian, he was able to heal with His mind now

### 1973 February 21 - Meditation for Western Man

Adano73\_02\_21MeditationForWesternManQ1NW4 - ...levels of awareness if there is too much tension in the muscles or in your nerves. You find sometimes the body has a tendency to sway or move, don't block it. In some schools of thought they tell you to block it, don't let the body sway this is because in the Indian method of meditation they want you to be rigid and straight so the influx of the energy up the spine would come on very fast and if your were swaying it will take you by surprise and you might get excited but if you sway and let the body unwind its own self naturally in the meditation, the energy rising would rise like a heat and you'd begin to recognize it and therefore you wouldn't get scared or excited and you would flow with the movement. So when the energy rises into the brain, the whole body is rejuvenated better, it's pliable, the transformation in the cells are better, the crystals that are burnt up by the heat sends out those particular conditions that cause the body to be restless, they no longer become restless, they are burnt up in the meditation that's where you get the term burning of your karma in your meditation. The actions and the thoughts that are triggered, they have a residue in the body and the residue is in the ganglia in the spine and when the spine is rigid those nerve endings and those crystals are fighting too much to break loose so sometimes you feel very tight, very emotionally stressed out, you feel very anxious like if something is closing in on you and then you get scared. This is because the spine is too tight and when the energy starts rising it creates a tremendous pull in the body and it takes us by surprise and we feel we're being swamped or carried away beyond our control. But if you don't sit down in that rigid state and you just let the whole body loosen itself up from the toes, ankles, kneecap, hips, right up to the head you'll unwind quicker and the whole body will move into that flow easier. For western Man this type of meditation is better, for the Eastern Man he has been subjected a long time to sitting in that rigid position especially in the lotus where the spine is kept erect and the brain is kept straight, the head don't move, it doesn't quiver, (inaudible) consciousness. A western man who drives a car, his body has tremendous jolts, he's subject to more stresses, therefore this type of meditation would not be effective or very very productive for him, it's too much stress for him, it's adding stress to stress, it's better for him to unwind, it's better for him to loosen up and flow with the motion. In that way all the stress starts to dissipate itself from the nerves in the spine and out through the hands and out through the feet and he begins to rise quicker in those various levels of consciousness than he would normally if he tried to remain rigid and fight the situation and end up not really making any headway in meditation. When you come out of meditation you should not only feel the bliss or the experience of seeing the radiant form but the body should be very very loose, there should be no feeling of density in the body, the body should be automatically pliable. In that way you know that you had the most effective meditation because you have experienced what is known as regeneration of the cells. The purpose of this regeneration is what Jesus meant when He said "Come unto me all ye that travail and are heavily laden and I'll refresh you," the cells are revitalized quicker. There comes a time then the body does not need sleep no more, it begins to revitalize itself without the need of sleep, it can then retain its true potential while rising in different levels of consciousness and at the same time inhibit the breakdown and the tension rate by having this rejuvenation occurring within itself. So if the body is made to flow with the motion, that's where they get the idea of a snake now, see this is like the head of the cobra, the body does like that, that movement gets the body more loose and pliable. The real experience is one of buoyancy, one of lightness and the joints aren't stiff or tight, the body is much more relaxed. It's important because if you want to go into the various pressure points in your body. Once the body is pliable, the various pressure points in your body become very active, they are not as sore when you touch them and therefore healing or self-correction goes on fast in the body

and the body goes into a better state of electrical polarity than if it's rigid, tight, and straining and when you come out the body feels like it's still heavy and instead of feeling buoyant you can press a pressure point and it stings too much and it feels like it's getting numb, then you're not really relaxing properly inside, there is too much tension occurring. Audience: Would some yoga positions help before you went into meditation? Adano: No, yoga positions before the meditation wouldn't help to limber you up to the type of result you're looking for. You'll feel loose if you do yoga postures, you'll feel warm, and you'll sit down and meditate but you'll get back into that rigid state again. 0:10 What you're trying to achieve... you see Western body is not like Eastern body, Western body is large, it goes into stress quicker than Eastern body, it heats up faster than Eastern body, the nutritional patterns were different in the growing up stage, you have too many reactions occurring so you find that the you want to get at a certain state of relaxation quicker in this environment to be effective, otherwise you're going to get bored and irritable and meditation would seem like a long drawn out affair. This is the normal results of most people in this part who are trying to meditate, after a while they get bored, they don't realize what are the patterns involved, the structural conditions of the environment and teachers who try to force that long period need to be aware of what is going on. Your body is different than the Eastern body in this respect that they have eaten a long time certain vegetarian style of eating, they have sit in a certain position for hours. We don't do that, we drive a car we're involved with activity, we're busy making decisions, we're busy emoting energy, we're busy under stress so we can't shut off, we're caught up in rungs of attitudes so it's a different experience altogether. So whatever relaxation that you do acquire in meditation is not carrying you to the levels of spiritual experiences as of yet and then if your body has been filled with chemicals from aspirins and different things before, these residues have tremendous effects on you, they try to make you too rigid. What you need is a way of how to move the body parts which is mechanically natural in you already, the shoulder is something that we seldom do like that, yet most of us in this society are tense around the shoulder. All around here, if you were to press somebody on their neck right now you'll feel how sore they are. The kneecaps, the ankles, the hip, around the pelvis, these are sore areas for us because of different positions and work we're doing. Now we're sitting in chairs where our feet is overhanging like this all the time, we don't sit in this position where the normal joints are turned in to keep us in this position so we don't really relax properly. Now what you want to do is to close the eyes and feel that your whole body is twisting gradually, all the parts are relaxing off and you want to twist, not imagine, you want to physically twist your body, twist the ankle, twist the knee, twist the hip, physically twist the shoulder, and twist the neck so that those muscles, those actual muscles are moving for the first time naturally within you as if it was a tree (gap in tape) ... worry with what you see or what you don't see, it's not important in the process of unwinding in order to alter the consciousness for the experience because the energy will automatically flow into those areas and the brain would automatically shift. This will come faster than the long hours of sitting down trying to focus, you want to try it now? Okay. God is life and since God is life, the experience is bliss in the body which is buoyancy, exaltation. Now it's locked up in you by a series of shocks and suppressions and confrontations and ideational patterns and in order to release it, don't fight it, but let it be by merely letting the body undulate from wrist, finger, toe, that's the origin of the oriental temple dance. It looks like a dance, it may represent a dance representing some functions of creation but in actuality it is the undulating movement of energy flowing through the entire body and giving it the rhythmic experience of joy. So with your ankles literally just turn them and kneecaps, the hips, the shoulder blades, the neck, and let it loosen up. Wherever you feel a soreness or a tightness work upon it because that is where energy is being blocked up in you, that's where tension has been retained in you, it's not releasing itself. You may find you want to yawn, it's good and fine, if you're yawning that's an indication you're letting go of stress. You might as well call this meditation debriefing, you're learning to debrief your body from stress. If you want to yawn it's good because yawning is an indication of deep stress, deep tension bordering towards relaxation. When a man wants to sleep you always find he has a tendency to yawn and this is very good because it's releasing out the stress from your solar plexus, it's taking it out from their heart area, all out from the neck, all out from the lungs, and the eyes if you want to wink them that all helps to relax them, the fingers feel those joints like if you're playing a guitar, they are getting pliable,

the toes, let the whole body just undulate. And all of this stress and tension is flowing out to your body into the color of red, red is the vitality color, the anger color too at the same time, the resentment color, it's flowing out of the body. And the whole thing is now starting to flow in colors of orange, if you see the orange it's okay, if not it's occurring in the orange spectrum of the brain and you're undulating and releasing and letting go of the tension of the body, the breathing. If you yawn it's good, that means the old air is coming out from the lungs, getting out of the system. All the stress is coming out, all from the neck, it's all coming out. Now it's going out in yellow, all the idea patterns of the day, all the decisions that you had to make, they're letting out themselves. 0:20 It's flowing out, all the self-consciousness is flowing out. All the self-importance, self doubt is flowing out in that yellow. It's flowing out now in green, green is a new start, a new change, transformation is occurring in the body now, the body is letting go like springtime, the whole body is starting afresh, it's starting to recycle itself, it's starting to rejuvenate itself. You're coming out of the winter of tension into the spring of relaxation and your whole body is starting to sway. The breath is the wind, the whole body is like a tree, and the whole head inside like a light. All around you is this light of this internal sun, all the nerves and muscles are swaying like a tree in the wind. The body has been called the Tree of Life, it is a tree, it's designed like a tree and when we flow and sway with it we will find all the tension letting go, all the anxiety and the stress that has been built up over the years, all the tightness. And your mind may want to twist and turn, let it be, let it flow. It's changing now into colors of blue like the sky and you're swaying, flowing, all the top of the skull, the hair, the face, the ears, the nose, the lips, the neck, the shoulder blades, the chest, the hips, the hands, fingers, the kneecaps, the calves, ankles, the toes, they're all stretching now for the first time, they're all stretching and unwinding, stretching and unwinding. Each toe is separately moving independently for the first time, energy is flowing, you are the energy flowing within the whole body structure. Any pain, any ache, you are actually moving it out of your system, you're moving the tension from those areas where there are ache and pain, all the heaviness. And it's all changing now into purple, if you see the purple it's okay, if not it's occurring in the purple spectrum of the brain and you're unwinding, letting it out, flow out. The hands want to move, let it move, the movements of the body are called mudras, gestures in relation to consciousness and every gesture, every mood, are related to each other and once you synchronize, adjust you with a mood, tension let's go, stress let's go, and the body feels very pliable, very soft, very loose. For the first time you feel youthfulness coming back into the body, the whole body gets to be very very light, flowing. Now it's all changing into violet, all around you flowing in violet and let each part of the body move like a wave on the ocean, waves on the ocean they rise and they fall, they rise and they fall, they rise and they fall. The waves of the ocean are the most relaxed movement and the body is all like an ocean, it has water inside, it has waves of motion that can rise and fall, the shoulder can rise and fall, the wrist can rise and fall, the kneecaps, the hips. Each twist, each movement brings you with joy, brings you release, brings you peace, brings you liberation, liberation from the tension, the suppressed tension. All the ideas of the day, the thoughts of the day that brought on pressure in you are now being floated away, they're flushing themselves out of your body. You find yourself breathing deeper than ever without effort, the whole body is tingling with this natural energy, this natural vitality which is really you, which is the God in you. It's tingling up from the toes through the ankles, through the calves, through the kneecaps, through the thighs, the groin, the hips, the liver, the kidney, the gallbladder, all up through the chest into the lungs and the heart, all through the fingertips, all along the forearm, the shoulder blades, all around the thyroid, the neck, all along the face, the lips, the jaws, the nose, the eyes, the ears, forehead, top of the skull, the whole body is tingling with this light, this vitality. You feel alive for the first time, the real you alive flowing, every cell, every pore you're feeling oneness, you're feeling your oneness, you and the Father are one, you and the life power are one. It's flowing into you one, all the time, a complete sense of oneness, a complete sense of totality. No more wandering, no more indecisions, no more feeling of insecurity, no more feeling of inharmony, your whole body is in a state of complete harmony and polarity, your mind and body are synchronized for the first time, you're synchronized into a state of joyous peace. 0:30 Now flow with it like if you're lying on the ocean just floating away, enjoy it, enjoy your real being, enjoy your inner being, and enjoy yourself rising into other levels of consciousness, other heavens, other galactic systems into

the entire spectrum of the universe. Feel yourself receiving more and more that inner light, that radiant form of the Divine Christ principle in yourself, it's surrounding you, enveloping you, and filling you with vitality, real vitality, real wisdom of beingness, filling you within an eternal certitude of yourself, an eternal confidence, an eternal strength of identity. Just flow with the joyousness of yourself. Just enjoy the presence, sitting in the presence, enjoy this the intensity of the silence. (Long Meditation). Feel the hands alive and let them pass over each other like if you're rubbing the whole body and all this stress is now being drawn out like a vacuum out of your whole body. (Gap in tape) ...these tensions should have been gone out of the body from the meditation, the meditation should seem to bring about this loosening up of the mechanism. So you have a normal harmonious flow inside. Audience: And how do you combine those stress points we've been learning with that? Adano: The stress points are very simple to realize. As I said before when you start to meditate you're gonna yawn, yawning is important to letting go of stress. Now we have the solar plexus which is a stress point right in this area. Now in the sole of the foot right at this point the nerve ending that connects to this point of the body ends up right in there and if you press the finger in it and it's sore then you have tension in there. You'll feel like a little spot in there and if it's sore, there is tension in you. Now if you keep the finger on it till the soreness disappears then up in this area tension is letting go, it's letting go in the solar plexus by keeping it here because it represents the middle and if it's sore in there you just keep the finger in it. Audience: (Inaudible), I can't make that one hurt. Adano: All right then go above it then and feel it right in that bone there. Audience: Yeah I do. Adano: Now it hurts? Okay then keep the finger on that bone spot where the pain is or the sensation is and just maintain the pressure gradually till that pain goes away that means tension is letting out. The method of a pressure point is to work with pain to remove pain to remove stress to bring about relaxation. The sensation of pain is to remove pain and it brings relaxation by holding it there. Audience: Why do I have it on top instead of the bottom? Adano: Some people have more stress on the back of the solar plexus instead of the front. You might have hurt yourself or hit yourself in the back therefore at the same point in this area there is more stress than here, if you had a blow here you'll feel it. Normally when you're tight from shock or somebody aggravates you, you contract this way you see, you your body does that automatically which puts it in a state of shock and it puts it in tension or traction but if you bump your back or you fall, then this part here will have more tension. So if you press either top or bottom on the area that has the most sting or sensation, there is where the concentration of the tension would be. 0:40 Now the next area of tension would be in this area. Audience: This is a meridian, right? Adano: This is a pressure point, it's right in this... Audience: (Inaudible). Adano: It's here, see where the bone comes up, it's right here. Do you feel it's sore? Audience: (Inaudible). Adano: Do you feel it now? (Laughter). Now just put the finger right there, just keep the finger right there. Everybody feel it? That goes all the way up through the body right up to the brain and it lets go of all the stresses working back up to the solar plexus. Now if you are meditating and you find that you're too tight and you can't let go once you put the finger there and feel that soreness then as you keep the pressure gradually there, the sensation of pain will let go and you may find yourself yawning or wanting to yawn and then you may want to let go more then the sensational pain will start disappearing. That means that you're really letting loose into the deep structural part of the muscles, relaxation is actually occurring not only in its psychological way but it is occurring in the physiological way for the first time inside and transformation of the body is occurring now within you. The real you is altering now to really have a balance of the forces within you, that these forces that were normally (inaudible) during the day now are returning back into balance inside so you don't have this tense sensation or the feeling of when you go to sleep and get up you feel kind of tight or you didn't get enough rest, this chronic fatigue state don't seem to persist, once this is released, the chronic fatigue state is corrected. Some of us seem to suffer from a chronic fatigue state even after eight/nine hours sleep, you feel that tremendous weariness, a type of latitude. This here is actually a correction process to bring about the balance, to bring the energy back into harmony in yourself. If you yawn that is good because the more you yawn is an indication that you are unloading stress which has been accumulating or being suppressed by the very willpower. Now for the first time the willpower is letting it flow out, it's giving it a chance to unblock itself that's why it's in a group meditation you can help the

other person in front of you or next to you to break loose the tension in this part of the shoulder blade and just keep the tension there and now move your head around. Loose? Audience: Getting better. Adano: Now when your husband get in an argument or a wife get in an argument, you just get somebody to press you there, loosen up all those tension areas. Now you'll notice I'm going to ease up on the pressure and something else is going to start happening now. Audience: That stings. Adano: Right (laughing). Audience: What is that? Adano: I'm just pressing my finger on it now. The energy is going in now. Now you see there is no suggestion factor involved, it's totally scientific leading from a mental level to a biological level and back into the extrasensory level. I applied pressure then I eased up the pressure into the mental level, merely touching it then I pulled away without touching and then you find more and more she started to... this is the extra sensory level now. So without indicating anything you're actually working with three levels on a conscious basis for the first time because you are working with something on a conscious level not an imaginative level you see and you know that it's there and as long as you made contact the very first time to experience the pain reaction then you have what is called the electrical field. Now as you ease off from the pressure, you're going out into the inductive so it's just a slight contact being maintained so she's going to feel now this stinging sensation which is the normal reaction as you ease up. It seems the further you go away from it, the more intense it get and then when you started out it was intense at one point and when you pull off to no contact it got intenser because we are a living mechanism and we have a polarity going on in us too, the negative charge and the positive charge, and you're making contact at a point where the energy must pass through their bodies and go through the polarization. 0:50 So when you're making contact you're actually opening up those stress points for them and causing it to dissipate. Now the difference between a needle being inserted, the needle will bring on anesthetization in other words she will not feel her body, that area will go to sleep then you can perform surgery. Now since we're not using needle, we're using pressure, we are trying to establish pain to correct pain to free her from pain, you see it's a different principle altogether but the results are superior than the needle, The needle is good, very very good, but you have to insert it to anesthetize the mechanism and then you have to evaluate if what you cut out is all removed or is there more to be removed. Whereas when you applying pressure, you are equalizing and correcting and by its own natural mechanics it will tell inside the body if the sensation is there or no longer there and the body will start acting without having to remove anything, its own normal mechanics will do it so they feel more pliant after a while. Audience: (Inaudible). Adano: The solar plexus is here, on the top would be right here. See where my thumb is, it's right there. Audience: (Inaudible). Adano: This is the front of the of your body, the face of the foot is the front and this is the back which is the back of your body. Right behind here everything on the back is up here, your body is an early warning system because it's away from the other areas of the body, all the nerves end up in the feet but at the same time all the pressure points along the meridians when the Creator made us, He made us like a fantastic piece of machinery. All the nerves are coming down and go off and they go off into the feet, go off into the hands, the same thing would be true in my hand. if I had no feet and I wanted to do the same thing to myself through my hand, I would have to locate it. Now if I took an atlas showing where all the nerves are in anatomy, they will end up exactly where I'm pointing now what is phenomenal about it in modern science today is that the orientals have already charted the actual meridian points like currents in the ocean. Where these currents are in the ocean, these meridian points are passing through the body at a certain area of the body in a given geographical location and they fall within these proximities and if you apply an alien object or a pressure, we have a certain response or condition coming on. So it has to do with the way the Creator lined us up that we can correct problems in the body by our own cells without having to really go and work on the organ, the organ is a last resort, you can correct it in the areas away from the organ. Now we don't die from our head down, we die from our feet up, this is a natural law, you die from the feet up and if you die from your feet up then nature will automatically set up early warning conditions to indicate there is premature breakdown in major organs in the foot first and therefore you can track any disease about to come on at a later date by the location in the foot. Now if it can do that, indicate, and the lines of movement or the energies are passing through the body will also indicate. If I touch a meridian point, I will have the same

reading just as much as if I touch an area representing an organ in the foot, I'd have the same reading. Now let's take my sinus, this would be just above the toe under the nail and if you press it and you feel it stings then there's a blockage up in the sinus track. Now if there is no pain, no sensation, no stinging, there is no blockage there. Now if you hold it there are three ways to get the reaction: you can inch worm it or work it like that and feel a stimulation and the nose will start loosening up, there's a drainage that will start to occur. Now there's another way of squeezing it then if we apply acu-massage that is to merely hold a finger there or insert a needle, we will have the identical transformation. Now, but this is the way the nerve ends actually, the nerve ending under the nail runs all the way back right up to the brain. If you look at the chart you'll see it and that is strictly physical anatomy now. Now the meridian would also fall in the same proximity and come up on the body but it will fall in areas of other organs in other parts of body and I may not have to press here, I can come up here right in the same spot where I touched you just now and get a quicker reaction than going down here and have the same reaction...

Audience: Will that affect all the other organs along the meridian? Adano: Yes every organ along that meridian is tonified immediately because they're in the same proximity, they're lined up. There's one beautiful part about human anatomy, you don't find your nose where your ears are and your lips where your toes are, they're always going to be in the same location you see so you can be pretty safe as to the meridian line or the contact point and you can be pretty safe where the nerve endings go off, you are within a safe process to work with and you don't have to be an expert, all you have to have is a understanding of where these things end and a method of correction, that is primarily what is required you see. Now mystics or healers or spiritual men would come in and see a person with illness and go and touch them on a spot and after a while the person gets well. Well he said "It's a miracle." To the man who's being healed it's a miracle yes, if he knew but he doesn't know so it's a miracle. Now the other man who's doing it is aware of these principles by his inner meditation, by his inner understanding of the laws of nature and he applies. Now that person can feel heat from the person's hand which is a natural law too so every healer is only working with natural laws, he's not working with any magic, the Creative Force is working through him and sometimes a healer actually can see the meridians on the body. He sees it with a physical eye these lines, these invisible lines that are passing through the body and they spark like light, like fireflies. Now on a hot day you may drive a car and see the heat wave on the asphalt in front of you. Now that same wavy motion can be seen by an individual who learns to relax and meditate, he sees that whole pattern structure set up in the human body. Now if you're ill, he sees these lines are out of focus and they're discolored so if he prays, meaning to bring his mind into concentration so that the Life Power which is God will flow stronger in him so that when he reaches out now he's making a direct contact in that spot and maintaining the contact on that focal point, correction begins to occur now. So the healer himself knows within himself he doesn't heal, it's God that heals.

That's why Jesus says, "I of Myself can do nothing but the Father which is in Me doeth everything." The Father in you is doing everything because you're lining it up so you're becoming more aware of where these forces are. In the mystical schools they were aware of it so they knew where to go and touch.

Now you don't take your pearls and throw it to swine, that means they don't go around and boast about it and show off, when the time to use it, you use it. 1:00 You see there are lots of conditions in this body that will appear like death and unless you understand what death is, you may not be able to correct that condition. A doctor may come in and examine the person and say he's dead but another person will walk in and look and says "That person is not death, he's sound asleep in a different level of consciousness." Now we have a condition like that in Jairus's daughter, Jairus's daughter was dead and the parent was told by the doctor she was dead, that's from the physical observation, from the physical level of death as what they understood death to be. The Master Jesus came in and looked and says, "She's asleep." Now who is wrong and who is right and who is holding out false hope? You know this could be very cruel to a person to offer up false hope that the child is sleeping when the child is really dead or who is really telling the truth. But if doctors are honest men in their own field of research and they say she's dead, the mystic is honest in his research that she's asleep. Now Jairus is going to be criticized by the people for believing in such a crackpot but Jesus asked them to send the people out and when they send them out, that means he has to protect himself against the AMA at that time or the

whatever kind of medical association was functioning, He can't expose Himself. So He has to send them out to the room to apply a method to the child that may be looked upon as something alien or not what they would consider the practice of the time. So He goes and she is not dead, she might be in a deep state of shock or in a deep state of conscious shutdown so He's going to go to the particular meridian point that runs up from the brain to the heart and apply pressure. When He applies the pressure with His concentration or focusing then the heart clicks over, the brain starts vibrating, and her eyes open up and she comes out of it. Now He has re-polarized the energy back in her body, it's God's energy which is flowing through, He just has the wisdom or the understanding of where it is to center upon it. She turns up, she comes up awake because He understands how this force is working, it's working inside so there we have an individual demonstrating mastery over death but death from the medical man's version at that time or the layman's comprehension of shut down, not death from the mystic understanding because that is only another level of the mechanism. Now let's go on to the same type of condition, we take man like Lazarus, he is shut down now and from the people seeing him, he is dead and Jesus is making the remark, "This is not a death unto the death," the very statement tells you there are various levels of death. To an acupuncturist or to acu-massage or meditation, there are levels where this energy goes and pulls and shuts off. Sometimes it seemed kind of weird that the body was shut off and you can go and touch a spot and cause it to be activated depending on how this shutdown is going on inside. Well He is aware of this, that this is a shutdown in a different level so He goes back to the grave and then He centers His consciousness from a remote movement. Now a little while ago I showed you what a remote movement would be, I pressed on the shoulder first then I eased off from the shoulder and it got stronger and as I pulled away from the shoulder it kept on going. Now just imagine you're taking the same condition off, one is in the grave and one is outside in the yard and the same contact point now is being maintained. Well in the case of Lazarus, Jesus actually shut him down before. He was living in Lazarus house and He left Lazarus house and when He left Lazarus house a strange illness came upon Lazarus, that means some kind of condition or shutting down began to occur in Lazarus. The Master Jesus was actually curing him from a certain thought pattern and so when He shut him down and when He was told that Lazarus was ill, He paid no attention. The second time He was told that Lazarus was dead then He made a remark, "This is not death unto the death." He knew what He was doing, He was actually shutting down the energy in Lazarus to free Lazarus from some certain desire patterns and then He was going to raise that energy back up showing Lazarus that he was free from those patterns. So when he came back He said "Lazarus come forth!" In a loud voice but then at the same time He said, "Father I did not have to say this in a loud voice, only because of the people that are around," that's why He makes the statement. Now no one understands why He's saying that unless you understand what He's doing, if you understand what He's doing then you can understand what is involved in the process. He says "Lazarus come forth" but "Father I did not have to say this in a loud voice, only because of the people that are around" meaning He has to put on a facade to let them experience that there is no such mental condition that they are seeing, that He understands this process which they will eventually understand. So Lazarus wakes up but it's sending the energy back into that same origin point and activating his body, pulling him back out. So Lazarus had to get up because the energy was not shut down by any other method but by the Master's own consciousness so He's activating him back. The same thing is true when we understand what's going on in ourselves, that the energy is all here all the times and consciousness is connected to it. Audience: Are you gonna do color and music tonight? Adano: No not tonight. Audience: Adano, what are the meridian lines composed of? Adano: The word itself tells you there is no composition. On this earth if you see a globe and you want to divide the globe from north to south and east to west, what are those lines called? Audience: Latitude and longitude. Adano: But they are known as meridian lines. Is there an actual meridian line on the earth? No, this is an agreement of dividing this object up from north to south, east to west in order to reckon or to locate your position, it's an accepted condition but it's not an actual line going through the earth. When you have a map here, these lines are set up and drawn to indicate to the observer that would be the location, it's not an actual line going through the earth. The 84th parallel or the 48th parallel is not an actual line, this is a condition accepted for a geographical reading. Now the

meridian in the human body is accepted as a movement for the energy to follow so if I look at this chart here, you'll see the chart indicating what a meridian would be. These are not actual lines on the human body, these lines are not actually there but within the measurement area of the hand and it has to be measured out the scale. 1:10 This is not an actual line but this point can be recognized by placing the finger and feeling for a sore spot. Wherever there is a meridian gate, wherever there an entrance point or a contact point, that point (inaudible). So when you feel for the sore spot, you hit it. Once you hit it, you know you hit the gate. Now normally you don't see no gates on the body but how is the acupuncturist going to know, so the first thing he does he takes the needle and scratches or he may feel with his finger first and then he will insert the needle so when he when he presses he looks for the reaction on you then he knows he has hit this point but from long practicing he knows exactly where it is because he's got about this much area to work with. So if he puts a quarter right there in that spot, he's got a whole quarter of circumference to work with in that area, he can't miss out so he knows exactly that spot is going to be there all the time. Allowing for a Western body and Eastern body, there's only about a quarter of an inch difference in the line. So he knows exactly where, so he can stick the needle in and turn it in that spot now, we have a whole thumb to come in and touch or apply so once you hit the spot you maintain the pressure. Now the principle is this, if you're going on a meridian that means a straight line and we try to pursue the curvature down. Now if you went in a straight line along your leg and felt or you didn't go in a straight line, you just went from spot to spot and tried to feel different sore spots along the body and every sore spot you came across you mark an X from the heel right up to the hip that you could touch, you just mark an X and then draw a straight line through it, you would have a meridian. They will stay within a certain proximity all the time and if you were to take a chart and line them up with the nerves now you'll see those nerves will run in in the same proximity right back to major organs, they don't deviate. The Creator didn't make them to deviate, He has to stay within the proximity so you can always rely on it but if I want to touch the heart meridian, I only have to look at the chart and press along it and get to the heart. Now if I don't want to do that I look at the foot, the foot represents my body, the lungs are in the ball of the foot right here so right here in the center would be the heart because the heart is right here just above the solar plexus so you will have their heart in this area and your left foot is where your heart would be. Remember this, the peculiarity of the meridian function is this, the closer they are to the surface, the easier you can touch them. In other words with the slightest sensation on the surface of the skin, you can actually feel it. A real person who has had a long experience would come along and just merely pass the finger along and can feel the actual contact points and before you even come close you can actually feel a sensation stinging in the area. Just now I merely pressed it and touched, it was stinging already and first I pressed hard enough for you to feel the pain and I pulled away for you to feel the stinging sensation. Now I pulled off completely, it was still moving so within that point you can actually go along and feel it. Now this takes practice but once you can recognize and you can touch gradually, you can find the spot. Now in your whole area here, let's say we come to this spot here, you don't have to apply too much pressure to get it you see? Now more and more as you get more the ability to handle it, you can look at it. Now your eyes have the same power as your fingers without touching because your eyes do generate... Audience: (Inaudible). Adano: It's no magic, it's just a matter of explaining the electrical forces of your own body and you can do it. You see Jesus knew this let me explain the more he became pure or lined up between polarity, the more the energy would flow. Now when he went to see somebody, he didn't have to touch some people because he knew that the whole thing was organized by the principle of energy, "I and the Father are one" he said. "I and this energy are one in consciousness already" so he can just think of the spot and it will go out. Now this is the advantage of one who is trained in the human anatomy versus the one who is merely praying for a healing in another person's body. We pray and say "Lord help this person," right? And our mind is scattered and to some extent he said "Thy will be done." We will get results but with a tremendous handicap plus a tremendous amount of effort to push it with. Now if one can actually see the body form and know where these meridian lines are, one can think on the meridian line now which is more specific you see? In as much as you can touch it, you can think it, and this is the evidence of Baxter's work when he was able to set up a plant in one city, go 100 miles or a 1000 miles

to another city, and merely think of the plant and cause a plant to be activated, you see Baxter has proven this in this country already so you don't have to go too far now to see the possibilities within your own makeup of therapy for the first time utilizing lines of energy in the human body. Now this is what the the mystics are talking about, we don't necessarily have to use the crude method of inserting needles or pressures or cutting of the individual if we can only center the mind on the true form, we can now monitor these things and correct them and this is what a spiritual Master is, he has Mastered these lines and he knows directly how to correct them by thinking on them. Now we have the case like the centurion's servant, the centurion's servant was dying or ill and he came to see Jesus and he said "If you only say the word, he would be well." "Don't come now and touch the man, don't come even anything" so Jesus said "Not in all Israel have I seen such faith," meaning he hasn't seen anybody with this kind of comprehension at that time who could really understand what was going on inside. So Jesus says, "Go it's done," meaning that he could automatically think on those lines of that man's mechanism and send the energy and it began to work. Now we're in the same principle, we are not outside of it, and we are not denied it, we have access to it. That's why He said, 'The things I do you can do also and greater things you will do,' if you understand what you're doing and don't be in a hurry to do it and don't be in a hurry to show it off either. The idea is first learn what it is then when the time comes to use it, you use it. Now you'll notice as a teacher he never went out to heal nobody unless he was asked, there is a reason for that, we don't impose our consciousness on another man's vitality or karmic pattern or sense of responsibility, he must make the necessary requests, he must set up the necessary receptivity. Audience: I've got a pain in my neck, can you do something about it? 1:20  
Adano: All right, sit over here. Before we go on the neck, let's check at least the line to the toe in the foot. All right, where would the neck be in the foot? Anybody, you want to point out? All right, now go ahead and feel if you feel a sore spot all along the area and find a sore spot in the neck area. Ok, all right now this whole ridge is the shoulder and this is where the the neck connects the head to the shoulder, right? Now let's work there, we got three ways to work it: we can do this or we can do this or we can do this. Audience: If they are the stress points and you are releasing tension, is it the tension is causing the heart (inaudible). Adano: Ah, now you've learning something. The bone don't hurt, the hurt would be in the nerve and the muscle and the lymph so you're letting go of the stress in those areas by pressing on a contact point. Audience: Are you getting tired? Adano: No. Audience: (Inaudible). He's smiling now. (Laughter). Adano: Move your head. Audience: All right you got, that's wonderful. Adano: You see you have to break loose some of those crystals in there sometime, he might have slept on a pillow in one position too long.

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Adano73\_03SpringQ1NW3 - You know you get more from question answer sessions because the questions one person asked, the next person never asked and each question has very intricate relationships to the Spirit so there's the advantage in seminars like that. Audience: Would you talk about the role of sex in a spiritual relationship for someone who is on the path? Adano: The question is what is the role of sex in the spiritual path. It's one of the most powerful force in the human body for the procreation of the human species and if we abuse it then it tends to weaken the physical frame. Now normally the human body is designed to have this energy release itself by normal procreation for the production of children but at the same time when the body is clogged up with toxins from wrong nutrition, wrong thoughts, and environment this same force begins to generate pressure in the gonad area and in the sexual area and seeks release then we have malfunctioning in the area. When the nutritional pattern clogs up the system, that places pressure on those organs and we have a deficiency or a degeneracy occurring in the body. Now the energy is to produce life, to reproduce its kind, and since the same energy when it's conserved or stored up, not abstained from, that's a big difference in self-control. You see in the Sanskrit language we have the word brahmacharya. Brahmacharya does not mean abstinence, it comes from the word Brahm, God or the vital life power, breath, charya means control or conserved, it's this conservation or control of the energy that is sublimated and sent back up the spinal cord to the brain leading to Man's possible evolution into God awareness but from that

understanding led to the misunderstanding of abstinence being the key to realization. It is not abstinence, abstinence is a denial, is our total rejection of the force itself and eliminating its existence from one's conscious being when in reality it is a conservation of that force by direct channeling through the breath principle. Now if one is to merely abstain by shutting it off and by forceful methods of denial, it will lead to certain biological and psychological diseases and in fact 90% of the nuns have more breast cancer, uterus cancer, than women who indulge in sex, this is a medical fact, why? Because this is a direct denial of the energy without the proper understanding of the purpose of the energy and the hormone action through control based upon breath reaction. Now the yogis do not teach brahmacharya from the standpoint of denial but in the monasteries you can't play such a volatile force between male and female and expect them to react on a simple basis of self-control so they had to impose denial on them but the Guru, his purpose merely is to bring you into focus with your energy and let you understand that this energy is regulated by breath. Now when we indulge in a sex act, we breathe a certain way, there are different rates of respiration for the sex act and the climax also has a certain respiratory rate. Now by concentration of this same respiratory rate, we can sublimate this energy back to creativity hence man's possible evolution via the endocrine system which you call chakras, the Siddhic energy is triggered. Now the Siddhic energy is not the true purpose of the energy, it's the transformation of the behavior nature which brings out the higher properties of the the mind and spirit that is behind this sublimation process so that the cells now don't age, they begin to prematurely shut down in their aging action. So agelessness begins to occur in the cells but at the same time if the motivation of the individual is not centered on the ethical life then that motivation starts to produce negative reactions such as diseases. Now tumors and different reactions like that in the human body appearing is the cause of resentments and rejections when they are given certain disciplines and they do not want to do them, they pout and go in a corner and therefore the conditions of the body start building up and then hardening leading to arthritic action, hardening of the brain, hardening of the mind, hardening of the attitudes, we find that very very predominant in the monastic life in monks and nuns. Though they appear to be looking youthful yet they have all the symptoms of the hardening of the bone and tumor'd breasts and they have lots of uterus problems. So because the energy is directed with the wrong motivation for exclusive shutoff, not for the actual sublimation for the expansion and altering of consciousness. Now the energy is life itself, it's God principle, which must be used at some time to bring down into human form another human being with the potential of full realization. So the monastic life from the standpoint of sex is not a genuine process, the householder life from the standpoint of sex which is due action and need of release by the householder life has a higher ratio of health. That's why when Jesus says "When these two flesh have become one," we are now entering into unification of spirit and consciousness, it's a sublimation process via breath control. Now if there is tension in those organs and you are breathing at a certain vibratory rate or respiratory rate, then if you alter that rate that body will start slowing down. Now at a certain rate you can produce impotence, at a certain rate you can produce frigidity, at a certain rate you can produce excessiveness, whatever rate the organs require to produce either a positive or a negative reaction, this will become obvious. 0:10 So the yogis merely observed the pathological action of these organs and began to time it in terms of the right motivation so the motivation now led to a cosmological experience in expanding the consciousness. Now as the energy rose up into the thousand petal lotus of the brain which you call the pineal gland, this energy now started to beam for the first time like a laser, you see, and in that state now you find most of your great geniuses became considered as celibates, they found that the vegetarian life would be inducive to creativity and the conservation of the force was important. Yet they also got misled in the conservation of sex force thinking it was the propulsion or the expansion of life force, there are two different things. The sex force is not life force, the sex force is a function of life force and we misconstrue and say that when a person is indulging in sex, he is wasting his life force. To some degree he's wasting certain bodily chemicals by wrong use of it but wrong storage will produce the adverse condition, life control now is a different thing altogether. Life control leads to awareness which leads to mastery of death so right within the same principle of sex which gives life on an outward manifestation of producing the species, this same conservation principle now with the right motivation leads to non-

aging of the body which leads to control of death in the body. So Man's spirituality as to the immutability of the cells from a physiological level is based on the sublimation technique so if the body is tense, the mind should be centered upon those organs especially in the female which is the ovary and the male is the gonad and breath in relation to the tension thus drawing the upward current and sending it up through the spine with all the tenseness and out through the nostrils. So when it goes out through the nostrils it's carrying out now the negative charge which is the unethical expression because you have free release if you are married. If you're not married then this is an abortion of the true nature of the thing, you see "When the two have become one" this is accepted in society. Now if you're doing it outside of the married partner then you have a guilt reaction and you have complication in the auras, you have a different manifestation occurring, you can have a distorted offspring since the principle is primarily to manifest life. So if you're sublimating it and this is what Freud was trying to do with his writings but he never arrived at the technique because he never studied yoga. It was Jung who studied yoga and realized that sublimation of the sex force was the key to man's possible evolution but he was beaten to the writings by Ouspensky. So as you say men within their time, someone always seems to jump the gun and get away with it yet the yogis were doing it all the time, this process of brahmacharya, control of the vital sex energy via the breath process. Now this led to the awakening of consciousness which led to the comprehension of the kundalini force. Now kundalini only means coiled up life energy, it doesn't mean a snake, we don't have a snake in our spine, we have what is called the potential life energy in a state of static motion and when that energy is triggered by a right ethical conditions, primarily love, for the union with the spirit then this force works two ways. One it bestows the extra sensory or Siddhic energy upon the individual which is a byproduct and the true transformation of the ethical nature is the real movement in those centers because each center controls some emotional level in us in this process of returning back to full blessed state or full ecstasy. Now ecstasy is the highest state that the emotional nature can reach and when transformed, it's permanent and in the cellular structure it is non-aging of the cells. So the breathing technique becomes an obvious realization in the sublimation process that as you think of the areas when these organs are in tension or in stress or when they feel the unnatural urge to release then the breathing must be centered and gradually brought up to the head and it's cooled down in the process, remember those organs are heated up and when it's brought up by the inhaling breath, it is cooled down via the spinal cord acting as a buffer zone, acting as a filtering system. Now we use charcoal as a filtering system for most impurities that we want to correct yet our bodies is carbon and charcoal is carbon, we breathe in oxygen and we breathe out carbon dioxide. By this natural decarbonization process, we filter out the impurities that are stored up by wrong nutrition, wrong reaction of thoughts in the endocrine system, thereby causing the consciousness to rise now and flow out so when it flows out from the brain, for the first time this energy is pure. Now it has what is called a cosmological purity that it mates with everything around it, bringing it in balance instead of just mating or beaming on one particular individual for a release of excitation or a release for procreation or reproduction so the energy is filtered up. Now if a person is going to follow the brahmacharya method or the transmutation of the force, it is ideal even if he's marred before deciding on what type of children he wants to bring into the world because bringing children into the world is also predetermined by the behavior pattern of the individual and when the act is consummated, from then on we have all the negative and positive factors. Now during the nine months of pregnancy, all the feedback complications of the mother are sustained in the womb and though the child can be cut from the mother physically, the electrical wavelength that connects the mother to the child cannot be severed there by the doctor. Therefore the child lives out every suppressed feeling of the mother or the father thinking he's living out his or her life fully on their own momentum when in reality they're living out suppressed feelings. Whatever the mother wants consciously and suppress subconsciously, the child lives out the subconscious action in direct contrast to her wish. Now if the child is a carbon copy of the mother, then she's in a direct contrast to the grandmother and if she's not a carbon copy to her mother, she is a carbon copy of grandmother, now we have the origin of "I visit the sins unto the third and fourth generation." We don't escape this feedback, it comes down from mother to son all the way down through (inaudible) up to the fourth. You

see it says "I visit the sins unto the third and fourth generation," that means wherever you are, at whatever time you come in contact to inquire into the nature of your shortcomings and encounter the science of correction via the birth process, you are in the fourth generation otherwise you will never inquire or you'd never be exposed to it. 0:20 So we know that anytime a group of people get together and encounter the process of working out the feedback nature of their makeup and go through the process of finally severing that phenomena or condition, they are in the fourth generation movement and you'll find that it's true in all master movements. Every group of Masters in the lineage always end at the fifth Master and the new one starts all over again, a new reaction begins at the fifth generation simply because we are living in the five senses and we have earth, water, air, fire, ether. Every time the four: earth, water, fire, and air are complete, we get into a new one which is ether. So the bible is specific when they say only up to the fourth generation that this phenomenon will continue and this malfunction will continue from a feedback of wrong comprehension of the sex energy. Audience: So for the greatest spiritual development and the fastest, we should learn to master the bodily forces? Adano: Yes. Audience: Well what about until we make it to that, until we can master those forces, is the sex act a beneficial thing at all or should we stop having sex right now? Adano: No, we must understand it. The Masters do not say that you should not marry, they require us to marry. Now the Buddhist monks are not renunciates, people got the wrong concept that the Buddhist monks are renunciates, they are not. A Buddhist monk is a married man, at the age when he enters the monastery, he usually enters at the age of 8 to go up to 21 which is 13 years in the monastery, he's got to spend 13 years in the monastery. Now while he's there he studies everything to be a man. Now the woman would not marry a Buddhist monk or a man if he didn't go to the monastery for those 13 years, the simple reason is that he couldn't be of any real service to the family, they adopt these people. In other words most families have one husband who is adopted, it's their family monk, it's called a family monk. Now he goes through the training to become a monk having full understanding of self defense and everything, all the martial arts, he learns everything, meditation and everything. Now he's adopted by the family, if they have a daughter, the daughter marries him. Now he remains as a student all his life, he does not change his vocation from being a monk, he's married though, he doesn't have to go out with a begging bowl, he has served his tenure from age 8 to 21 begging for his food so he doesn't have to beg no more, he's accepted in this particular process. The wife now cooks the food and bring it to the monastery for him, the parent of the bride which is a dowry, they provide this. Now his main service is to pray for their well-being and their unfoldment and to them, this is bringing merit on their consciousness. Now he would have a son and he's supposed to have a son to hand over this heritage or this consciousness that he's developing and usually they have one or more than one son, two or three sons. Audience: Would he have sex apart from procreation? Adano: No, the time is selected by his own astrological knowledge and in the first place the woman that will become his wife, she's fairly well evolved in consciousness to be his wife. Now this is her merit, this is how she gains merit, by being of service to him and doing all the necessary (inaudible). They plan how many children they're going to have and within that time span, she has those children which her physical organs were designed for but he still remains... Audience: (Inaudible) as an aid to blending of the two people or balancing or harmonizing or anything like that? Adano: The act itself when done between the two individuals, this is where the aiding or the blending should be while it's being done, not with the hankering or the thinking of it or wishing or hoping. Audience: But it's only done with the idea of procreation. Adano: Yes, the end consummation is towards procreation so remember that's where they get the term honeymoon. Every time they're going to have a child, this is a preparation process. For instance they marry at a certain time which they plan out when they're going to marry, they figure out the dates that they're going to marry then the man lives a certain way for a whole year. Let's say they want a son after they marry or a daughter, they can select their sex, this is one masterful thing of the yoga, you pick what sex you want, you have it. Because the sperms are located in the two organs of the male sex organs, in the right side all the male sperms are located, in the left side all the female sperms are located, it is definitely balanced out by nature but it's how you're able to trigger it off that determines which one succeeds to become the male or female when it gets to the ovum. All right, they select what child they want, let's say they want a gemini to be

born so they have to backtrack nine months to come out to the time of conception and then they prepare their bodies. The male body and the female body by eating, working in it, exercising, and thinking of the type of thoughts that would lead up to the manifestation of the ideal gemini and a Master Soul of the gemini. So that when the act is performed, they spent a whole 28 days together in that whole process to bring about that consummation. There is where your whole blending is, it's in that 28 days of that moon, that's where they get the word honeymoon. Audience: I think you're talking about our civilization as it is today, people say when you get married it's perfectly all right in marriage but you're saying that it isn't all right unless you intend to have a child. Adano: No I'm not saying it's not all right when you're married, when you're married there are no holds barred, this is a legitimate right in marriage. Audience: Because you the way you talk of procreation, a lot of people get married late in life and they wouldn't be having children. Adano: No, in your married life this is your privilege. "When the two have become one flesh," this is your right, there is no such thing as you don't have a right, it is your right by open declaration, this is your right. If you procreate and have children or if you don't but that is your right as a husband and wife. Audience: I've often wondered, it always seems that these great men have blessed children (inaudible). Adano: Yes. Well if you look back into the truly great man that we're talking about, all their children... Audience: (Inaudible). Adano: He only had one daughter, she never was recorded. Audience: What about his Guru? Adano: Lahiri Mahasaya? Yes, he had two sons. Audience: And you never hear about them. Adano: Why? Because they are living in the time when their father's glory are shining, who is going to listen to the son? Did you ever hear Ezra Ford outshine Henry Ford? But when Henry died, who got the glory: Ezra or the grandson? The grandfather always outlive the son long enough for the son to have a grandson. In other words, the grandfather always live up to the time when he sees his grandson and he lived long enough, therefore the son never really shines in the glory of the father and the worst thing you can do to a child is give him the tag junior. Don't give your child that name, junior, because it's a bad thing for it. Now the man has his son, his son will never measure up to the dad yet his son, which is the grandson, will be the one, this is what we call the feedback principle because the grandfather, if he's any intellect or person or any intellectual type of a person, he would have this radiance, he would be carrying this force with him and therefore his son could never measure up and yet he will suddenly shift all his love which he denies his son or may coerce the son, into the grandson and the grandson will seem to be the apple of his eye, these are the phenomena of human need 0:30 Audience: Now when you spoke of the feedback of being tied to the parent, are you speaking of the earth signs as being in the first. Adano: No no no, these are four generations, this particular phenomenon only goes up to four generations. Well it does have to do with the four signs because the fifth one is ether, it starts a new generation. You see earth, water, fire, air so it's tapering off with air. You see it starts off very earthy and then it's shifting. Audience: But that doesn't have anything to do with your sign, an earth sign. Audience: So we have this, we're acting out... (Inaudible) before you get rid of this, we're in this, and we're trying to do these things, so many of us are trying and we find that we can't do them. Are we still acting out our parents? Adano: To some extent, yes. Audience: Well what do they do upstairs about that, what do they say? I mean we're kind of in a bine, where's your free will? Adano: Who said we have free will? Audience: I know we don't have free will. Like Charan Singh says "You're so weak you can't stay on a diet." I mean how do people ever make it? They must make up their mind upstairs somewhere, right? Or they get somewhere where they can get image therapy. Adano: Your scriptures give you a very good answer how we make it and you will notice that however it happens to you, it's always by that same answer, it says "Not by good works are you lifted up." They don't care how you try with your good works, you're never going to get it up. (Gap in tape) ...animal Man is Hu-Man which we are right now from the dust of the earth. You see Latin don't have a root for the metaphysical delineation of Man, they use the word "Homo" you see and Man is English already using the word M-A-N. Now, and to put a prefix of "Hu" which means animal in Sanskrit coming from Hanuman the monkey man, that's where we get the concept that Man evolved from monkeys. See uh our relationship has to do with Hanuman the monkey man, "Hu" "Hu-Man." Now Manas, "man as," that man should be as his Father, perfect, that is the level we should go back to, we came from that level, that's the perfect level for when Man was created before he dropped down into

human or monkey man. Now to go past the level "Man as his Father," would be Atman, the pure Father state, that's what you call the ascended state. So if we are living in this body, which is hu-man, subject to all the animal tendencies of living in it and trying to raise ourselves up perfect as our Father, which is Manas, then we are resurrecting ourselves "To him that overcometh, I will not sent forth a second time" that means he doesn't have to go down in human level but he remain in Manas level man. Manas level is the resurrected level but that's not the end of his journey, his journey is ascension, At-man level, he's still got to go back to God realization. Manas level is self-realization, he has to leave ego level of hu-man and go to Manas level as self-realized and when he achieves that then he has to move up to At-man level which is God realized, all this in human form. "If the son of Man be lifted up, draw all men unto me," but "son of Man." Now remember the son of God is Man, God is At-man and the son of God is Man and the son of Man is hu-man, we are hu-man we are the son of Man that means at one time we were Man, perfect. When we got caught up in the idea of creating, now coming back to the sex act, creating. Now they said "the sons of God" or "the sons of light" saw the daughters of Man were fear and took unto themselves wives, that's a very peculiar statement in the scripture. See the sons of God would be Man, pure Man, Man as God because God is Atman and the son of Man would be Hu-man and the daughters of Hu-man were fear so that means they interpose their vibrancy into Hu-man to become involved with Hu-man and as they involved themselves, they had to come back down. Now it says "And God came onto His own" but who were "His own?" Man and His own received Him not, those were the ones who could not comprehend why this energy has to come back down "But as many as received Him," that is many who are caught up now in the Hu-man level, those were the ones who were going back. So we see this is the actual process the creator uses, His own law coming down from the At-man level, down into the human level and working through back, you see He must come down. Now the prodigal son is the same story, the prodigal son came down with his lineage, he is Man coming down with his lineage from the Father which is At-man and going out and squandering, that means using up the vital energy or projecting it, here we come back to the sex act being abused now, squandering it out and found himself living off the husks of animals. So he's caught up in the Hu-man level, you can't go any further than Hu-man so he lives like the Hu-man and reaches worse than the animal because Man in this human form has done more terrible things than the animal has done. Which animal thinks of a slaughtering his fellow man in an atom bomb? Audience: I've always wondered whether we should feel guilty about that or whether we should see it as adventure? Adano: An adventure into killing? Audience: Well I'm looking at it (inaudible) and I'm thinking that everything is God (inaudible) and we may want to come back and take the planet and experience everything so that we can go back to God and be a co-creator with Him but I'm wondering if we should feel guilty about it? Adano: That is good philosophy. You see we love to kid ourselves that we are co-creators. When the wave enters into the ocean, what does it become? (Inaudible) So where are we? Audience: Co-creator with the ocean? Adano: Impossible, the wave has gone back into the ocean, only when there's a big wind you got waves. Audience: When we get back to God, we'll lose our individuality. Adano: No, you don't lose your individuality, you gain your individuality. Audience: Well then what is our relationship when (inaudible). Adano: Total oneness. Audience: Well if it's total oneness then we lose our individuality. Adano: One, an individual is what? One equal to one is equal to what? 0:40 Audience: We become our individuality as God. Adano: Individual is one, right? And if you become one, you gain your individuality, you don't lose your individuality. You have become that one. When there's a big wind, you see the ocean shows you exactly your situation in this stream of life that's why they call it the ocean of life, they don't give it any other name, we haven't found any other way to describe it because it's how it functions. An ocean of life and we are waves in that ocean by the breath that blow it across the ocean and when all waves recede into the ocean, it is all one. Now, but the very contents that ocean is made up of, that's H<sub>2</sub>O so we didn't lose anything, we gained something. Audience: This is the paradox, you can't ever understand any of this without understanding and accept an abstract paradox. Adano: Well let me put it another way, this is another illustration of what will clear it up. Here is a moon in the sky shining down and I have 10 glasses of different sizes, colors, and thickness, they're all filled with water of different quantities, how many reflections do I have? Ten, right? So there are ten reflections of the

moon in the water, I have 10 glasses and 10 quantities of water right? Now let me break the glasses, what becomes of the water? They become one, how many reflections do I have now? Audience: One. Adano: Let me mop up the water, what happens to the reflection? It didn't go no place, it was never any place in the first place. There's no water after you mop it up, what happens to the reflection? Audience: You had apparently had the ten moons see as well as the other moons. Adano: When you had the glass and the water, you had ten reflections and the one moon, all there in front of you, ten reflections and the one moon. When you broke the glass, the water came together and you have one reflection and one moon. When you mopped up the water, there is no reflection but the moon. That's why I say you don't lose your individuality, you gain your individual individuality. You gain it because it's the first time you're going to understand that you are the moon, you are this thing. God has become you. Well again there's something we come back. This primal force that is called life, inherent present in all things, you tag it with the word "I" and along with that word you give it "Maria, I am Maria." See? Now this life energy doesn't care if you call it "I am Maria" because that's not what the life energy is in the first place. It's like it's like the moon in the sky you see, no matter how many reflections it's going to go through, waters of different colors that would make no difference to the moon, that's the moon. We as a primal expression, this body you're at looking here is the glass, this mind here that you see that is doing all the talking is the water, the real Me is in all of us as reflections. Let us wipe up the whole thing, we'll find out that there is nothing here but we were all together as energy. That's why you always feel this sense of oneness or intimacy as if you knew that person before. You ever walk in the group of spiritual people, walk in, what do you feel? You feel that you knew them, where did you know them? We can kid ourselves that we knew each other in past incarnations, meaning in past glasses of water, when in actuality we all from the one moon, that's where we are all actually coming out from, you see? That's where the real sense of oneness, the real sense of intimacy is really coming from. The true sense of intimacy in your own nature is coming from that but since some of us can look back and shift this glass or a mind, we say, "Well okay I was an Egyptian and you were me when you were in Egypt, you were with me when I was somewhere in Persia" and we can see many times this particular sense of knowingness but in the final actuality, the sense of knowing-ness is the primal force, God, that's where the real primal feeling comes from, the one knowingness. You see we don't lose our identity, we gain it when all these little levels of past memories or past so-called incarnations are removed from the mind level, we now see the total truth about ourselves that God has become His creation and we will gain God awareness by going through the processes of looking back at our various life levels or life forms and as we start diminishing those life forms like glasses of water, knocking them down, that's what they call dominoes now, knock them all down, you end up back into the primal energy, the pure first force. Audience: (Inaudible). Adano: Yes that is the true understanding. You see you know it inside and it's difficult in terms of words to communicate it but it's only by living experience inside what you're feeling that tells you that one should never worry or fear because some loved one or some one who one loves is angry with you or is passed on because where they could have passed on or why could they be angry? They are simply the pots of water and the sense of intimacy is never lost, even if they aggravate you or if you miss them, in the final summation of your true nature you will see that you never did miss them or you never were aggravated with them, it's your own self you were aggravated with and and it's your own self that you were missing. Audience: It's like a glass of water being mad at another glass of water. Adano: Yeah. Audience: All of this has already happened anyway hasn't it. Adano: All right. (Laughing). In Yogananda's experience of cosmic consciousness, he describes it very carefully in there, he said after going all through the galactic systems right back into the very primal energy, he not only saw past civilizations, present ones, but civilizations to come, all being transmitted in one big ocean of blood and light. We are playing the role of cup and water. Audience: We're bound by our time-space concept which makes it extremely difficult for us to envision the time-less, space-less, form-less reality that's behind all all this. So we keep trying to grow and ascertain things and understand things by our own limited capacity being this faith. Whereas yet we're trying to see another state. Adano: Yes, the reality is pure conscious energy, the non-reality is the waves on that conscious energy, the various rates. It's like the ocean, that's why the ocean is a very good example of what is going on. The water is

there, if it does not move, it will be just a big swimming pool as far as the jolly green giant will be concerned. As far as we are concerned, it's a vast ocean. To him is like looking down on his swimming pool. Now he can boo, you know blow air across it and cause waves to come up and have a ball with the thing. It's just like you look at your own little swimming pool in your yard and turn a little fan and make waves and have fun, it's proportionately in consciousness. So one wave of trying to impress another wave of its importance in that swimming pool is what is going on between human beings. The wave of consciousness that is passing through me is trying to impress the wave of consciousness that is passing through you, our importance to each other. The true thing is the unconditional free flow, that's what Jung call the unconscious. 0:50 Everybody is exposed in that level, there is no privacy or where you can hide in that level because it's a open market. It's called the Akashic Records, every Man in that pure state is like an open book, how else would a Master who is a human being without any desire or what you say fluctuation of mind levels be capable of reading your life if he did not keep his mind calm and let it act as a pure mirror for all the fluctuations of your life patterns. Anytime you generate an ID (idea?) you in your mind, you generate a wave and this wave is like taking a little stone and throwing it in a pool, what happens? It goes out to the end of the pool but what it does? It comes back to the middle. Throw it, it goes out but it comes back. The Master now, he doesn't fuss around and try to fight with nature, he comes to the middle. He knows soon or later all waves will come to him so every little wave that comes to him as a disciple or a student, what are they bringing? They're bringing their total life nature back to him and he's seeing it like a whole book, he don't have to sit down to develop that type of power because he recognizes the phenomena behind it, he understands that if he keeps his mind here centered and don't get in any upset state, everybody around him who is in a state of mental fluctuation are like waves on that big swimming pool, it will flow back and he begins to see everybody. Like the man who was saying that he saw the Master coming and he didn't want to see the Master so he hid behind a carriage and the Master came along and the Master looked around and he's talking with his friends and this fellow is hiding behind the carriage and when the Master got close to the carriage, all of a sudden he looks up in the sky and says "John why are you hiding behind the carriage," John is exposed all of a sudden. It's because a Master has trained himself to look at the eye center, "When thine eyes are single" means steady, "The whole body is full of light," the luminosity of what is going on in reality is coming to him, the waves are coming in and everyone's mental wave pattern is exposed now and therefore he can tell you what's going on inside. It is by relating to that symbol, we get a true perspective of what is actually happening then it becomes easy for us as individuals who are trying to understand ourselves how to enter that state that we do the same thing too by bringing the mind here and relaxing it, we will be in that same receptive level, instead of fighting and trying to dictate to it, it will become more and more attuned and there's where you get the statement "As many as receive Him, to them gave He the power to become sons of God," meaning as many who are centering at the point between the eyebrows and without wandering, it is possible for them to pick up now and relate this information, therefore here is the focal point. Now all right, let's take the North Sea, you're all familiar with the North Sea? In the summer time, in the springtime, and in the autumn time, how is it North Sea? It's navigable. Come winter time what happens to it? Interesting huh? You can walk across it now. From that example, we got a very good illustration of what's happening inside your mind. When the mind is in spring, summer, and autumn, it is fluctuating between past, present, and future, it is always fluctuating in these movements, therefore it's never steady. The moment the mind is frozen, that means it's emptied in what the chinese people call "no mind," there are no waves on the frozen North sea, right? There are no more waves, it's all gone, just one smooth thing. So when it's that, it's solid, there is peace, you can trust it, even a child will walk across it. Now when the mind is frozen, that means there are no more ideas acting as big waves inside there because that's all a wave can be in your mind, an ID (idea?). An ID is a wave in the mind and when there are no more of that, you have the first experience now of the "no mind" or frozen mind and the frozen mind is peace, the restless mind is not peaceful. You see Buddha, he used the word "nirvana" to describe that state and when translated into english means "a state of nothingness." Well it's highly impossible for the youth to enter a state of nothingness, what you enter is into a state of no thought oscillations, there are no oscillation of the mind

in the past, present, or future when this is all shut down because it's called the "no mind" meaning there is no relation on a thinking level but there is consciousness going on just the same, a consciousness of a universal oneness or continuum level. With that in mind, Einstein was trying to write us his unified field theory, that we do live in a unified field force of a continuous evenness of conscious energy moving but because that is the true reality, we can't live in it constantly, there would be nothing done objectively in terms of expression so we must have what is called relativity or the flux, this interplay of the light movement to give us some tangible relationship. So the struggle, the change, the environmental flux is considered the battleground and when the battle is over, you must retire into the continuum or no flux for rest, for replenishment, then to come back again into the flux. Einstein was aware of this, he was merely trying to put this down now in mathematical terms pertaining to the actual phenomenal world we live in but he was fully aware of the "no mind" state. Audience: To get a little bit back down to earth for a moment, I'd like to ask you something about the future. (Inaudible) global population figures and global food supply figures right now, you've got to reach the conclusion that maybe within 10 years there will be many millions of people literally starving to death. In the Eastern part of India for example, the biggest famine (inaudible) and if you project this out to the year 2000, the natural resources of the earth, (inaudible) by the year 2000, the earth would be out (inaudible). Does the year 2000 mean anything to you mystically or psychically? Adano: It's the birth of more unfoldment of Man's possible use of the resources around him, he hasn't touched it yet. What will be considered power energy, fuel, drives in the year 2000 is looking at you right now and you will never understand why it's there, you never thought of it before because it's right here in the same earth around us. There will be a great deal of... but I don't think of them to the point where it's going to desolate the world. Audience: And what will bring it into effect more rapidly is this thing is fear. Adano: Not fear, you've got the wrong brother, panic. 1:00 Fear we got to live with, panic is what we can't allow ourselves to get into. Audience: If you look at the price of urban land right now and you'll see that it has climbed very sharply up in price. Adano: Yes, I agree with you, I'm not saying no but look how long we've been talking about that, that we're moving in a direction in which we'll be forced to go back to the land because we are over-centering our activities due to the original idea that when Man came here in his thinking, he settled by the seashore because he knew no way to go beyond seashore, the water was his only security. He came here by boats first, this was his mode of transportation from Europe to this country by a boat. Where would he go to settle in a hostile area, a complete stranger, wouldn't he not trust the closest part where he's anchored? The boats, he can get away in case somebody attack him, he wouldn't go too far in. If he's going to develop, he's going to clear as much ground as he can from that seashore in and he's going to increase and multiply and replenish as much as he's got and as he keeps going in, pushing back the original inhabitants, where is he going to push them? Dead center, that's where they are right now, dead center in the United States. Now, but as long as he pushed them to dead center and there's a big stretch of land between that seashore to where they are, he's got what is called frontline security but he hasn't got frontline utilization, front line utilization is to take away those people from that concentrated area and start moving inwards now to settle and reclaim the land. We got so much technology that is already the salvage yards that you can go and pick it up and reclaim the land but we're not doing it. In the Eastern countries they were concentrated the same way, where do you think the Eastern countries the largest concentration of their cities? Man has been that type of individual would not settle inland, he settles around the coastline because water became a primal condition. They tried to prove that the man would not do it, Man does not want to be away from the ocean because the 80% of him is dragging him back there. Audience: (Inaudible) ...the new age as people raise the vibratory rate (inaudible), said that chaos and everything is coming because a new mutation of Man has to evolve so they can live in the fourth dimension, is there anything to that? Adano: A new race to be born... (inaudible). Well let's look at ourselves first, what is it we want to change? Audience: I want to change my vibratory rate through meditation, does that stand up? When you raise your consciousness aren't you changing your vibratory rate? Adano: Yes, you are changing your vibratory rate but in the first place, I want to ask you a simple question. You have an automobile, you're driving 40 miles an hour, there's one driving in front of you at 55 miles an hour, you want to pass it. Would you buy a new car or change the engine or step on the

accelerator? Audience: Step on the accelerator. Adano: Why? Audience: To try and get past him. Adano: How you know that? Where do you get the idea from? It came with the construction of the car. Now you don't know what is your potential therefore you don't trust your potential, you don't know the construction of your brain. (Gap in tape). 1:05 Where you think they're gonna go? Audience: You mean that there's nothing to this at all? Adano: It's just like the blackboard, the chalk that you wrote c-a-t on and you took an erased and rub it off, there's no c-a-t on the blackboard but what you have left on the blackboard? Little impregnations of chalk and if you keep writing a million times on that blackboard, after a while what would happen to the blackboard after you rub it off? Audience: It's still there. In other words it can never be removed? Adano: This is matter we're dealing with, we are a human being, what do you think we are? You don't see what I'm trying to tell you. Here you have a chalk, you have a blackboard, you write the word c-a-t cat, and you rub it off with an eraser, what is left on that blackboard? You write that same word a million times and you erase it a million times, what will eventually leave after the millionth time on that blackboard? But that doesn't say that the blackboard is not reusable, that doesn't say that the blackboard is dirty, it's impregnated with chalk, right? That doesn't say you can't write and carry forward information. That's the same thing with us, there's no way you can remove from your cells the impressions, how are you gonna begin to remove it these are impressed upon your cells like little impregnations into the chalk into that surface area, you can't take that out, you'd have to go paint the thing over and you still will be painting in the impressions, you'll be putting a veneer over it because it's impregnated into the substance but when we're talking about the very first animal, if it's of a good breed and you mate it to one of a lesser breed and try to make it into a better breed a second time, it's never going to carry over, it's impregnated. So when you begin to get the gist of all these writings, you start to see that they don't have no Master behind them, a real Master don't even begin to waste this time trying to change you, he's telling you how you go about changing yourself by learning to live in yourself, that's the real truth, that's why he can't change you, you change yourself and you do that by love. See if we don't love, we can't change, this is a very difficult principle and it sounds to be the easiest but it's not the easiest principle, don't kid ourselves that love is the easiest principle, it's the hardest principle there is. Audience: You can't sit around and say "I'm going to love today." (Inaudible). Adano: This is suffering, you want to learn by suffering. Suffering we can learn, everybody can learn by suffering, even a child or a cat learns by suffering, that is setting up programs to suffer from but to love, to love is a different thing. Love has nothing to do with setting up programs, love is an entirely different process altogether. In fact, it's easier to find God through suffering than to find Him by love because when you suffer you cry out for... (gap in tape). Most people think He gave us the easy things, He didn't give us the easy things. When we begin to realize what the spiritual life is involved with, we see the things that we're asked to do are the toughest things we're asked to do, we're not asked to do the easy things. The easy things will be simple, to suffer and make yourself a martyr, these would be simple things to do in compared to saying you could love because when you start loving... Suppose you set up to love and all of a sudden you sit down, close your eyes, and are going to do 10 minutes meditation.. The telephone is going to ring, the doorbell is going to ring, the cat is going to meow, and a million things are going to do and before you know the meditation... or I should be meditating more. Next day you say the same thing, after a month you says "Well to heck with the meditation," don't we all do that? Yet if you got a broken leg and you can't walk and you got to be in bed, I bet you a million dollars to one you're meditating 24 hours a day to get off that bed. 1:10 (Inaudible general conversation). Adano: Let me tell you something that number one evidence in any spiritual study is the the human body. If it shows signs of aging before it's normal time, you know they haven't got faith. Every Yogi that I've encountered in my life that teaches truth, I wish I had their body with their age. You know I met this Swami, 85 years of age, he got the skin of a baby. Master Charan Singh, his skin is like a baby. Every other individual with all these fantastic big degrees about their spiritual metaphysics, they all look like 90 and they're supposed to be only in their 40's. Do you mean to tell me that's truth? Audience: (Inaudible). Adano: Some of that work is good but remember this, every disease is karma, no matter what it is, it's that person's karma and they got two lessons to learn. One, they got to learn forgiveness, lesson number one. Two, they got to learn patience. You can't take away

their disease right away and just set them free, they're gonna do it all over again but you need some information to guide you with people who have got these karmic tendencies to work out. So knowledge is good but when you get knowledge that's not going to be of effective use, you don't want it, because you got to respect that other person and if you take away all their problems right away, they're not gonna learn their lesson. You know the person comes along "Adano, I got an ache." Ok take away the ache, turn around they go and eat an ice cream and come back, "I got another ache." I says "Why should I rub you? Throw away your ice cream." They didn't learn their lesson. You tell them they've got mucus in their body and they're sniffling all over and you massage the toe and the nose unblocks itself and they feel good and then next 10 minutes you see them munching away on an ice cream cone, they didn't learn nothing. So I find out don't take away their aches, let them learn that through their ache they will stop doing the wrong thing, sometimes they need that. That's why you have to be discerning how you try to help them with their conditions. Audience: (Inaudible). Adano: Biologically we don't seem to forget it. Audience: (Inaudible). Adano: No, I wish it was but it is not only way to do it. Maria there is no one way, all ways lead to the same result depending on what desire nature you have and what motivates you. Now we are all like fingerprints, you know fingerprints? Each human being is a complete unique expression of God, no two of us are alike and what would be good for you at a certain level of the spiritual growth may be totally useless to me at that level. So each one got to work at the thing at his own particular feeling and motive but he must always keep the goal in sight, never lose sight of the goal, that's where he's going, otherwise he will deviate and go off in a tangent but his own approach, his own inner nature is the key to his own well-being. That's why we can't say there's one method for everybody, it's not. There can be one experience occurring inside but the actual methods is not really true because each one of us is different. So the only two avenues you have to work with is the avenue of pain and the avenue of love. Pain we will quickly recognize and try to do our best. Love you'll delay and dally and find all kind of excuse for love because we don't want to face ourselves and therefore it's always delaying. Pain you don't waste too much time, it's pain you make efforts (inaudible) and this is one of the problems. Audience: (Inaudible). Adano: That's the very first thing that makes a man a Saint and if you look at your dictionary it says the Saint is a man who has only patience and charity.

Audience: (Inaudible). Adano: You know a long time ago, I live in South America, my very first spiritual guide who made me understand a little of spiritual subjects was the man I was studying tailoring from. His name was Eddie, they used to call him the chief, he made a statement to me as a boy. He says, "Any man who sells wisdom for money has got the worst karma in the universe because he's got to come back because wisdom is like the sunlight, it is given freely and should be released freely. It would be better that the man had had some other karma than the karma of selling wisdom." Audience: Would you say most preachers are selling wisdom? Adano: Let me say selling wisdom, don't confuse the preacher. The preacher may be preaching the gospel and the congregation may be paying his expenses, that's not selling it. We're talking of something entirely different, he's been supported by the proceeds of the church. Now in the olden days that was a very practical approach, in today's growth that man is would not be considered contributing to his spiritual growth, he be taking from his spiritual growth. The man who's contributing to the spiritual group should give the wisdom, that service in the church freely and work in some other occupation and contribute to the upkeep of that, that's why the yogis work different. A Master like Jesus, he was a carpenter, he earned his livelihood from the carpentry that he did and his free time, or spiritual time, was that given out to lift up his fellow man, see? That's why you find today in our process, even myself and my wife, we work and earn our own livelihood. 1:20 Audience: I didn't know that but didn't He have to give up carpentry after awhile? There wasn't time if he was going to fulfill his responsibilities as He saw them? And then how did he make His living? Adano: Remember he was a renunciate too you know, he wore a robe and it didn't cost too much to wash in those days and as far as eating, He didn't need to eat too much. He never passed a collection plate and as far as sleeping indoors or outdoors, no problem. You see we're looking at some practical things about the Master consciousness. Audience: (Inaudible) like "man does not live by bread alone but every word that proceedeth out of the mouth of God" (inaudible). Adano: No human being, that is "no Man lives by bread" that means exists by indirect form of energy, bread alone. There is no

way this human structure can sustain itself indirectly energy wise from the external sources of supply "but by every Word" and Word is sound, sound is vibration. Now, not any kind of Word either, it has to be a specific type of vibration and it's only one type of vibration and that is the Audible Life Current that passes through us via the medulla oblongata called the Mouth of God in Man, every second our back of the head is bombarded by subatomic energy. Now if the doctor was going to try to operate on your brain and merely stick that area with a pin, you'd be dead instantly let alone if you were to try to tickle it with a feather when he opened that area, you'll be paralyzed for life. There is where the life energy is entering us directly all the time, it's not coming into our body indirectly in the form of food, this is an indirect form of energy coming into the body to satisfy our hunger. Now you ask about the sex energy, you see we never culminated what is the value of the sex energy, you ask about this sex energy today, you realize what the sex energy does to the body when it's transmuted? It feeds it so you don't have to eat no more in this world, this is how much we don't know about sex energy yet. This body will feed itself pure energy without having to eat food by the sublimation of the sex force back into the brain, it's called the Rajasic energy. Audience: Is there a limited amount of this energy that we can call forth? Adano: Energy has no limit, how can we say there's a limit to energy? You see when you use the word limited amount of energy, you're looking at in terms of fuel ratio per intake of indirect use to body. Now what is an atom when we explode one, how much area of space doesn't take up in the actual substance? Plus the amount of radiant energy or radiant thermal condition that it is emitting in terms of application for use. Now if we explode the atom, we got several types of expression of energy: one is a heat, one is a gas, one is a steam. Now if you trap all these forces and store them in containers and try to put it in terms of workload, one little isotope ain't no bigger than this, throws off so much heat alone that it will make water boil for umpteen amount of years and that water in turn throws off that steam that will turn these turbines that will throw out now electrical energy that you'll be running a whole city for X amount of years on that little isotope. Audience: I'm bothered by the word sublimation because if we can draw as much energy as we can use, then why do we need to sublimate any energy (inaudible). Adano: It sounds nice, "we can draw, we can draw," it sounds nice, where you're going to draw it from? You see you're speaking and don't realize what you're saying. The human body is finished being made, the sum total of its potential is locked up in the cells, the sum total of this potential mechanism is locked up in the cells. It has the equivalent energy of 12 suns, you begin to comprehend the amount energy you got in your body? The power transmitted or released by 12 suns, you don't even use up one sun and it takes a billion years to make a planet into the sun, it has to live a billion years actual living life to be exploded into a living sun to take on the thermal radiation to keep up life going and we don't even live a lousy 60 or 70 years, good grief man. You begin to comprehend the amount of energy we got locked up in one of these things. We we are billions of cells locked up here and the very very nature of us has the equivalent, the potential charge is equivalent of 12 suns and it takes one sun to run this solar system and the age of a sun begins at the first billion years because our planet earth is four and a half billion years old and the oldest one not too far, nearest to the sun hasn't reached seven billion years yet. So a sun is a planet that became of age of seven billion years and turn into sun. Every time a planet, a solid mass, reaches the age of seven billion years it becomes a sun. That is the very law of a structure, seven is the principle. Right now this planet that we're on is four and a half billion years old. All right let it keep spinning in space for the next two and a half billion years, the very nature of the spinning, the very mechanics of its motion... Audience: The magnetic field? Adano: All right you see in your mind you think now in the next two and a half billion years New York will always be where New York is, the Mississippi will always be where Mississippi is. In a half a billion years this whole thing will change around and maybe in 100 years the whole thing can change around by internal collapse by its own internal breakdown. Motion is causing it, it starts with motion, it lives in motion, and dies in motion. Wait a minute, you see this science is spiritual already, it starts with motion, it lives in motion, and dies in motion, and motion is measurable in terms of time therefore this whole universe belongs to who? Audience: God. Adano: That's the Sanskrit word for time, the negative power of God. God is A-Kal, timelessness, and when time cease to function as motion, it recedes into the timeless state of pure being, that is all light, it doesn't have no personality no more. 1:30 So religion and science are saying

the same thing, they're not confusing themselves or trying to fight among themselves, they are saying the exact same thing. So the terminology now in english we can eliminate the personality aspects and get to the condition is: this is a time cycle universe as long as it remains as a manifestation of light. The moment it ceased to function as a time cycle universe, it will recede back into the pure light and it's timeless. Audience: That's a reflection (inaudible). Adano: Right. You see a manifestation of God is a reflection of Himself. Audience: Do planets have souls in any sense? Adano: Well let's clear up our terms first before we say Soul and spiritual entity because we're using terms that really have to be gotten down to their true nitty-gritty before we can say it has or it has not. If Man is a replica of everything that is around him, it is only from Man you can get the true understanding of the word Soul. Now the scriptures specifically state in east or west, they all say the same thing, "God made Man in His own image and likeness, male and female creat ye them and breathed the breath of life into a Man and Man became a living Soul." Now there is no mention that he WILL BE a Soul or he HAS a Soul, they say he IS Soul. Now we would like to educate our mind, we would like to tell our mind that this universe has a Soul, that a planet has a Soul, when in actuality what is really Soul? The only thing that is Soul is what? Man. Now the question comes up "What is Soul comprised of?" Audience: How about dogs? Adano: He didn't say dog, he said Man. Audience: Do dogs have a soul in any sense? Adano: Then you have a Soul? Audience: Well not the same kin dof Soul. Adano: There is no mention in that statement that you have a Soul, you ARE Soul. Now if you ARE Soul, you can't bring the dog into this situation because the dog "has" or he "is," which is it? Audience: Well when I use the word Soul, I'm talking about different aspects or levels (inaudible). Adano: Me who? You see you're not looking at the thing as an actual science, you're looking at it as psychological and philosophy, look at the thing as pure spiritual science then you see something different. God, the principle of being, created Man in His own image and likeness and Man became a living Soul, there is no mention in any of His creation that they are Soul, let alone have one. There is no mention, only Man is the living Soul. Now the question comes up now, what is Soul composed of? That is what is the important thing is not that we have a Soul or an animal has a Soul. We don't have a Soul then if we don't have a Soul and we ARE Soul then what are we composed of, that would be the correct question. It's the incorrect question that makes the wrong answers, the correct question will give you wisdom. If we ARE Soul then the question we should ask, what is Soul composed of? Then the scriptures go on to tell us what Soul is composed of in the Eastern scriptures. I don't know much of the western because they don't describe it properly. The Eastern scriptures say that Soul is composed of a chemical body of 16 elements and it specifically states 16, science just came along to say it is true that those oriental yogis were right. Nature don't want another element more and 16, one more will kill it, one short will kill it, 16 is what it's going to hang on to and the trace minerals with it but 16 is the number and then the same Soul again has another part that is composed of 19 elements, it's called the electrical body. The electrical body is composed of 19 elements, it says 19 not more than 19 not less than 19, the electrical body is made up of 19, the chemical bodies made up of 16, and the causal body or the idea body of Soul is made up of 35 elements. Now we know what the Soul is composed of, it is composed of a chemical body, it is composed of an electrical body, and it is composed of an idea body. Now no one of these three bodies is more important than the other. Now these 35 (gap in tape) ...that is what is called the oversoul, the cosmos itself, not of the individual planets. The individual planets will be like the elements in the physical body but you could not say that of the individual planets, you have to say the whole cosmos is a Soul. Microcosm and the macrocosm is the same thing, the whole macrocosm of a physical universe, an electrical universe, and an ideational universe makes up the first triangle in the Star of David. The second triangle in the Star of David is Man now with his chemical body, his electrical body, and his idea body coming down. Audience: (Inaudible), in other words I heard his Buddha was supposed to have been a quail. Adano: I'll give you an example and then you decide if he can or he cannot become. Here is a building and the powerhouse is sending electricity through the transformer up to your meter. Now you have to decide before they put that meter how you wire that house right, it's not the regular procedure? It's decided already, it's predetermined what the wiring would be in that house so that the powerhouse will put that amount of power in that line. So we decide to wire the house to say 110 to 120

volts and you got about a 100 different outlets for 100 different sockets and now you have a variety of bulbs that you can put in any one of those sockets. The biggest bulb you might as well call him Man and a smallest little fairy bulb you might as well call him a stone and in between a one watt bulb or five watt bulb that you put in your fairy lights, you know at Christmas time those little Christmas lights to the big one power light that you got, a four hundred watt bulb, we've got many different wattages. Now ask yourself if one burn out where does the voltage go? Audience: It just goes to all the other ones. Adano: All right, if it's there and don't go nowhere now you know why you're a dog or why you're a human being? Who are you that is a dog or a human being? Audience: Pardon? Adano: Who are you that you call or claim within you that is a dog or the human being, what is it that is human or what is it that is dog? I'll just give you the illustration. Here is the building all wired out, there's different sockets and they got different bulbs and I say the biggest bug is a 500 watt bulb, it represents the man. 1:40 All right, the smallest bulb that you use in a fairy light and Christmas tree represents a stone, in between that... now let's say the smallest one is 5 watt and the largest one is 500 in between that we got 10, 20, 40, they represent other aspects of creation, they're all on the same 120 volt line, it's all predetermined already. Now if one bulb burns out, you mean to say the voltage that is passing through the five watt bulb is any different than the voltage passing through the 500 watt bulb? They're not going any place so who is really inside of you? Don't you realize what we're saying? God is the universal life power as voltage passing through all of us and we got the conscious notion or the fallacy that we're reincarnating from monkey to Man only because we try to relate to Him in that way, from wattage. What differs from the five watt bulb or the 5 volt bulb? All right when you buy a bulb do you buy the bulb by the voltage or you buy by the wattage? And the wattage indicates what? The degree of illumination so the animal and the man is only a difference in illumination, they're the same vital energy passing through so where's the transmigration now? Audience: Well you see I believe this already, I believe God is everything but I can't explain it. Adano: But you're seeing it now for the first time. The degree of sensitivity or illumination in the in the dog can be simple fairy bulb, 5 watts. The degree of illumination in Man is 500 watts but they all go to use 120 volts predetermined already and that is the vital power we call God activating these different forms. Audience: If the dog is five watts, can you be reincarnated as an other animal for 10 watts in the next incarnation? Adano: If the bulb is burnt out, listen carefully if the bulb is burnt out, that's the bulb, what makes it burn out: the socket, the glass, the filament? All right if the filament burns out, listen to what you're saying now you know, what goes through the filament in the first place to make it light up? The current, okay. If you take it out from the socket and you throw it away and that's called socket number one, that's number one socket where animal comes in. If you take a 10 watt bulb and put it in socket number one, would it refuse to light up because socket number one was only using a five watt bulb before? It would light up but would you take the substance that you took out, that burnt out bulb, and recycle it and make a new one? We don't do it, reason why? It's burnt out, it's gone, what is gone? The capacity to take the energy but the energy ain't gone nowhere so actually what is really changing? The form is changing, the substance don't change, it's still... the form changes. So when Buddha says "I was in the quail" or "I was in the monkey," what is he really saying? "The same life that passes through me as Buddha was in the form of monkey and quail," he's not saying that he is the quail or he is the monkey, the life that he really is, this primal energy that is what he really is and now appearing in this Gautama form or Hindu form, was at one time in a quail's form and it was one time in a stone form, we have all been in this form. Now comes the question: because the current, that same voltage passed through a 5 watt bulb, a 10 watt bulb, and a 100 watt bulb, if we put what is called a recorder monitor, a built in computer for the amount of time that it was passed through the 5 watt bulb and the length of time that it used that wattage and it records and gives you a graph of how many times you use that bulb and let's say that bulb only lasted for 30 days of intense use, 24 hours, and the graph output of the energy is recorded in a 10 watt bulb and then take a 20 watt bulb and do the same thing and finally now we have what is called a computed memory of how energy is used in the different wattages so that when it appears in a 100 watt bulb, it will tell exactly how many times it can use 10 and 20, how long it can use 10 and 20, and that's how we got memory now that we reincarnated. You couldn't have it because memory is what reincarnation is all about. What is the

Akashic Records called? A memory of past life, a memory of a past identification in a form and what is the usage of that form, how it relates to the environment? So the five watt bulb gave that little much illumination, the 10 watt bulb gave that little illumination, but it's still 120 volt was going through it all the time. Now how many days did it last? This is what is going to be recorded by that graph when you measure it so you can say now I have 100 watt but it should be good for 60 days, it should be good for 100 days judging because it when it was a 5 watt or when it was used in 10 watt, how many days it was burning at 24 hours a day. This now gives it a projected graph and a projected behavior, it will also give a certain amount of heat if you put a thermometer next to it. So the characteristics of each one gives the behavior pattern which can predetermine now what will behave in a 500 watt one so when you come to the size of Man and look at yourself, the potential of you being what you are is already predetermined from what you came from. So if you have a million breaths to take in this body, a million a spoonful of food to eat, these are all predetermined by the different forms that this energy was staying in and working its way through. So if in the dog it could only eat two hundred thousand and it will only breathe two hundred thousand breaths and if it's in a whale, it was breathing 800,000 and it could only eat about 2,000 times or 200,000 times, that compounded information is fed into this human form to make this human form and work in this human. When this form comes in now we can say now "I've got a body by this pre condition that will allow me now to experience life, which is the energy passing through me, and amount of breaths being equivalent to 500,000 breaths or 5 million breaths, that is the length capacity my breathing condition is designed to handle or the amount of food I will eat is 500,000 pounds of food within one lifespan." The shape in which you are in now, the chemical shape, is predetermined that's the wattage now, it's predetermined by the various wattages and the time span that the same 120 volt passed through and used up. Now it's predetermined for a bigger one, you see God didn't make Man first, He made all these things first so their shapes, their time span, predetermines our shape and our time span with the same amount of energy passing through it. So if the Buddha says "I was in the bird, I was in the tree, I was in the dog," he's merely saying that the time span relationship of the energy that is brought him to this full potential of being a Buddha, meaning now a thousand bulb, is predetermined by all those substances because if a man wants to make a thousand watt bulb, he first got to start making a five watt one or one watt one to find out what degree it will stand up with and how he can start expanding the wattage, you see? You couldn't expand wattage until you start off making the first watt so when Edison started making his bulb, whatever the first one was gave them an indication of luminosity to which they can expand from. Then he says well okay if you saw the first, you know I seen one in a museum, one of the original bulb put out by Edison, a 10 watt bulb, you'll be surprised how big that crazy thing looks. It's a big huge bulky looking thing comparing to what 10 watt bulb looks like today. 1:50 Based upon that information, 10 watt bulbs look a whole lot different. Based upon the same time relationship to the life energy and life experiences, we are in different forms of much more modified refined states, you see? Carrying it over that the highly realized man is coming over or coming back with such a delicate mechanism utilizing this life principle to its utmost, you don't see a crude bulky looking individual in the spiritual levels, you see them down in the lower levels of practices. The higher levels they're more refined, more graceful, more unique, they stand out, they shine, they glow. So a bigger bulb with a high intensity wattage can be made in a small size too just as much as you can make a big bulb with a low wattage, it's the constituents or the makeup of the thing that is pre-determining where it is. So we can understand reincarnation a whole lot better now from understanding what is involved in the mechanics of it then we can see why it's not a feasible thing to reincarnate because you couldn't trigger one watt bulb into 10 watt bulb if you didn't have a desire for better illumination. So the unfinished desire for more illumination is because the unfinished craving for more experiences in forms of this life energy is the root cause of reincarnating. Now to resurrect would be the condition. Now take electricity, what would be considered the resurrection of the bulb? Audience: You would have to get a permanent filament. Adano: You answered the question, a permanent filament, one that don't burn out, and God is the permanent filament. So we have to become identified with this source that is a permanent filament and that's what a resurrected body is, it does not break down no more. Now every filament gives off carbon dioxide because it's constructed from a carbon base, they

have not yet made a silicon base or a diamond based filament that would not break down, until we make a diamond-based filament or a silicon based filament, we would not have what is called an eternal light filament. This body is carbon based and at a certain level, it would not allow light to pass yet by the same carbon structure when it's refined by the fire of wisdom, that's where you refine carbon too you see, the highest pressure or high heat, it becomes a diamond now. It's a different type of carbon but all the impurities are burnt out so it doesn't oxidize, it doesn't corrode, and it permits the light to pass through. So we have now what is called the diamond body, Secret of the Golden Flower, we we got to transform this form into that higher form so it's the same thing is going on in terms of light.

Audience: You have to raise your consciousness. Adano: Yes we do it by the elevation of consciousness but when we say elevation of consciousness, we're coming back to a host of concepts that are going to throw us off of the track. I rather say we can transform our mortal nature into the immortal nature by ethical living on a conscious level only by grace because when you got grace you're going to live ethical. Let us take a break. (General conversation. Lasheen Farm?)

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Adano73\_05\_14SatsangWashingtonDCQ4NW1 - ...Seva is Sanskrit for devotional service, every action must be dedicated to the service of the Lord. (Inaudible). In fact whose house is this all, whose creation is it? It's the Father's, we are the children and if we don't take care of it, who is going to take care of it, are we going to pass the buck on our brothers? (Gap in tape). Audience: (Inaudible). Adano: When Jesus went to see John the Baptist, he said "There is no man born of woman greater than John who is Elijah that has come." "You are not born by the will of the flesh," that is no craving or desire or unfulfilled thought pattern within the structure of John who was Elijah in the past life triggered his rebirth. "Nor was he born by the will of his parents," they couldn't crave a John the Baptist because they didn't know what one would look like but he was born by the will of the Lord strictly that he was returning to fulfill God's plan and accepting the karmic conditions of those people who he will would be committed to. Then when he came into the body, he baptized by water those people who he called upon the repent, accepting them as his responsibility but then he knew he was going to go out of the body and this declaration of Jesus concerning John's heritage and background is giving credence to John as a divine incarnate of the living Master at the time. John now who is going to leave the body must give credence of this quality as lineage and passing it on. So he said "I baptized by water but there comes one after me whose shoes I'm not even worthy to unlatch, he baptizes by the Spirit." This is giving credence now to accept Jesus, otherwise nobody would accept Jesus so one man recognizes the other man and lays the foundation for the untainted heritage, the unpolluted heritage of the Spirit and then that individual now gives credence of carrying over this heritage and lineage. So John perceived his own death, he's gonna die, he died a horrible death too, he was beheaded but before it occurred he was already establishing spiritual lineage. Now nobody can elect the Master because this is something that is transferred. Now in a previous life these two same man existed as disciple and student, John was Elijah in the past life and he had a student called Elisha. 0:10 Elisha said to his teacher in the previous life "Why don't you give me a double portion of your Spirit." Meaning why don't you give me Cosmic Consciousness and the teacher said "You ask a hard thing" which means you're asking for something without earning it, you want something for nothing, there's no something for nothing in this universe. So he imposes a restriction on the transference, he says "If you see me before I go" or leave this frame, "this spiritual unfoldment is yours." I will transfer it to you with all the power it goes with it providing if you see me before I go. "See me before I go" imposes a condition on the man because the man can't even go to the bathroom, he can't eat and keep his mind on the lower nature, he's got to keep his mind up there all the time and he doesn't know when the teacher is going to go out of the body. He places such a an intense discipline on the man because the man wants something for nothing and he didn't spend all that time to be totally concentrated. So the teacher really placed him through his paces but it was granted to him. In the next incarnation the roles had to be reversed, the teacher came back by the grace of God acting the role of John and the student came back as Jesus now to act out the role where the students must take up the responsibility of the karma of the world that

he's involved with or those disciples that are going to be drawn to him. So John had certain disciples who were drawn to him while he was in the body and Jesus came back again and he still had to make contact and then Jesus had to take up the responsibility of going on because even Jesus was not born by his own desires, he was not born by the desires of his parents, he too was born by the will of the Lord. So the karma of the disciples to whom he would be involved with, they will determine how long he stayed in the body, they would determine how he will die. This is what the thing is all about. Audience: (Inaudible). In speaking of the Satguru, what are the signs, this is very confusing to me. Adano: The last person who would finally release you from the bondage or the attachment to the world you see? Now you're going to meet many other individuals, the word Guru means to lift up, to dispel, the dispeller of darkness, the one who removes the desire levels in your consciousness. Now, but there's only one who finally releases you from the last desire, to really take you back into this consciousness. Now you couldn't know him because he may be at the cafeteria of the Science of the Soul and (inaudible), and all kinds of Gurus but somehow you walk in this cafeteria and of all the Gurus, one of them seems to ring a bell in you. (Inaudible), he may not be the nicest one in the package, but somehow whatever he's saying may seem so simple, so ordinary yet twing, twing, twing something inside says that's the one who's going to finally clean up the last vestiges of your thought patterns and you seem to gravitate to him. Well I came into the spiritual studies way back in the time of Yogananda when Yogananda was alive, I never saw Yogananda in the body because I asked him to come there to study, he said don't come and see my body, stay where you are and meditate (inaudible) and later on people who met Yogananda, met some of the people there in SRF, they heard that Yogananda was asked by one of the monks there to bring me there to work and study and help and he told the brother, or the monk, "What is he gonna do here, look at the palm trees? He's doing the work where he is." All right they said he told this fellow three times and two days before he died, he told him the same thing, gave him the same answer for the same question. So this brother, his name is Kriyananda, he was determined now to see who is this man that Yogananda didn't want to see. In 1952 is when Yogananda passed away and in 1955 we met and when we met he said to me, "I can see why the Master didn't want you to come. You've already worked with all the problems of the spiritual thing right here in the world of people" where he was struggling with it in the ashram and in this incarnation he was destined to be a monk and in this incarnation I was destined to be a married man or paths went two different ways but the problems were all resolved in two different approaches. Well Master has passed out of the body and I never really got farther than the where I could have gone to see him in the physical frame and to carry me on further in my work, these are some of the things he told me when he was alive. "Do not come and see my body, do not go to India, the best of India will come to you," these three things he specifically laid out in correspondence (inaudible). Now any person in my situation would make every attempt to go regardless of being told these things you see but the true test of a disciple is obedience. No matter if the person is a Guru or not a Guru, you don't even know what would be the result until you obey. I got money, I was even offered money to go to see him in America, I was living in Canada at the time and every time I got ready to buy the ticket something came along and I had to spend the money. Even those who were offering the money something happened to them, their car broke down and they have to go and spend it so I never got to go to America to see him. The second thing was don't go to India, I was pondering in my mind in time to go to India to become a Swami (inaudible). I never got the chance to go to India yet I was made a Swami in this country without even asking for it and my wife too was made and Swami and she will tell you how it happened but the third thing was the best of India came to me. Everybody who has heard of Master Charan Singh and different Masters, Sai Baba, and everybody was going to India and years before when Master Charan Singh came to this country for the first time, I saw his picture but I couldn't see him at the time, I was on the West coast and he was traveling across to the East coast so we never crossed each other's path but we never run into each other. 0:20 Years after in 1970 he was going to have his world trip, you know go all over the world. Now according to his laid out plans he was not going to pass through Dallas Texas, I was encouraging my wife even to go to Mexico so we could get a chance to see him. Then one of the fellows who was going to fly the plane back from India to the States was a friend of ours and he's going to fly the plane back

and that very same week when they're flying the plane, they had a work "slow down" which means praying for more time for more money. So they had to reroute these planes and where did it reroute itself from? Via Dallas Texas and he's going to be in Dallas Texas for 45 minutes. That was enough time to see the man right? So we had a large group there and we waited and when we came in the room, there he was. In that brief 45 minutes I got all I needed to get (inaudible), spent 45 years sitting in the Dera with him because that is how it works. Obedience is the first rule, the whole thing is grace. All right but this was told to me in 1948, look how long it took for it to materialize. Yogananda passed away in 1952 and then Swami initiated both of us in 1969 and Master Charan Singh came in 1970 and the meantime I had encountered Sai Baba all through the years before and many other teachers before. (Inaudible) all of these Swamis and their blessings and lift me up in consciousness. In fact I got many inner experiences with them but they were not the one who would finally give me what you call "the corkscrew in my brain." (Laughter). The one who came along and without even asking and just applied the pressure to the brain that's all. Well you see we never know who the person is, it's better to be ready and attuned and then that individual comes and your heart will tell you "bingo." Audience: (Inaudible). Adano: And God is not going to forsake you that's for sure because when I sat down in front of Master Charan Singh (inaudible) make me realize that that was not the first time. This neither was my first incarnation (inaudible) encountering the cosmic bliss or the cosmic presence in form. We have all had incarnations where we've been exposed to (inaudible)... and finally I came back from Richmond in March and on my way back through Dallas they said Kriyananda was arriving the same day, how would you like to come over for lunch and he's lecturing tonight and lunch will be tomorrow. So I stayed over in Dallas and I saw him at the lecture and the next day we were going to have lunch. Well there he was and another Swami by the name of (inaudible) and myself, his secretary, and a young student. So the host is serving us and after it was all over the question came up "When the Swamis get together what do you discuss, what did you talk about? Did you talk of big world problems, big philosophical questions?" I says "No, we spoke about food." So the friend says, "Why?" Kriyananda started off the conversation but most people who get down to eat they want talk about some other kind of philosophy but God is food, this is Jala Yoga, union with God through food and he spent the whole period giving a complete dissertation of all the mechanics of eating (inaudible) and when it was all over, he bid us goodbye. My friend says, "Holy smokes, you mean to tell me that's all you Swamis do?" "Isn't God in food too? Just as much as God is in philosophy, God is in healing. It is where you are in the moment (inaudible)." That's the beautiful lesson to learn, don't discuss something that is not pertaining to your action because your mind is not really relating fully but what you're doing at a very moment that is beneficial to this body, relate all your consciousness to it at that time. In other words if you sit down to eat, don't talk about religion, talk about food in the mechanics of religion. If you're taking a bath don't think of taking a walk, (inaudible) and see it in relation to religion, this is what the lesson really is. Relate to what you're doing in the framework of your spiritual nature then the mind is flowing much more attuned to it. Audience: (Inaudible). 0:40 Adano: ...spiritual elevation to differentiate from churchianity or the ritualism prescribed for the inner values of spiritual life otherwise you wouldn't be striving for it, you wouldn't even pray for it if it was not there inside your consciousness. As Buddha says "We've been back here so many times you've been brothers and sisters and husbands and wives many many times." Well Yogananda said this when he was in the body, "This is the new India and China to fulfill the karma of Columbus seeking a new path to India" ending up in this continent declaring that he had arrived in India. So in that relationship, the Souls from India would have to be born in this (inaudible) with a caucasian body to work out some of these karmic conditions and many of the experiences that would be so unique that we would find ourselves molding ourselves along this line and since this country was founded on religious freedom, it was the first country to set up what is called a religious parliament of bringing together various religions to discuss religion in one area. It was in 1896 when Vivekananda came to this country and then Yogananda came (inaudible). From that time on it has been this trend towards the New Age of East/West blending of the religious life searching for the in-depthness of the religion apart from ritual, the actual inner science of religion. So more and more we're moving into this phase of the true mystic life and many of the Souls that are here that find themselves in

the (inaudible) body are actually (inaudible) and while they may be caught up in it, remember this in the Orient the last 400-500 years, it was occupied by the British. Remember this country was liberated from the British too so many of those Souls died with an animosity for the British or to get even with the British so where would they be born the karmic thought pattern to be free from British rule you see? We have to have unfinished desires to throw us into an environment of freedom and an environment to pursue spiritual life then we end up being born in this area of the world. It's an amazing cross current of Souls crossing the boundary line (inaudible). Audience: (Inaudible). Adano: And many Europeans who wanted to go to India and the Eastern countries when the trade routes were open, you know you always dream of far away lands and here they hear the great tales that come back from the east (inaudible) died with the desire so where would we end up living? In some little mud-hut in India finding out how it is to be Indian and sometimes we end up living at the feet of a Master because we want it so badly and we don't want to leave the area. (Inaudible) and equally true many in the Indian body or the Chinese body wanted to break free from the occupation or control of their political life to be born (gap in tape) can find themselves totally displaced. Now you take your early plantation owners who were in control of many slaves, where do you think they're going to be born? (Inaudible) because they triggered that karma and they would be the one who would have to correct the karma (inaudible), you fulfill the things that you crave and God works it out by presenting you this situation. Audience: Is karma speeding up these days in some way, is that why there are so many people in the world population. Adano: (Inaudible) they're coming back quicker into the consciousness or the activity of the consciousness. You see by the very laws of physics you'll see why there aren't no more new Souls being made by God. Let's say take for instance one human being: one male, one female living in the world. Now by the act of sex if one drop of semen under a microscope will show you how many thousands of sperm is in it. Let's say God made a very first man and woman and within this man is the semen where all the sperms are in. Now, and here's the one woman with ovum. In one drop of semen there may be thousands of sperm moving around yet we know by the law of creation, one of those sperms is going to get to that little ovum first, the rest will not get there. So as long as they did not get there, they didn't have the opportunity to come into manifestation and every time a sperm makes contact with an ovum we have this Soul force coming into manifestation and so throughout time all these Souls had to come into manifestation at one time. Now your scripture says a very simple statement, "Come let us make Man in our own image, male and female create ye them," there's no mention of Adam and Eve in that statement. When God breathed into Man the breath of life and Man became a living Soul and Man was given the power to go out and replenish and multiply and have dominion over the universe and that was the first creation. Telling us in a strange way that this whole cosmos is already occupied by beings in different levels of awareness, in different levels of expression. Then the second creation we see the idea of Adam and Eve coming into manifestation, that's an entirely different things all together. Now we are caught up in the Adam and Eve movement (inaudible) trying to redeem ourselves out of this. 0:50 So where we are at this moment, we are like that prodigal son who went away from the father and got all the way down in the mud and was trying to get his way back. So there aren't any new Souls being manufactured by God or created by God, it's simple that they're all there already in this whole cosmos and where we find ourselves in the interplay of karma and the involvement with the density of matter, this is our particular pattern we have to work out. So if we find on the planet earth more people appearing to be crowding in on us, it's not really true because if all the sperm were to come into manifestation, the quantity that's in the human being if all of them came into manifestation, it would be fantastic. Let alone their offspring and the continuous amount that will continue from the laws of mathematics, it's an infinite number, you see. Audience: (Inaudible). Adano: Well take for instance where we came from today (inaudible) ...so lots of things are being speeded up for Man. Audience: (Inaudible then gap in tape then general conversation). Adano: ...I saw not his body but I saw the same bliss, the same inner light pass through the body in many shapes and forms, he appeared like a Tibetan, he appeared Jewish, and I can see myself looking at the spiritual energy looked back at each incarnation before him where saw the same pair of eyes, the same flowing back to me and I can feel the feelings of the different nationalities around the world. So really in this incarnation,

in this particular body, I'm confronting the same divine consciousness again passing through so I'm not saying that his body is the form so that consciousness is passing through that body right then. Now in Yogananda realizing this, this is what I come to realize why he did not want me to come to see his body because this would not connect the things for me you see and he knew this and this is what a Master would know the thing that would do that. Though Yogananda was in the body and I had wonderful inner experiences with him but it was for me through his physical vehicle to experience that relationship, I had to wait for it to occur through another vehicle. Now when he went out of the body, I was pretty torn up too because I felt I really missed out and I should have gone and pushed everything (inaudible) and finally made contact but I obeyed simply because I trusted what the consciousness was telling me to do. So when Anand Swami came along (inaudible) on his body was not the connecting link yet Anand Swami was the man who gave me this initiation into Swami-hood. (Inaudible) yet when Master Charan Singh walked in the room, people said they saw, I didn't see it, every time he looked at me there was a pink light going from him to my body. (Inaudible) I could see my incarnations and I could see what I confronted with in my previous life, (inaudible) looking at the Abbott who would give me the last instructions for that incarnation. (Inaudible). So I was living in consciousness in the experiences of previous lives, the last instructions to keep the consciousness going so in this incarnation, I was seeing the same thing now fulfilling itself. Now I've met other Masters, yet I didn't have that relationship with them so I knew this was not their role, you understand? And each one will have this experience to know which one is fulfilling the last little (inaudible). Audience: What is the method to deal with interior thought or fears. Adano: The mind is connected to the body via the breath in a strange way. (Inaudible). If you are in a state of anger, you would breathe a certain way. If you are in a state of fear you'll breathe a certain way. If you're tired you'll breath a certain way. So thoughts that come up in the mind are of two types: those that drain you and those that build you up which are positive. 1:00 Now if a thought is negative and persists then one of the ways is to counter it with the opposite thought and think of the opposite conditions. The second way is to try to analyze the negative thoughts, why it is there, try to understand what the negative thought really is. It would not exist in the mind unless it has something to teach us and maybe we don't understand deep down inside of us what that negative thought represents. So if we try to analyze it, observe it, it may even begin to show something about ourselves. Now if we don't want to be involved with it totally and we want to rise above it or transcend it then you observe yourself breathing. As you observe yourself breathing, the incoming breath makes a certain noise in your nostrils and the outgoing breath makes a certain noise in your nostrils. This noise or sound is the actual mantra of the breath passing through the nostrils and it sounds like "So Hong," these are the sounds it makes "So Hong," the incoming breath is "Hong," and the outgoing one is "So." "So Hong" means "I am He," "I am the breath," in Sanskrit it means that I am the breath, the breath and I are one so your sense of oneness is already identified with the breath. Now if you observe it coming in and you mentally repeat "Hong" and you wait until you feel the urge to breath it out, it will go by itself, don't force it, and then it flows out and you mentally repeat "So" or "Sau" and then it goes out and when it goes out, you wait until it wants to come back in and you mentally "Hong." This conscious observation shifts the wavelength of the brain from that beta level which that thought maybe persisting into the alpha level where you are free and you can clear and cancel it out. This simple technique was the technique that the Guru of Siddhartha, (inaudible), that is one of the Secret of the Golden Flower, that's the technique of that book. It's one of the oldest techniques in controlling restless mind, it was good in those days and it's still good today because we're still the same way, our breathing mechanism when the consciousness comes in and goes out. The only way you can know if it works, we can try it so let's try it. You hear it? Your mind is just relating to it in terms of sounds that's all, you don't have to literally try to fight it, just mentally say "Hong Sau," "Hang" is coming it, "Sau" is going out so in that way you can watch it coming in and going out and let your mind travel on that sound frequency. Now this this is the technique Gautama had, Siddhartha, (inaudible). Audience: (Inaudible). Adano: See pranayama, remember this in Sanskrit the word Prana is both transmitted as breath and life, this is the mistake most of the teachers are making, even the Hatha Yogis, they are making with the word Prana, breath and life, and Yama means control. So anytime you hear a person talk about something to do with the breath,

they call it Pranayama. I've heard Hindus literally make this statement who are very educated and totally ignorant of what they're saying in terms of it and they are so adamant, that say "that's breath control." Now breath control has nothing to do with life control, breath control is a deliberate attempt to hold your breath in for a certain amount of time by your own volition, to push it out at a certain amount of time for a certain amount of counts with your own volition and keep it out, and in breath control you have inhalation, pause, exhalation, pause. That means when you inhale you count it for a certain amount of time and you retain it for a certain amount of time. You exhale it for a certain amount of time and you hold it for a certain amount of time, that is breath control and that's a deliberate action on your part to hold and exclude oxygen from your mechanism and there are myriads of techniques in Hatha Yoga and (inaudible), up to the point that they could even be called things that they don't even really represent in the actual science. Now the same word means life control, now life control Pranayama has nothing to do with your consciousness trying to do anything for your breath. Your consciousness is merely an observer of the fact you are breathing, there's a vast difference between you trying to stop your breath coming in, hold it in when it's coming in, and push it out when it's going out and holding it out. By the very nature of yourself, you're going to breathe a certain way and you're only going to breathe a certain amount of birth to death you know and it's already numbered like the hairs of your head. Until it changes circuitry you're not going to grow an extra hair designed by that circuitry and equally true until you change the circuit for this body, you're not going to get an extra breath or hold back the next one, it's already set up within the genes from the time you came into existence how many breaths is this system gonna take, how many foods it's gonna eat, how many hours of sleep going to get, it's all programmed in already. Now you were there when this was being programmed, your spiritual force field was there, that's your spiritual nature is there (inaudible). So you may not be consciousness of it, you may not remember it but it was all there at the time when you came in (inaudible), the circuitry was designed to handle the unconsciousness. 1:10 So breath control has nothing to do with life control, life control is a conscious observation of the fact that you do breathe and not an unconscious experience. An unconscious experience happens to everybody (inaudible) that the breath is important in the unconscious way because it is responsible for the changes in your body every 24 hours, every 365 days, and every seven years there's a physiological change brought on in the body by the breath in an unconscious way and that is the life changes in the cell. In a conscious way there's a different thing going on so when you come down to observing your thoughts staying in your brain, and trying to correct them you have many techniques. One you can analyze it, explode it in your mind and see it for nothing. Two, you can try to drum it out by repeating some in the quantum prayer or mantra or multiple word or you can synchronize your consciousness with the incoming and outgoing breath which flushes it out. As a matter of fact, over the years it's easy to flush it out because it flows out really fast that way, it shifts your brain from the beta wave to the alpha wave. (Inaudible). So if you watch the breath and don't force your mind, you're just watching it coming in, watching is a very important thing because it teaches your patience, it teaches yourself observation, it teaches you discernment, it teaches you discrimination, this is an interesting part of watching this breath. At the same time it calms the body down, it cools it down and it clears the wavelength by watching and observing and that's the very first part of a meditation, self-observation, the very first true experience in meditation is observation, to observe yourself in this flow of vital life energy in you. Life is energy and consciousness is involved in observation so you are not breaking any rule or imposing any rules on your body, you're merely observing how this mechanism flows and you're synchronizing with the sound that it's making so it's very very scientific and very safe. In fact it will clear up a whole host of mental neurosis that other techniques can't do. Now you want to try it, am I a good salesman for it? (Laughter). Audience: Why is God verified so much with the breath? Adano: The words a very very synonymous in their writings. "God breathed into Man the breath of life," see these are three words, he didn't say "God breathed into Man breath," they said "God breathed into Man life," it's very important, it's very scientific. Breath of life, "the breath of life into Man," "God breathed the breath of life into Man and Man became a living Soul." Now you can't have life energy, that's why they use the word Pranayama, you see Prana is the very first word that has two meanings in Sanskrit, life and breath, it's translated both ways. The Pran is the

vital life principle found within the principle of breathing. Now one can say "What is it we breathe in that keeps us alive?" Oxygen, well oxygen don't keep a dead man alive and yet how would Jesus Christ bring back Lazarus to life, see? Yet oxygen is in the air and we need the oxygen to live right? There is something in the oxygen that we haven't really understood as yet but it requires breathing to utilize oxygen so the two are interrelated it's not the oxygen that's really keeping us alive. The vital current, that is the sub-atomic energy which is the life force, the vital principle, that is locked up in the atom itself in that oxygen atom that is giving us life. Now we take in oxygen which flushes this system from its toxins and we emit carbon dioxide. Now carbon dioxide is very detrimental to our system you see. Now, but the extra atoms of oxygen, not the extra oxygen that we take in when we breathe in because we don't use all the atoms of oxygen right away, some come in and some go in and actually flush the body out from its carbon dioxide state and there are a few that remain that nourish the centers, which are the endocrine system and the brain. This extra oxygen, this extra atoms that are locked up in the oxygen, they activate or rejuvenate the spinal centers when we are conscious because only the human brain can trigger it on a conscious level. Now in the unconscious level, those added oxygen atoms will require seven physical years to make changes in the cells so every seven years your body changes and after a while your body repeats the pattern every seven years in its makeup. Now in the awareness of the human being because breath, the art of breathing or the incoming pumping of the lungs is interrelated in the essence of the oxygen and the atoms in it, seems to infuse life then there's consciousness. Now the dead man don't breathe therefore the dead man is not conscious right? There's no breathing and he's not conscious but there is no light going in too at the same time, there are no atoms of the oxygen permeating his mechanism, yet when the Master Jesus went to activate this dead man, he's got to put some kind of a power there that has nothing to do with the oxygen, his own conscious force field, his own ability to synchronize with that atom. Now if a man is dead he may have some blood in the body (gap in tape). 1:20 We really don't live by breathing, highly evolved Yogis don't breathe, they proved breath is not the means by which we live in, we live by vital life power and this vital life power is passing through oxygen and is utilized in an unconscious way. When we are conscious then we don't have the need of breathing, we are drawing energy directly by photosynthesis, our body is nourished by this. "Man does not live by bread alone," Man does not live by indirect forms of energy alone which is like oxygen and food. "But by every word" that means the vibratory rate from the Creative Intelligence passing through his body which the medulla oblongata which is called the Mouth of God in Man, Man is really living from there. So if he is conscious and that is to say the brain has to focus now on what it's observing, the function of breathing is a secondary relationship and if he's conscious of this relationship, he can pry the tracks in the mind from being stuck in the rut of unnecessary thought patterns or unnecessary ideas that seems to persist and don't get out. Really the mind will not need to breathe if the body is not functioning but because the body functions by taking oxygen, this is an indirect way for the energy to come in. So let me say breathing and life seems to be related and they're involved with God, it's true, but it's always the word "breath of life" the breathing involves the atomic energy of the life principle that is passing through us. Now the breath carries oxygen of a specific quanta and the life is life-trons. Now oxygen is an atomic principle utilizing proton and electron but the mere oxygen is insufficient to keep it alive, it's the subatomic functions which are the life-trons, that's a different function of those very same electrons now working within us that sustains us and keeps us alive. We have electrons, life-trons, and we have thought-trons. Now we couldn't live if we didn't have electrons to work on this chemical body in the form of the oxygen and if the subatomic function of the atom never permeates us, we couldn't begin to live without the oxygen if we didn't have the life-trons. Now, but we are not sustained merely by the life-trons, we are sustained by the thought-trons which is the thought, the very ID (idea?), that's another subatomic energy that is holding us together. So Man is an ID (idea?) in God, you see we're still a thought of God and we come to the final realization that we are all thoughts, the final realization is that this consciousness or Divine Intelligence is projecting us out of Himself by thought and the very very finest particles of matter where it has the quality of (inaudible) of Creative Intelligence. So that thought power, which is a super subatomic field now, very very fine, is below even subatomic in which we have the life-trons and then

from the life-trons you have the coarse electron that is visible and can be observed. Now the coarse electron that is observed is an electron that is moving to group itself by magnetic action and is not motivated by its own self-propulsion because it doesn't have a desire nature locked up in it. Whereas in the subatomic energy where it comes into the life-tron, it is self-propelled by its own inherent nature therefore it seems to possess what is called desire because the brain can trigger it to bring (inaudible), the brain has an ability to fire it because the brain does generate desire and desire is sensory stimuli in terms of electromagnetic reactions. So the brain does trigger the sub-atomic forms of the oxygen and that is the life-tron and it will group itself and mold itself but in as much as it will do that, again we come to the thought-trons. The thought-tron is the actual force field that triggers the life-tron and thought-tron now seems to have a volition of its own, seems to have a will of its own, a pattern of its own. Aside from being capable of self-propulsion, it seems to follow a definite plan of its own and this plan is to maintain certain geometrical shapes and cause these geometrical shapes to group themselves continuously all the time. So the Saints say God has a plan, God has a purpose, everything is following His design plan simply because these super subatomic forms are adhering to some prearranged magnetic frequency and does not deviate from it. This is why all the Masters say that God's creation is perfect. God is already here as thought, as life, and as breath but when we look at Him as thought, as life, as breath, we have to look at Him on the three levels of the atomic function. The first level we're looking at Him as the thought-tron, this is a super minute form. The next level is life-tron which is a sub, and then you have to look at Him as electrons which is final creation, the mechanical movement of breath. See this mechanical movement of breath is some way to relate to Him mechanically yet between within mechanical breath of oxygen, He is the life, and within that life, He is the thought principle or the mold or the archetypal pattern. See that's the same thing Jung called Him, the archetypal pattern. So there is no real conflict but a thought of coordination between the term "breath" and term "life," they are not in conflict, they are in coordination. Audience: Is God oxygen then? Adano: Well what else do you think He would be, one aspect of His nature? Let me show you something. Remember they say God is Spirit, Spirit is energy. Now oxygen is what? A gas, right? And what you term a gas when you explode the atomic charge? Energy. So energy in a state of motion in three levels: that is purpose, preservative, and formative. Purpose would be thought, preservative or continuative would be life, and formative would be electron or shape, design, the oxygen molecule itself. Now anytime we refer to the mind in mystic writings, we always refer to it as water, they use the word wave, the waves of the mind. There is never any mention of it being symbolically used except in the waves of water. Now, water is a composite of hydrogen and oxygen. Now, if you freeze water, it's still composed of hydrogen and oxygen yet it's called ice. If you cook water it's still hydrogen and oxygen and you call it steam. And if you let it come back down by its own force field of gravity after it moves up into the air in the form of steam and vapor, it will come down back as rain, hydrogen and oxygen, it's water. Now from the day this whole universe was created, not one drop of water has been added, not one drop of water has been taken away, and therefore no more oxygen, no more hydrogen has been added to the universe, it is all there at the same time. Audience: So oxygen is like a secondary force of... Adano: It is a physical expression of the life energy which is a subatomic function of the atom, which is again this physical expression of the thought-trons, which is the God principle itself, the Creative Intelligence. This is a trinity universe based upon thought, life, form. The thought itself is the Creative Intelligence which is the thought-tron, the life itself is the process that infuses everything to give it a living quality, and the form is what we see as the end product. We don't go any further than the end product because as soon as we pop open the oxygen atom, that's it. Now the extra atom, only a human body is capable of transmuting it, there is no other body that can transmute it back from electron, to life-tron, to thought-tron simply because the Creative Intelligence chose this particular flesh form for this transmuting principle. You see of all the flesh forms there are only two types, animal and man. There is plant life, there is mineral life but none of those others two can do the transformation of electron to life-tron to thought-tron. Man is the only thing that can do that because Man is an expression of the Audible Life Current, the variable life current that is audible and it's passing through us and it interlocks with the formation of the oxygen and through the process of breathing, we trap the subatomic principles in it and absorb them and work

with them. Now do you understand anything about laughing gas? Laughing is an expression of mind right? Gas is a gas of some kind of substance that you have to inhale that will trigger the condition of an attitude of laughing. Now what is the chemical properties of laughing gas? It's nitrous oxide but you see you have an oxide, it's nitrogen and oxygen but it still has to use the oxygen base for it will go into this mechanism to trigger a change in awareness of the behavior pattern of that individual so we're dealing with a gas principle. Now we can't get all strung out and say God is somebody sitting on a throne. Now are you familiar with the properties of hyperventilation? Getting more oxygen but what are some of the symptoms of hyperventilation? Changing of the consciousness and there are certain levels of hyperventilation where patterns of thinking are altered, certain thought patterns are actually altered by hyperventilation that they don't...

### 1973 May - Marriage Retreat

Adano73\_05MarriageRetreatQ2NW4 - ...would never be there if it was not for grace. If you're married it's your total freedom, how could it be wrong when you're married? Remember your scripture gives you the legitimate right when you are married, there's no holes barred of what you do in the sex act when you're married, it is when you are not married and you're doing it against the will of your parents or against the violation of the truth. The truth is "When this man and woman has taken each other as one flesh." Audience: (Inaudible). Adano: You're simply living out your monastic incarnations and you're going to castrate yourself too because when you're in a monastery in a previous life or a nun or a monk you denied yourself and now when you come back in this incarnation in the married life, you're gonna take up those same thought patterns in the form of birth control pills right up the vasectomy. You're gonna do it to yourself because the thought is deeply impressed into the psyche, you cannot come out, you gotta live it out, mechanical too. That's to show you why the energy is how you act, how you think, see? Now here we say we are making it more freer for the human being, we're not making it freer for the human being, we're simply giving him the opportunity to fulfill his unfinished thought pattern on a mechanical level. Audience: Gandhi for instance decided to live the life of celibacy even though he was married and so he had other ideas when he did that. Adano: Gandhi followed brahmacharya. Now it's a big difference than when we say he followed celibacy. Celibacy is merely to say "I'm abstaining and having nothing to do with my wife," that is not brahmacharya. The word brahmacharya does not mean celibacy, neither does it mean abstinence, it means self-control. Now self-control the word "self" which is the basic life principle and the control of that life principle by a breath process so that the body is synchronized. Now the whole tantra yoga is based on this science of self-control. Audience: Are you speaking of coming together, using breath techniques to master the energy? Adano: No, I didn't say that. It is when you are married you have this right. Now I'm gonna tell you something about two people who I know personally. They were married by Yogananda when he was in the body. Before they met, these two individuals were very good friends and they met Yogananda and he said to them "Why don't you get married, you'll be going so long with each other?" They said "Master we we don't want to get married because we don't think we're ready." He says "When do you think you're going to be ready, when you learn how to mess up your life? You think that's freedom?" So they decided to get married. On the night of the wedding as soon as they came into the room, lie on the bed, they saw a light coming in the room and it started to rise from both of their feet and it goes right up to the sex organ and rising to their head and when this began to happen, their whole body went through all the feelings of perfect union and sex, they never touched each other. this went on for us almost two or three years, they spoke to the Master about it. The Master said "This is the way Man was supposed to live in the Garden of Eden" and he ended the conversation then. The husband and wife are very happy in that ecstatic transference of consciousness by touching all the inner movements but were never having the actual act of sex until one day one of them said "Let us find out for sure." All right, when they did have the physical act what happened is simply this, the next night the light came up and stopped right below the sex organ and I never went any further and they felt very depleted. They could not get this energy to come up, they were tired but they released themselves through the normal channel. Then they went back to see Yogananda and when they went back to Yogananda he said "You will now have to learn

how to rebuild your spiritual life by the sweat of your brow." He says "Because you found out that you did not use it for the manifestation of a child." When they had this experience to show them that this power does exist and that they could use this power for the bearing of children or could transform their body, they did not understand. And when they did use the actual act, then it depleted the energy. Well it took them seven years of meditation and diet and building their bodies up that the light started to come up again past the sexual organs right up to the head and they began to have experiences in Samadhi, which is the Kundalini energy going up and then they asked Master to work out a date for them to have a child and the Master worked out a date on two occasions. He said "You'll have two children, one boy, one girl." They've got two children, a boy and a girl. He says "From now on this force field is your enjoyment as long as you're married, don't waste it, know how to control it" and then they were able to have the normal act of sex along with that light going up but after they had their two children. Now I met those two people and they will tell you, if ever the Garden of Eden story is real, their life is an example of what it really is all about. Audience: Could they have children without the bodily sex acts? Adano: Yes, that's why the light was rising up, that's where immaculate conception comes in. The light was rising up in their bodies and they would have had the immaculate conception but they failed in it so they had to have two children by the normal conception method. Audience: Is it possible with the correct using of the energies to have contraception? In other words, why didn't they have any more children? Adano: The Master told them that they'll have two children. The energy is designed to bring forth children, your own personal use and pleasure again is within the married act. To use it outside of the married act and not for children, this is wasting it. Audience: But it's not wrong within the marriage act? Adano: It's not wrong within the marriage act because this is given and accepted by all the Masters, it's accepted. You see Jesus would never make this statement, or any great teacher would never make the statement of acceptance, that when these two people have become one flesh, when they cut themselves off from their parents and become one flesh, they are themselves totally responsible and what they do is always done in moderation, not their abuse. Audience: They can expect no karma whatsoever if it's done and not abused? Adano: Well first ask yourself who made marriage? Did Man make marriage or God made marriage? You're asking of karma you've got to realize who the onus will fall on, who does the onus fall on? Does the onus fall on Man or it falls on God? Remember it is when the Lord God and he didn't say "God made Man" he said "The Lord God made Man," that is a big difference of who we're talking about, the Lord God made Man and saw that it was not right for him to be alone so He decided to make a help-mate that indicated right away marriage was already perceived by the Lord God. So the Lord God realized that birds have their mate, animals have their mate, so Man would have a mate. So marriage was already a part of the process, it's an accepted process. 0:10 Now why is God called the bridegroom, where do you use the word bridegroom in the first place? Only at a marriage. Audience: What about nuns, don't they marry Christ? Adano: So that's a spiritual marriage but in the nuns, it would be a genuine thing if they knew the actual science of transmuting the energy. They don't know the actual science of transmuting, that is why there are so many diseases among them, they are simply abstaining and they are imposing the discipline upon themselves strictly from the churchianistic standpoint and not from the scientific standpoint. Audience: So a married couple might decide to impose a discipline upon themselves for spiritual growth but they would have to do it according to a spiritual method of breath control that you were speaking of. Otherwise they could simply cause frustration and diseases and mental conditions? Adano: Yeah in their own body. You see Freud was searching for a technique to correct the malfunctioning of the sex act and the various diseases that occur by psychosomatic conditions in the sex act but he never studied yoga, he merely studied hypnosis and did not discover any technique for the correction. So when he wrote his writings on this sublimation of sex force, he never did complete it, he merely said this is not a force that should be wasted but he didn't know how to use it or to sublimate it. It was Jung who studied yoga then realized that the archetypal patterns that we build up in our minds are triggering this force and unless we can correct these archetypal patterns in our mind, we don't have a sublimation technique. So the sublimation technique is interdependent on the archetypal patterns with the breeding, that's why he spent a great deal of time studying Hatha Yoga, Carl Jung. Carl Jung I would say is the only man who

bridged but at the same time while he was writing, Ouspensky who was a student of Gurdjieff had already written man's possible evolution via the sexual energy. See so both men were on the right track, they were taking their information from the yoga studies. See when you go back into the yoga studies, you see that this is an actual science they're doing of sublimating the energy by control, brahmacharya, not abstinence but by self-control. The energy is actually transmuted because spiritual children are truly the type of children the parent wants to bring down and they don't want to bring down children in which the feedback of the parents or their problems are imposed on the child, you see. Supposing now the parent when the mother is pregnant and all of a sudden the father and the mother has an argument at let's say at two months the woman is pregnant and the argument is violent and the mother suppresses that and then all through the nine months she has different interactions, environmental changes, they're forced to move because of the different job changes, many different things that impose pressure within that nine months. When you have the child and it's born, you see all these symptoms appearing in that child's makeup simply because he's acting out these suppressed feelings. Audience: What about the child whose parents fought constantly? (Laughter). Adano: When the mother don't like the child, the child don't like the mother and they have this alienation going on and even when they grow right up to the mature age, they still have this alienation and even when they say "I don't care for my mother or my father," there is that alienation. Even if they want to forgive, they can't forgive because of this energy is pulling back. Audience: They cannot forgive? Adano: I'll show you why they can't forgive. They can forgive psychologically but they can't forget biologically because all right let's say somebody does you a wrong, mentally you forgive them, that's psychological right? When they walk in the room, something curls up in your stomach right? That's biological not forgetfulness. You forgive them and they walk in the room tomorrow, you should really walk over and grab ahold of them and hug them and feel no animosity but the moment you got some physical interaction, your cells are not forgetting though your mind is forgiving. Audience: You're describing my family. Audience: Through meditation can't you um overcome that? Adano: It takes a very long time by meditation to overcome it, that doesn't say meditation cannot, it does but it takes a while for meditation to overcome that because you have to study the various thought patterns that goes on in yourself biologically to break it.

Audience: And the greatest thing is to feel love for the person. Audience: Adano, can I ask your about marriage? In the Aquarian Gospel of Christ it said that the marriage consummated by God is right. A priest can consummate a marriage that isn't legal in God's sight, how do we know this? Being Catholic I could never marry again and you could talk to any priest until you're blue in the face but they'd never give you communion again. Now how do you find out which marriage, when you've been married four five and six times for instance like I've been married twice, if I ever want to get married again, how would I know which marriage was the one intended by God. Adano: You're talking of a genetic principle now where you come to the marriage and you're talking of the offspring imprint in the genes. My wife will tell you there's a study that goes on, what's that science about love about animals and the first imprint? Monogamy. If you breed a pedigree horse to a cheap looking cow (Audience laughing). You take a good quality object and connect it for the very first time to another creature of the same species but it is not of a good caliber, that imprint is left there. And if you if you breed the best creature after, it will never carry through proper lines because the the genetic conditions are changed now, that's what they're talking about. The imprint is left you see and this is what they're trying to... but the churches have always tried to bar the idea of divorce and the action of the child being married should be a virgin. This has been over the centuries, Man has always wanted this process of carrying on lineage, the imprint is left from the very first marriage see and there's always those traits carried over. Now this is what we call feedback, you understand, that's why we're saying that when the church took the idea they were looking at something from a genetic condition so they were against it but you see again in the church instead of coming out in those days and talking the information on the plain medical facts of what is going on, they hid it in a great deal of mystery and today now they are caught up in the feedback of that because society has changed so drastically from the understanding of themselves, they're caught up. Audience: (Inaudible) 0:22 Audience: (Inaudible), what chakras? Adano: He's the throat, sound, that's why you give off sound from your throat. He will be teaching you the Sound

Current, the system of the Sound Current, he makes you conscious of sound. Audience: Before we leave that I just want to ask you about (inaudible), what is the effects of that? Adano: It's mechanical castration or carry over from the monastic life of imposing it upon yourself, you're just carrying it into a mechanical level. Remember desire is the root cause of suffering and the root cause of karma. Now remember when you go back to your book of Genesis what did the Lord God call woman after after the act was supposed to have caused man to fall, He says "Woman, thy name is desire." but it's not woman, the female aspect of Man, "wo" the word that "wo" there is the "wo-man," it's referring to the womb-man. Man from the womb level, it's triggered out from desire, the triggering of the womb-man is caused by desire. There are three types of Man: Atman, Manas, and Hu-man. Now we are in the Hu-man level which is a womb-man, we were at one time Manas, pure consciousness in being, we came down into hu-man. Now we have to work our way back to Manas, God, "Man should be as perfect as his Father which is in heaven" and the Father in heaven is Atman, he is beside man, He's always outside of His creation, He's not in his creation all the time only but He's in and out of His creation. So "Man as" God is where we came from, Man as animal man is hu-man which we are right now from the dust of the earth. We were considered to be processed out from it so we go back into that process. You see Latin don't have a root for the the metaphysical delination of Man, they use the word Homo you see and Man is English already using the word M-A-N now and to put a prefix of "Hu" which means animal in Sanskrit coming from Hanuman the monkey Man, that's where we get the concept that Man evolved from monkeys. See our relationship has to do with Hanuman the monkey Man, "Hu" hu-man. Now Manas "Man as" Man should be as his Father, perfect, that is the level we should come go back to, we came from that level, that's the perfect level for when Man was created before he dropped down into hu-man or monkey-man. Now to go past the level Man as his Father would be Atman, the pure Father state, that's what you call the ascended state. So if we are living in this body which is hu-man, subject to all the animal tendencies of living in it and trying to raise ourselves up perfect as our Father, which is Manas, then we are resurrecting ourselves, "To him that overcometh, I will not send forth a second time" that means he doesn't have to go down in hu-man level but he remain in Manas level, Manas level is the resurrected level but that's not the end of his journey, his journey is ascension, Atman level, he's still got to go back to God realization. Manas level is self-realization, he has to leave ego level of hu-man and go to Manas level as self-realized and when he achieves that then he has to move up to Atman level which is God realized, All this in human form. "If the Son of Man be lifted up, draw all men unto Me," but Son of Man. Remember the Son of God is Man, God is Atman, and the Son of God is Man and the Son of Man is Hu-man, we are hu-man we are the Son of Man. That means at one time we were Man, perfect, when we got caught up in the idea of creating, coming back to the sex act, creating. Now they said the Sons of God or the Sons of Light saw the Daughters of Man were fear and took unto themselves wives, that's a very peculiar statement in scripture. See if the Sons of God would be Man, pure Man, Man as God because God is Atman and the Son of Man would be Hu-man and the Daughters of Hu-man were fear so that means they interpose their vibrancy into hu-man to become involved with hu-man and as they involved themselves, they had to come back down. Now it says and "God came unto His own," who were his own? Man and "His own received Him not," those were the ones who could not comprehend why this energy has to come back down but "As many as received Him," that as many who are caught up now in the hu-man level, those were the ones who were going back. So we see this is the actual process the Creator uses, His own law, coming down from the Atman level, down into the hu-man level, and working through back, He must come down. Now the prodigal son is the same story, the prodigal son came down with his lineage, He's Man coming down with his lineage from the Father, which is Atman and going out and squandering, that means using up the vital energy or projecting it, here we go back to the sex act being abused now, squandering it out, and found himself living off the husks of animals. So he's caught up in the hu-man level, he can't go any further than hu-man, so he lives like a hu-man which is worse than the animal because Man in this hu-man form has done more terrible things than the animal has done. Which animal thinks of a slapping his fellow Man in an atom bomb? Audience: But I've always wondered whether we should feel guilty about that or whether we should see it as an adventure? Adano: An

adventure into killing? Audience: (Inaudible). Adano: That is good philosophy. We love to kid ourselves that we are co-creators. When the wave enters into the ocean, what does it become? So where are we? Audience: Co-creator with the ocean. Adano: Not possible, the wave has gone back into the ocean, only when there's a big wind you got waves. Audience: I mean when we get back to God, we'll lose our individuality completely. Adano: No you don't lose your individuality, you gain your individuality. Audience: Alright then what is our relationship with God? Adano: Total oneness. One equal to one is equal to what? Individual is one, right? And if you become one, you gain your individuality, you don't lose your individuality.

### 1973 September 1 - Simran Nutrition Chants Meditation

Adano73\_09\_01SimranNutritionChantsMeditationQ2 - Mind wandering is one of the basis of ineffective meditation. When the mind keeps wandering it wants to go back outside, it can't stay inside. The only way you can keep this mind steady and go back inside and keep it centered is doing that Simran, repeating that Holy Name, hallowing it, hallowing the name of the Lord all the time. You get the mind centered, there is no other way, no other technique works sufficiently enough to keep the mind centered. Now we can talk of it, hear about it, try a little bit everyday, you know normal routine of living but until we get into a session like a retreat where it is hammered in every second, how much you can really get this mind to center itself, you cannot break that pattern. It will stay for you for years of mental drifting, it will always be there until you hammer at it. It is like trying to dig a hole through a rock wall with a nail but this is exactly what is happening, your mind is in levels, it offers tremendous resistance to any attempt to harness it or direct it. The five forces of earth, air, water, fire, and ether, these forces keep tugging at you because they constitute you, your whole makeup is a result of these five forces. Outside of the skin these five forces are in constant conflict with each other. On the other wall of the skin inside of you, they are forced to work in unison by the Creative Life Principle, that life principle is the Audible Life Current that passes through you that you hear. It's an ultrasonic frequency, it's the sound current that is passing through you that holds these five forces like a rein on five horses and the will as your self-being. The center of this audible current is the rider, that's your conscience not your consciousness, you can't use consciousness to harness this power, you have to use your conscience to harness the power. So when you are meditating, you are taking your conscience into control to harness and hold the consciousness that is pulling, that was under the sway of these five forces. You are a result of these five forces, you are the Audible Life Energy, every form of label is only a mental relationship, it's not the real you. You call yourself Man, you call yourself yellow or brown or black, you give yourself all kind of names and these are labeling that vital energy which is you but you can't harness this energy until you can synchronize by pulling that conscience and by hammering at it with that sound. Therefore when you repeat the name or hallow the name of the Lord, you are pulling it together because it's God itself, sound waves itself is the key to harnessing Audible Life Energy, it takes sound to harness it. God is not light, God is sound, His light is a result of His conscience focusing out. "Let there be light," this is a result of His own conscience projecting it out, He is the audible sound and you have to hear it, you have to feel it, you have to become identified with it. The Holy Names don't have any power by themselves, you can use any word as Krishnamurti says "coca-cola, coca-cola, mercedes benz, mercedes benz," or any kind of a word you can repeat but they themselves don't have power. They gain their power from the very first individual who incorporates his being into that word, who makes that whole force feel his life principle that when it breaks open and he becomes fully realized by repeating that sound, that word, then he in turn can impart that energy into another being and the next being now repeats those same words on that power, on that force field, on that jet stream of the very first individual who had broken the track, who has broken that current down to an actual principle then the next person can pass it on. So when it comes down to us at the level where we are, you have a whole length of people way ahead of you who have taken their life and synchronized it by the repetition of those words to the point that their life is surrendered into the stream of energy and are acting as one. So when you are meditating now, you are pulling this whole stream in. It's like a tunnel and you're drawn into it and it starts pulling so you have all that ahead of you working for you. The

words themselves have no power, the life that gave itself, that human being whose life was given to initiate the very first movement and surrender it and broke the current and became one with the current can then impart it to the next being and by virtue of that, these words now gain power. Yogananda calls that spiritualizing it, the ancient Saints all call it hallowing it, that's hallowing the Name of the Lord, taking that sound and incorporating it into your being so that the audible current now becomes you. There is no other technique, none of the Saints gave any other technique but hallowing the Name of the Lord, they all point down to this as the most effective way of breaking this ego, breaking this prideful nature of earth, water, fire, air, ether into an effective alliance with the life current, there is no other method. So when we start off to meditate some schools will give you Japa which means repetition of a mantra, Simran means the same thing, repetition, hallowing the Name of the Lord means the same thing, prayer unceasingly means the same thing, in the final summation it means get down and do it. You got to do it, you got to break this ego pattern by use of these words in your consciousness over and over until it becomes a working movement in the bloodstream. Life is in your bloodstream and when your conscience you can take these words and synchronize night and day to the point that it seems to go on automatically without effort, inwardly without even moving the tongue, then you are going to get the result of breaking those patterns and seeing the radiant form of the Lord. The radiant form the Lord is there but He is not going to show Himself until you prove to yourself or prove to Him by virtue of your effort that you are ready to surrender every form of attachment from the outside world for this particular alignment. It's a very tough road but it's the only natural road there is there is, there no way to get inside not even by drugs, you can't get into that Audible Current. So when the Saints say you have to hallow the Name of the Lord they are talking to us of the only natural method that has been built into the system by the Creative Impulse. We are that primal current, each one of us but we don't know that and until we do the Holy Name, until we hallow it, we cannot gain self-realization and when we synchronize with that then it's possible to gain God realization. You first have to gain self-realization before you can gain God realization and self-realization comes from the constant hammering at these names in your consciousness with that Current, to breakthrough and becomes aligned with it then from that springboard, you move into God realization, the radiant form, the God-self becomes visible within. So anyone tells you you're gonna get God realization in one lifetime, they're not asking for an easy thing, they're telling you something very difficult but the Saint says it can be done, they have done it and therefore we can do it. Birth is a gift, it is something that has been given to us to have a human form, it ties the Soul to the human body by the mind at the eye level and you have to start there to become synchronized. As long as you live, you have to eat, therefore nutrition is the basis of spirituality from the physical level, the mental level, the emotional level into the spiritual level, it will pursue you all the weight. The degree of a spiritual person's growth is determined upon the amount of food, the type of food he consumes, what level he can ascend to is also determined by that food. In the food we have the five elements: earth, water, fire, air, ether, those who live on the earthy element you'll notice their food that they eat always keep them earthbound in the lower regions of their body. Those who eat of the watery nature also stay in the procreative nature of their body. Those who eat of the fiery foods stay in the intestinal areas of their body. Those who eat of the airy foods will stay in the chest of the body and those who eat of the etheric foods will stay in the brain of the body. Every type of food is set up for spiritual growth and nature designed us as a spiritual being. 0:10 Therefore the highest food that Man can in a physical sense consume is fruit. It starts high in the trees, it grows on the vine, and it goes to the ground but nevertheless it carries an alkaline base with it all the time. Alkalinity in the body is important to keep the balance, we have 80% alkalinity in the body and 20% acid and when the balance is toppled or out of control and there's too much acidity, we have disease. It's very difficult to be over alkaline, it's very easy to become over acid. In the early stages of alkaline nutrition, when the body is toxic it will flush the body too fast and you may appear to have a little blotches on your skin and you may become afraid but don't let that bother you, this is nature's own way of throwing the toxins out of you so that you can get back in balance. In the meantime you become irritable, you get fidgety, the slightest reaction would cause you to be aggravated simply because the toxins are pulling themselves out on the outer surface. You have to be consistent and go in and flush and get that body to clean itself

up and the more you clean it out and you get back to the raw food, the more the body will become alkaline but this is not an overnight thing, this is a way of life. The spiritual life is not something we just jump in and change over, Saints don't become Saints by overnight method, it's a process in their whole life, they make a whole life process of gradual elimination of certain types of food through the intake and they're gradually cleaning up their bodies and they're centering their mind on that hallowing of the Name of the Lord. Now we can't hollow the name in a mechanical way and expect results, we have to do it with love. All the Saints tell us we must love, love is the basis of action, outward or inward, otherwise if there is no love, it's all ego, it's mechanical and if it's ego and mechanical there is no growth, it gets back to exactly where you are when you began, you're not progressing, you're simply expending energy without result. Repeating the Holy Name is a very very important process because you are using the etheric energy in the brain from one of the five rivers that flow out from Divine Life. Your scriptures say there are five rivers flowing in paradise meaning beyond the desired level, these five rivers are ether, air, fire, water, earth and the main one is ether, the first river of life flowing down. That is drawing beyond the desired level and when you repeat the Name you are going beyond desire. That is the only way you can go beyond desire, there is no other way that the mind of Man working through the brain which will be capable of going beyond desire unless he takes some word which he uses as language to communicate with others or with himself and by virtue of these sounds that he uses, he will tend to set a pattern of inward communication to break the desire pattern in himself. That's why the Holy Name when it's repeated and hallowed inside can break these desire patterns, it can break the drifting of the mind, it holds the mind in harness for the first time and prevents it from drifting. It's a simple technique but it's the most difficult technique the Saints have ever given us. Anything of value worth having requires a great deal of devotion and effort and don't be fooled by its simplicity because the mind itself will start drifting away and telling itself "I'm not getting results after 50, 20, or 30 minutes or 40 minutes" and you may pat yourself in the shoulder pretty good and say "Boy I've done 40 minutes, my mind ain't drifting," you haven't done much. The real test is to go through the process more and more to see how this mind is playing games, how this mind is dragging you into under currents of your nature and until you get down into your own basic nature and pull it back to realize the importance of hallowing the name, you're not cracking through that ego nature, the ego is still going to raise its head. The ego is like a divine octopus, every time you cut off one tentacle, 10 grow back in its place, it's an amazing creature this ego. There is no way to break it, you ever seen an octopus? It has one big eye in the center that it sees through that one eye, it doesn't know anything else but I, I, I, I, Me, I and everything but to really get at him and get past those tentacles and really perforate him, it's to bear down on that eye and to bear down on the I inside of you it takes the word. "I" is a word too, "I" is a behavior pattern of a word and it takes another word to knock out a word of its importance within the structure of the life current. So you have to have some other word that means something more important than "I" to knock out the self-importance of that "I" so that the two will now become synchronized and act as one. So when you hallow the name of the Lord which is more important than the word "I," it will start to diminish the control of the "I-ness," of the limited self and allow you now to have control. Therefore when you meditate, you must keep hammering away at that particular pull of the desire, you must get down to that consciousness. Meditation is not to inflate the consciousness, meditation is to center on your conscience, your real being, there's a vast difference between your consciousness and your conscience. The consciousness plays games but your conscience knows and reacts and responds and until these two are lined up, you will have a constant conflict going on inside. Nutrition is very important. There are three actions in nutrition: one, it tends to discharge the body. Two, it tends to generate or charge up the body and three, it recharges the body. They are known in the oriental language as Tamasic, Rajasic, and Sattvic. A Sattvic food is a regenerative food, it's raw and pure in its natural state and the highest quality possible is the fruit bordering on light and water. The Tamasic are the old stale cooked foods that tend to decompose and all the vitality is already gone out of it, it's been there too long. It produces a state of inertia, a state of laziness, a state of tiredness in the body, a lack of energy, it's very devitalizing, stale foods. Ninety percent of the foods that we have in the supermarket are cooked and stored and canned therefore you can call them all Tamasic foods. Rajasic

foods are charging foods that's why you call the food that is cooked and canned out discharging, they discharge the cells, they discharge the body. The one that is charging is just taken from the vine and cooked, that's Rajasic, it's spiced up, it will charge the body but it will not regenerate the body 100% because it does constitute or contribute to disease. Cooked foods, stale foods are all contributing foods towards disease. The dead cells, the dying cells, the sick cells feed upon dead food, they feed upon cooked food, living cells feed on living food and living food is raw food. Now when the cells are sick or clogged up, they have to be flushed out therefore cooked food is not an asset, dead food is not an asset, only raw food as possible as you can get it and close to the liquid form flushing the body to clean it up. Therefore you're pulling now on energy from a higher level into the body but don't go and try a raw food diet and say you're gonna become spiritual overnight, it doesn't work that way. That is the road towards spirituality, that is the road to health but the road is paved with good intentions. You have to slowly work at it, you got to make changes inside, you have to realize and understand what you're doing to bring these changes inside and as you bring these changes about, the health becomes obvious to you. 0:20 Along with nutrition you must have mechanical movement, corrective postures, certain postures are contributive to disease and certain postures are only used to meditate. Wrong posture in meditation sends the consciousness back down into the subconscious realm, the right posture will keep the consciousness up at the eye level so again it's not just mere nutrition but posture and the correct posture tends to open the consciousness. It also prevents the gases from accumulating in various pockets in the body that tends to produce the laziness, that tends to produce the tiredness, the gas itself that's in you coming from the air currents and from the fire currents, working upon the water current and the earth current in you, blocks up the etheric level of the brain and therefore the aura becomes clogged up and it can't move then you say "Well I'm eating good food and I'm feeling more tired every day, why? And I'm not getting good results in meditation, what's wrong?" Posture has a lot to do, the person may have a tendency to want to sleep in meditation, he may want to lie down in meditation because he feels that's more conducive. That posture is incorrect, it tends to bring on the lower levels of the consciousness, it pulls down the consciousness from the eye level and the very first indication is boredom, lack of interest, a disassociation from the environment, these are all symptoms of the incorrect posture in meditation. They start to increase after a while, the body starts to feel tired, it don't seem to have the pep to the daily routine simply because the gases are accumulating now in areas where they did not accumulate before and you say to yourself "Well before I got into meditation, I can do this and I can do that and now here I'm in meditation and I'm supposed to get progress, I'm eating right and I'm not making progress, what's happening to me?" Posture brought on a different release of the gases into different areas and they start accumulating and therefore you're not making a change. The third condition in the meditative life along with eating and posture is the stiffness and the soreness that comes from long hours of meditation. Here you need massage, here you need pressure on those areas that tend to clog itself up as the poisons accumulate in their movement, as the gases accumulate in the different pockets and they have to move on because they're not accustomed to be in that one posture all the time, it's not normal for it at the moment it was constructed. It's not normal for a person to sit down constantly and meditate in this environment because he is not growing up with that, he's grown up to be active, running around so to sit down in one position and then find cramps, this is coming on now by the accumulation of the gases in certain areas. Now through massage or pressure along various points in the body, we start shifting the gas, we start moving it and by moving it now, it starts flushing. The human being now is starting to regenerate the body, vitality is returning and disease is diminishing itself. Disease is the result of breaking the natural law of karma which designed this body and until we get back to the natural behavior and the natural application of the law, we will have the disease with us. Now we can meditate and we can feel pretty high, we can be pretty relaxed but as soon as we drop down from that level, we got the aches and pains of the disease and then we say "How is that, I've been doing so good and all of a sudden I dropped down from that level and I got these aches and pains," the body seems to retain fluids, the body seems to be getting sluggish. That is because the sudden drastic change from one pattern of living to another pattern of living has come on too soon, you're making too fast a change, and the process has to be gradual, you have to be capable

of recognizing the gradual change, you got to be able to work with the gradual change and it's not an overnight result and you can't think of the end result, "how long I will get there and what I'll do when I get there," that has nothing to do with the spiritual life. The spiritual life is cleanliness of purification of the physical frame that has been clogged up by wrong thought patterns, wrong nutritional patterns, wrong postural patterns, and wrong contact patterns, these movements all tend to block the energy. (Gap in tape) ...isblocked by these various patterns and we have to correct them by going back inside and pulling the five senses in and looking in and settling down. Sight, smell, taste, hear, touch, these five avenues have to be centered back and we center it at the eye level, that's the connecting point where the Soul as the Audible Life Principle connects with the physical body by the mind and the breath comes in through the nostril and ties it. It ties the Soul to the frame by the breath and works with the mind. The mind is a slave to the Soul, what we in the long series of wrong thought patterns have made the Soul a slave to the mind. Now is up to us to reverse this pattern of making their mind a servant to the Soul. We don't have a Soul, we are Soul and until we can synchronize our consciousness with this Audible Current, this Life Principle that is coming in, we can't break that pattern of making the Soul a slave to the mind and repetition or hollowing of the Holy Name is the most natural way of breaking that chain. So let's go back again and before we go into hallowing the Name again, is there any questions you want to ask? Audience: (Inaudible). Adano: Eating, posture, physical contacts with the body, the exercise and thought patterns. Your thought patterns are things that interfere, they are the contacts that interfere. Audience: (Inaudible). Adano: How you relate to your physical body to other people. We communicate with our bodies and if you are angry, you have a certain physical gesture that you will make and the body will set in these patterns of gestures and therefore that would be an incorrect pattern for the body. If you're happy the body will go through a particular gesture and that pattern would be beneficial to the body. So by virtue of your own mental state, you begin to set up wrong body contacts, wrong body associations, therefore that body association will begin to trigger off after a while when you get aggravated. You will see it in children, if they are angry you see they begin to make a certain physical movement and you don't have to wait too long to observe that movement, you see it is starting to follow a pattern and before you know it, they begin to express it. So you can always say "I know what's coming when I see my child do this." Anytime you say something and they start even like that, a wrong body pattern is begun and from that on a chain of movements in the body will continue. We do it when we're adults but we don't notice it and it takes another adult to observe it to see these wrong body patterns. It's communicating, it's called body language. Every thought triggers into the body a gesture and that's a body pattern, that's a contact pattern with your body. Audience: Can you define consciousness and conscience? Adano: They are two different things, consciousness is your awareness through your five senses to relate to the environment which you live in. Conscience is the Beingness of your nature in which you have to live all the time with. Now you can have mental tug-of-war in making decisions with your mind but if you're going to make a final decision to act it, it's your conscience that will make that decision and not your consciousness. If you have to make a choice by your consciousness, you will start to debate with yourself, should I or should I not, that dualistic condition exists in your consciousness and by virtue of past experience, your conscience will make the final decision for you to act and whenever you act it out, whatever happens from that action that is what you got to live with, that's the sum total of you, not your consciousness but your conscience because you will have to carry the memory of it and there is where you made a decision from, it's made from the decision of a memory pattern, you see? Your conscience is your memory patterns locked up already and because you never hear the word guilty consciousness, guilty conscience, you're suffering with a guilty what? Conscience, not a consciousness. You see the consciousness could never be guilty, consciousness is a dualistic movement in us allowing us to make a choice but whenever we make the choice, in the final action of allowing the body to experience, this is determined by conscience. 0:30 Your conscience made you do it now, "this goes against my conscience," it does not go against my consciousness because you have to act it and when you act it, you are releasing the energy which comes from the conscience because the conscience is the harness, it's the operator of the audible life energy in you, not the consciousness. The consciousness is merely the carriage but the actual

leverage, the actual power that is pulling, the actual controlling principle in you that is really you, is conscience. So when we say we are trying to contact God or realize God in ourselves, we're actually trying to live with our conscience, we're not living with our consciousness you see. Consciousness is the field, it's the ground in which all things take place but when the action occurs, it's in your conscience that you have to live with. So conscience is Beingness and consciousness is awareness, it's a vast difference between the two. Now consciousness is a stepping stone to Beingness, you need consciousness to recognize your Beingness but any decision to act and release life into motion through this mechanism, that is determined by conscience. Audience: (Inaudible). Adano: During meditation you are supposed to hallow the Name, are you hallowing the name during meditation? That's what we're supposed to be doing, that's what is called Simran or hallowing the Name. When you sit down to meditate you're supposed to repeat the Holy Name over and over and over, that's what we're doing now. Nothing else short of that should be in the mind otherwise the mind is playing games and the ego is taking over. Audience: (Inaudible). Adano: When I meditate I repeat the Holy Name so by virtue of repetition of the Holy Name and you repeating it, this is what Jesus said "When two or three are gathered in My name, there am I in the midst," the radiant form is possible to be seen. You can't see the radiant form until you start hallowing the Name, the Name of this Audible Principle, you got to have this thing going in your mind. So if I sit down, I in myself got to repeat it and this makes possible for me to see the radiant form. If three or four are gathered or half a dozen or a dozen, we have to generate this Name, we have to generate this frequency in order to see the Radiant Form. So it's not me alone, it's the God-self that is doing all the work, "I of myself can do nothing." There is no possibility that this physical frame can do anything and don't let us kid ourselves that is doing anything, it's not doing a single thing. All life is predetermined, all life is a gift, our so-called free choice is very minute, so limited a choice versus what these five forces are doing in the universe of water, fire, earth, air, and ether. These five forces are held together by the Audible Current which dominates the whole life, it dominates the whole universe. When we put ourselves in the way by our personality, we block the experience and we got to get that out, we got to get this particular personality out of the way. So to get it out of the way we got to repeat, we got to practice Simran, we got to hallow the Name of the Lord, this brings us into humility. The purpose we are existing is only one, there's only one reason why we exist, we don't have three four reasons for existing, the one reason we're existing is to learn humility, there is no other reason for us to exist here in this creation. The Soul was designed to learn humility, everything else was placed here by the Creator to test that humility and we are caught up in it and we are helped along when we don't put ourselves in the way so the simplicity of the method imposed upon us by the Saints is to help us to practice humility. That's why they gave us a simple technique, hallow the name the Lord, it will produce humility in you. Audience: (Inaudible). Adano: Weren't you initiated? It has nothing to do with the meaning, it has to do with the action of doing the thing: coca-cola coca-cola coca-cola, mercedes benz mercedes benz, go home go home, come home come home, anything you say would not make any difference, it is the repetition that makes the thing work. Audience: I was afraid that it became mechanical (inaudible) so I changed to some other God name, is that wrong, should I have picked one name? Adano: The one name is what the thing is all about, it's the repetition. Let me point out something, here is a bucket of cream and you want to make butter out of cream. I give you a choice of five ladles or spoons or paddles: one paddle made out of gold, one paddle (gap in tape), pick any one. Now let's say you pick the golden one, the one made of gold, you got to churn that cream otherwise it's not going to turn into butter but you know what churning represents? It represents work, turning over and over and over. The gold spoon and the wooden spoon makes no difference when it comes down to the actual working with your hand. If another person takes a wooden spoon and you took the gold one and I say to you now "by virtue of turning that cream, you will get butter," do you think that the wooden spoon will make less butter than the gold spoon? They can't make less butter because it will require 330,000 revolutions to make the butter that means both of you got to turn that cream 330,000 times with a gold spoon or a wooden spoon and I don't care what kind of spoon you use, you still got to turn that cream 330,000 times. Now if you hook it on to a mechanical motor to speed up the rotation and minimize the physical action, the motor don't go any faster, it's still got to make 330,000

revolutions to get butter, you get the picture? Audience: How would you relate devotion to that? Adano: Devotion is the constancy of doing it, don't get carried away that devotion is some holier-than-thou thing, it's not. The devotion is the constancy of doing it, that's the constancy to do it and not haphazardly forget about it and (Adano makes snoring sound), that's not devotion, (Adano makes frantic sound), that's not devotion. Devotion is the easy movement, gentle effortless motion without fatigue, without animosity, without resentment, this is devotion, the constant doing. Sit down and repeat the Holy Name in that slow constancy and don't worry about your importance, don't worry about the time, just do it and you will find that in a moment that whole cream will turn butter, that whole mind wandering will suddenly stabilize. This is what they call Japa, this is what they call Simran, this is what they call a hallowing the Name, this is called repetition, the Saints have done it, you see them with their little rosary. The gentle gradual action of doing it, that is what devotion is, devoting their time, centering their mind to the natural gradual process of repetition and it has nothing to do with mechanical. Mechanical (Adano makes whirring sound fast then slowly), you catch up, that's mechanical, the gradual normal movement, slow, effortless, the love that you're doing it with, knowing that you are talking to the Lord inside of you who is the giver of life, who is the personification of your being, this gradual entreatment is the devotion, this is what devotion is, you are entreating that Principle to flow into you. Audience: If you have a confrontation with anyone does the repetition of the Holy Name help stabilize? Adano: Yes, it does. Above all things no matter what it is, it does not take precedent over hallowing the Name, the hallowing of the Name is your life belt in the ocean of consciousness amidst the sharks, that's your friends, they got big teeth. 0:40 Audience: Would you equate love with devotion? Adano: Love is devotion because love is constancy, it's neutral. Love is not positive, neither is it negative, it's neutral. "Out of My love came forth a universe," it projects the universe. "Out of my love, I pull back the universe into Myself." Love is like the web coming out of the belly of a spider, you don't see the web in the spider when you look at it but it's funny, when that spider determines he wants to have a house what does he do? He starts spinning away from the navel so love is like that, it is a normal flow that has no opposition, no resentments, there's a big difference between love and affection and like. Affection and like are predetermined by conditions, there are no conditions in love, love is an unconditional experience but the moment you like somebody, you like them for a specific condition. The moment you have an affection for somebody, it's for a specific condition. To love them, there are no conditions. To say you love the world, there are no conditions in that. You may like your next door neighbor or you may not like him, whatever affection you have these are conditionals. Love by itself is pure, unconditional, it's very very withdrawn and detached but it's not cold, neither is it oppressive, it's the equanimity of your nature. That's why when they say "God is love," we are saying that God in His entirety is completely neutral. "God so loved the world He gave His only begotten Son," meaning this neutral force in its totality descends down into an affected state and manifests and works through that state. Now we in turn to get back to that neutral state must make contact with the projection, the projection being a Christ-realized individual which is called the only begotten Son, the Christ-light in creation, not the man Jesus. Any realized individual who gets to that level of realization, he acts as a manifestation for that love. That love which is pure, eternal, unattached, the only way it can manifest it comes down in creation as the intelligence within creation. That's what they call the Christ-love or the only begotten Son, the only manifested expression of it based upon a condition. That's where it's conditional, that's why it says "None come unto the Father but by Me," that's the condition. Within that level, that love is conditional now, it places a condition upon you, "If you be for Me, you can't be for the next person," that's why He puts it another way, you can't be for me and be from mammon, that's a condition. You can't want the God self and still at the same time crave for the physical self, that's a condition so this love when it comes into creation, that puts a condition upon us who live in creation. When we line up with it, there is no more conditions then that love is equal. So when we use the word love, we are talking of something that is Divine and equal, when we talk of affection and like, we're talking of conditional relationships with others. Now it doesn't say to "like your neighbor as yourself," it doesn't say "to have an affection for your neighbor as yourself," it's not possible, like and affection are conditional. To love your neighbor as yourself, you have to know yourself first and to know yourself is to

be realized in God first then it's possible to love your neighbor because that has no condition. There's no possibility for you to love another man or a woman on a conditional basis if you are going to love yourself first and if you're loving yourself, you have to be God realized to some extent to see this working then you can do it for another person. So the realized man is the one who knows himself therefore he loves the self, the great self inside, and is able to love you outside in an equal level without any conditions. Most of us appear to be loving others on the outside but in reality are liking and expressing affection based upon conditions, "I like his face or I don't like his face. I like the way he talks or I don't like the way he talks. I like the paycheck he brings home too." These are all conditional expressions of ourselves because in that condition we have possessiveness. In true love there is no condition, there is no possessiveness, there is no jealousy because it's an equal state, you have to have it inside to radiate it and everyone has to be from that standpoint an equal expression of yourself. It's like an umbrella, you are the pole in the middle of the umbrella and all the ribs go out from you. There are no conditions in those ribs because each one is has to have the same tension like the spokes in a wheel, they all move out from the hub to the rim so real love is unconditional. Do you get it? So it's not so much the Name and the meaning of the Name because you can repeat anything for that matter, it is your devotion and the time spent in effortlessly synchronizing with the consciousness and the Name did not get this power until some person initially triggered it to give it power, that this power comes down by virtue of others repeating it and experiencing the power locked up in it that it will pass on to you for you to experience it. Now you can initiate a new Name, you can use a new Name, you don't have to use the old one but you got to live that whole life, that whole life experience to give that new Name power for somebody to follow it, to work it, your own life has to be an example of that thing. 0:50 For instance if you sing "Thou art my life," the first time it was written, it had no power but the man who sang it or the man who composed it spent his entire life singing only that, not a single thought was ever in his mind. From the morning he woke up to the day he died he sang that song "Thou art my life, Thou art my love, Thou art the sweetness which I do seek. In the thought by my love, I taste my name so sweet so sweet. Devotee knows how sweet you are, whom you let know." He sang this all through his life, not a single thing else night and day like the Hare Krishna group, they sing their Hare Krishna mantra the whole day and the whole night but they are changing. It's not the Hare Krishna mantra, it has nothing to do with the Hare Krishna mantra, it is because the song is being carried over and over in the consciousness to pull that consciousness in. Those individuals who are repeating anything are getting results from the repetition of pulling their consciousness together so by virtue of this is what we're talking, if you can state it in the mind and let it move it will grow. So it has nothing to do with the words themselves, it has to do with you and how much of your life you're going to give into it and your realization will break, it'll pour out of you from the constant repetition then some other person seeing this can take that same mantra or that same word and try now and what are they trying to do? They're trying to relive the experience that you've gained from the repetition then they will get results. Well how are the results are going to come? Because you are an example, you have set the force field, it will transfer itself now, it will start passing on, it's a chain reaction and that's what it is, it's a chain reaction being transferred on. Okay let's get some more meditation (gap in tape). ...and until you correct the body you can't do the other one properly and understand what they have to do with your body. By the time you're born and before you're born, you were nine months in the womb you were doing a posture, you had to be doing a posture, that posture is the most corrective posture that there is and this is. It's not so easy, that's right. Audience: You said not to force yourself if you can't do it, I've tried it for 10 years, I can't do it. (Gap in tape). (Group chanting Om) 1:00 (Group chanting various chants). 1:12 Keep the mind at the eye center and hallow the Holy Name. (Gap in tape) ...and the inconstancy of the mind again is the fault. You can't keep the mind steady because it's wandering too much and the only way you can hold the mind to do hours of meditation in which the Soul can be experienced, you have to hallow the Name, there is no other technique superior than hallowing the Name. Until you hallow the Name sufficiently that your life stream becomes identified with it, you do not make progress in meditation, the mind just wanders around, flitting around, searching for excuses. It has to come back to that point, it has to experience this identity before you can really make progress. The purpose of

connecting the Soul with God through the Radiant Form of the Master is what meditation is involved, anything short of that is not meditation. We are aiming at connecting the Soul through the Radiant Form with God that is the statement meant by Jesus "None common to the Father but by Me." There is no Soul nature in the human form capable of identifying itself to the true universal experience of God-self until it contacts the Radiant Form, the Christ self within and the Christ self is not a person, it is the only manifested principle in all creation, that's why it's referred to as the only begotten son. This is an experience you have to achieve by the meditation and Simran is the only way to do it, otherwise you call it Japa or hallowing the Name. No other technique has proven effectively to do it, all to the centuries the Saints have said the same thing, no one can come to that state except they pass through that experience, that's why they emphasize prayer unceasingly, they emphasize the idea. We know it as hallowing the Name also it's known as Japa or it is also known as Simran, it's that consistency of the consciousness in order to break that shell, that shell of the ego. The ego is so strong that it feels and you can get into that state and we can't get into that state until it surrenders, the etheric energy passing through the mechanism interferes. Since we are a composition of matter which is the earth principle, water which is the fluidic principle, fire which is a thermal principle, air which is the gaseous principle, and ether, the etheric energy. Until we break these forces and put them in harness by the consciousness, we can't arrive at that state, it's not possible. Guru Nanak says it, "No one can come to that state if he is a slave to one of the five elements. If he has any compensation to pay, any karma to pay to one of these five, he cannot enter that state," you can only go to that state in deep meditation by harnessing one of the five or harnessing all five. Repetition of the Holy Name may seem mechanical, the evidence is that how long can one sit down and do it, how long can one really stay in that state without coming back to the five senses, without coming back to this physical realm, without the mind drifting back to the similar physical bodily sensations, the physical bodily sensations tend to pull us back, it's our desire nature. Our ego is so strong it thinks it knows all the answers to the Spirit but if it did have the answer, we would all be God realized but it doesn't, that's why we are not yet. Therefore we search, we keep searching for new ideas, we keep searching for different schools of thinking, and in the long run when we do come back, every teacher tells you "repeat some word," they're gonna give you a new mantra as a shortcut to God. The word has nothing to do with getting you to God, it's the repetition, the consistency, the devotion of using it that gets you there. Krishnamurti once said anybody can repeat coca-cola coca-cola and get there too or Mercedes Benz, Mercedes Benz and get there. Maharishi tells you the same thing, repeat the word and get there. All of them are telling the same thing but if you don't repeat it, it can't work and that is what the principle is all about, it is based on the consistency of repeating until you become identified with it. 1:20 Until your consciousness which uses words becomes identified with the Audible Life Current that is a principle of sound, it can't experience that condition that they call realization. Measurements by mechanical devices show there is something going on in the mind of the mystic, going on in the mind of the Saint that is not normal in average human minds, that something is beyond. What is it that they're doing that they can get into that state that allows them to stay in that level? They're only doing one simple fact, hallowing a Name, hallowing a sound, becoming one with it, it's through that they have achieved realization, it's through that they get equanimity and oneness of the mind. We can't get in that state until we break this wandering state of the mind from the five senses. The purpose of meditation is to bring that mind there with love. We go in that state in the early stages of our meditation by prayer and then after we find a few little experiences that tell us prayer is working, all we have done is just raise the brain to a point where the alpha rhythm can work a little and get some result by some reaction in the environment and we get so inflated that we think we are controlling our environment immediately. None of us can control the environment because none of us know what God we are worshiping, we don't even know the devil that we call a devil let alone try to condemn him or criticize him, that if he exists or he don't exist. Don't you see how ridiculous the mind is? You say there's a thing called a devil and don't even know what it is and then we say there's a God and don't even know what it is. The mind is constantly playing games with itself over and over, searching for identity. When the mind ceases to search and settles down and becomes one with the consistent devotion that is going on in it, then that mind experiences self-realization but it does

not experience God realization, it can only experience self-realization when it settles down, that's the very first experience it will get is self-realization. There's a vast difference between self-realization and God realization, self-realization brings you to the point of aligning your brain and your mind with that energy in the form of a sound and when you hear it going on inside, you begin to lose your ego, you begin to lose your self-personality, you begin to feel the sense of oneness, that's only self-realization that's not God realization. This sense of oneness and loss of personality is not God realization, God realization is beyond that. We have to start to travel up the levels of consciousness in self-realization to God realization, we have to start moving from Tisratel, the point between the eyebrow and move on to Satch Khand which is the fifth level and no one can go into the fifth level by himself, it's not possible, if it could be done everybody would get in there. All the Saints have told us the same thing over and over, that we can't get in there by ourselves. The Soul by its own nature has the brilliance of twelve suns and if it lives a life of detachment, if it does not attach itself to no desire on its own effort, it can only achieve the brilliance of 13 suns and the darkness of the fourth level is so strong it can't even outshine that, it can't go beyond that into the Universal Sound Field. The Universal Sound Field has no light, it's all sound, all ultrasonic waves and yet the Soul can only shine with the brilliance of thirteen suns and stay there then the Lord of Creation keeps it there and allows it to fluctuate back and forth. Now it takes a realized Soul with a brilliance of 24 suns that comes down from the highest level, down into the fourth level, and open the way for the Soul to perceive this brilliance and connect it and walk through that field of pure Sound Current and go past that state to take it back up. So when they say "None can come unto the Father but by Me," they are talking of physiological facts, not psychological facts, physical things that are there in the universe and you can only get there by doing the very same physical things that have put us there. That's why Simran or Japa, hallowing the Name may seem as a simple, ridiculous practice but is the only key that can get us past that level, it is the only thing that can put us in that state, and the only way we can trust these Saints is to do it, we don't know the truth until we do it. It may seem kind of odd that you got to do this thing over and over to get results. Years ago when I heard of it, I myself didn't believe it too but you can break through that particular field by the principle of repetition but it is until they point out this simple story of turning cream into butter. Cream is a liquid, butter is a solid, to change from one to the other you gotta beat it and beating is a slow, methodical, ridiculous behavior. If I use a wooden paddle or a gold paddle or a metal paddle, the paddle itself would be the mantra, it means nothing. The paddle itself don't change the cream into butter, it's the consistency of churning, it is the repetition of the motion that changes the cream into the butter. Even if you attach an electrical motor to the paddle and beat it faster, it ain't going to make butter anymore better, it's simply that it's going to go faster and the result is still going to be butter but the amount of revolutions that you got to make is going to be the same. The amount of revolutions that that paddle has to make are going to be the same either by the hand or the mechanical method, either by a gold blade or a wooden blade or a plastic blade, the result is still the same, a certain amount of revolutions make it possible for it to change from cream to butter. And equally true in the human brain for it to experience that radiant form inside, it has to have this constant impingement going on over and over with a single word or double words or more words, hammering away inside to make it vibrate at that frequency to bring it to that point of crystallization. Once you experience that breakthrough, you have entered what is called self-realization and from then on you begin to work your way to God realization.

### 1973 September 2 Part 1 - Meditation Nutrition Prayer

Adano73\_09\_02\_1MeditationNutritionPrayerQ2 - ...one tenth portion of 24 hours and every time we are away from this level and working through the energy in the lower aspects of the body, we are dissipating the energy, we are draining it out. The human body is the result of the last karmic debt in the last life and the only reason you're alive because of that unfinished debt. So the body is already programmed by you to eat a certain quantity of food, it's programmed to breathe a certain quantity of air, and it's programmed to perform a certain amount of motion, and it's set up like russian roulette. Anytime one of these three comes up first, you cash in, and that is as factual as it will ever be and that's the essence of the whole purpose of your human body. Any one of these three that comes up first, if

you breathe out all the breaths that you're supposed to breathe by what you program into it you check out, if you took all the food you're supposed to eat up you checks out, if you perform all the physical actions you're supposed to perform it checks out. We don't own the body, it's given to us by virtue of the karmic debt. The life energy is the only thing you are and it passes through this physical body, it works, it's connected to it by sound, we identify it by Word or ID (idea?), we label ourselves all types of things but when it boils down to realizing ourselves, it's involved with repetition. So when a person says "I'm going to meditate," he doesn't even begin to realize what he's getting into, that he's taking on the biggest challenge of his whole existence to bring this consciousness to a state of alignment with his conscience and once you align your consciousness with your conscience, you will have begun the road of self-realization, not until that time can you really go on to God realization. God realization the Saints have, self-realization is what the disciples have. When the disciple reaches God realization, he too becomes Master so we find there's a vast difference between the two. The Master is always in that state, he's in that state consciously from birth to death, he doesn't leave that state. The disciple is not conscious, he searches for that state, he gets glimpses of it, he fluctuates back and forth and discovers occasionally that the reason that he's not getting into that state is the karmic debt, the mind is not steady, he's incapable of keeping the mind steady. When Jesus said "When thine eyes are single," He meant when the mind also is steady and don't fluctuate because the mind has a tendency to drift. It will only drift in the three gunas or the three modus operandi of the energy, that is: past, present, and future. It can't move any way outside of the time cycle, it's a slave within the time cycle so it will stay in that and drift back and forth either drifting into the past or drifting to the future or stay in the present and these three forces are constantly imposing their supremacy upon this life energy. Once you begin to recognize this control that you're under, then you have to start the process of breaking free from it and the Saints tell us the only way they can break free is the consistency of repeating or hallowing the Name or performing Japa or Simran. When you see individuals twirling their rosaries for long hours, you begin to see a science at work in harnessing the five senses for the first time in this very simple way. The consciousness of the Master is that individual who has taken that technique to the point where his whole life energy has synchronized with it. Earlier in the day I saying there was a man who sang a chant, it was called Thou Art My Life, the words are very significant and the intimacy is insignificant and the man who sang that chant from the time he sang it, sang no other chant all through his life and obtained complete God realization. His name was Narada, the Saint that walks around with a veena across his shoulder, he is the author of the song and that song is named after him. He sang no other song while he was in the body and he sang it in every language possible that he went. He would come into a place never knowing the people and just hearing their language for a brief moment and then he began to sing the song in that language. His God realization was so strong that the one song was heard throughout all India in every language the people they spoke at that time. Now they say in India there are over 732 different dialects, well you can imagine the one song being sung in 732 different dialects by the same one man but he didn't sing anything else, yet his God realization was the result of singing that one chant or mantra all his life. His presence alone could control the elements, plants responded they were healed by his presence by just singing the song, the sick got healed, wherever he went he just sang the song in whatever language he found himself, he sang the song. So here is the essence of what Japa is or Simran or hallowing the Name, it is a consistent repetition of the vibration. Those who've been exposed to the Hare Krishna movement you'll see the same thing, they chant their mantra over and over and you don't stay too long in their vibration before you find yourself wanting to chant. Either they gain control over the environment or you run but rest assured that they have brought their environment under control by their consistent chanting of the Hare Krishna mantra and they will take the lousiest area and sit down there, one two or three, and they will chant and before you know it that area will change, the vibrations will change because they will never allow the environment to dominate them. Anyone who has actually learned to do it begins to change from inside and you think these people are fanatics but the great Masters all said they have such devotion that they have broken the ice that would lead them to God realization, they have broken through to self-realization. One time Master Charan Singh was in Hawaii and he saw them chanting and then he said

"Tremendous devotion, they have broken through to self-realization now they must go inward to get to God realization." So if the very first step the self-realization is to break that particular frequency and they have done this by chanting, then you can realize when a spiritual person gets on the path in his own way, he knows where he's going. He takes the mantra inside and he starts chanting it or repeating it to the point where his whole frequency starts to involve his whole being and then he's ready now to jump off into the ocean of God realization. It's difficult for many of us who have found other methods and think they work to suddenly find we have to come back to this method but the scriptures point it out, in the final summation and that's where we have to go for the evaluation, the real evaluation we have to go to the scripture, we have to go to the Saints because they are the ones who see the perfect plan of this whole creation. They are in that state and not everybody can be called a Saint and I don't mean one that is canonized by the church. 0:10 A living Saint is one who is in full control of the Audible Life Current by his consciousness, he alone can say to the world "No man take my life from me, I have the power to lay down, I have the power to pick it up," while he's in the body, he has this quality, he alone in the body can make such a statement. Not a dead Saint, not a dead person but a living person who must be in full control of not only his physical frame, his electrical body or astral body, his ideational body, and on that physical level he alone can make the statement without any doubt in his mind that he can lay his life down and pick it up and no man take it from him. No man can actually take the life of a Saint by any unwitting act, the Saint has always that power to lay it down voluntarily or pick it up by Divine command, he is in total awareness of it. How did he get there? That's the principle that we're concerned with and the simplicity of the principle. Hallowing the Name of the Lord and loving his neighbor as himself, these two principles or techniques are the only thing the Saint places great emphasis on, everything else he tries to reinforce those two, anything else he would teach us is to reinforce in our minds these two concepts, these two techniques: repetition of the Holy Name or hallowing it, loving your neighbor as yourself and that is doing the Will of the Lord. Doing the Will of the Lord is to accept wherever you are as the right place, at the right time, and the experience you are confronting is the right experience and the experience is only to test your love. There's no good or bad experience, there's no good or bad experience, it's all opportunity to test love, test the attitude of love, and that is the Will of God. It's not somebody out in space pinpointing and pushing you, you are in time and space already, you are involved in confrontation, action, but that confrontation is the challenge and to test the inherent love of your nature and that is your fellow man who is going to challenge you. As a man once said, "This was a beautiful place except for the people," and the Saint says "This is a beautiful place BECAUSE of the people." It's only because of people that makes it beautiful, it's only because of Souls moving through the world realm that makes this place a challenge for God realization, otherwise there is no challenge, otherwise there is no God realization. If another human being never came into your periphery, you will not know how Godly you are, you will live under the ego that you know it all. You think you have all that accomplished all there is to do but until another human being comes and finds a loophole in this armor of ego and starts boring at it, then this is your trip to your own nature and that is where the real love is, the real love is this confrontation. One more thing about Simran, do not do it mechanical, do it with love, just sit down and mentally hallow the Name. For those who are initiates you have the name, for those who are not, "Father I love you" is a very good statement. Sanskrit words are difficult for western minds, for some it's okay for others is very difficult. English to which we are born and grew up generates an intimacy and an understanding so as I said before it's not so much the words. If you said "Father I love you," it would make no difference or if you said some Sanskrit term, "Om Mani Padme Om" or anything else, the idea is that you got to repeat it. Hare Hare Krishna Rama Rama, whatever it is but repeat it. The paddle does not make the butter, it doesn't change the cream into butter, it's the good old churning, elbow grease. Now the first time I heard the word "elbow grease," I went to buy it. So I know there was no way I could buy it but work my brain, same thing with us inside, to spend the time to test it to bring that state into manifestation. If you have any questions? Audience: (Inaudible). Adano: Yes you are at the right place and it is the right time and the experience is the right experience for you on a conscious level. this is already programmed by you in your past that you were going to fast, you don't just come along and do it because others are

doing it, you suspect somewhere along the whole process to ensure all these things so you go ahead and program within yourself that you're gonna fast. So one morning you wake up and suddenly you find an urge to fast, this was already programmed or you wouldn't want to do it. This is the built-in insurance and prolong of the existence but you're still going to live through that experience, you're still going to have to work it out so you are giving yourself time by building in all these already but you don't realize that you did this. You see it's like this machine here, when the designer designed it he built in every possible concept he could before he turned it loose but after he turned it loose, he couldn't change anything no more, that's the way it's going to be because everything is already set up in his consciousness. The architect, the model, that is where everything is set up, the finished product is nothing. Any mechanical man can put the finished product together but it's the man who has to conceive this whole thing, this man has built in all there is to build in that his mind would permit him to build. Equally true when the Creator designed this body of ours, He designed his whole universe, He set up all there is. Now when we come along by virtue of karma and violate these laws and want to remodel it and start it all over again to correct it, we implant like the Creator of all the possible combinations of compensation. So when we begin to live it now on a factual level or a physical level, all these thought patterns come up to the surface and therefore we will find ourselves programming, acting, fasting, possible minimizing our action, we run into the concept of renunciation, no attachments, all these things are all programmed in already to minimize and lengthen the time spent in the body. We have done these things and we're just coming back to them on a conscious level but it's already programmed in from the level of concentration, from that idea pattern we've put it there already to realize it. Audience: (Inaudible). Adano: Yes, but you don't know it. Why you don't know this is because you have shut it off yourself, nobody shut it off but yourself. 0:20 A Saint is only a man who realized the total thing, who came back to the total realization of what he had done to himself and therefore they call him God realized, he has a total memory of everything that is going on, that's what God realization is, total memory of the whole plan of existence. Audience: Then aren't we capable of doing this.

Adano: The past karma is the filter between your memory and the experience, if you were capable of lifting this karma, the whole total memory will come back. but what I'm saying is because of our because of the karma that comes to this lifetime Audience: (Inaudible). Adano: So they you yearn to break that, otherwise you will not yearn to break it and by yearning to break it, who do we go for the instruction? We have to go to someone who has broken it, we go to a Saint, one who have broken this particular limitation upon our consciousness and he gives us the practical key. He says "Hallow the Name," that is to take the Sound which is bringing in the energy, which is the Audible Life Stream and lock on to it by repeating the Name and pull yourself out. Now there was an englishman who didn't know of this particular presentation of this technique but he did the same technique in spite of it all by repeating his name backwards, you know who that man was? His name was Lord Tennison, he made up his own mantra by repeating his name backwards and he used to go into states of realization finally one day he did enter God realization by repeating his own name backwards. We found out that when they told him as a kid, a good Christian is one who always hallowed the Name of the Lord, one who prays unceasingly but he was a rebel, he didn't want to be a Christian quack he said so he didn't want to repeat "Om Christ" or "Hail Mary" or something like that. In those days when lot Lord Tennison was alive, the Catholic church was strong in power and he be a good Protestant didn't want to be caught in the band so he says "I'll used my own name," by virtue repeating his own name, he broke through. So you see some of us can figure this thing out and get out too so it's not the words we use, it's the repetition. Now if you know your own name and you want to make a mantra out of it, repeat it backwards, it'll sound like Sanskrit. See, many of us have our names, repeat them backwards, it'll sound like Sanskrit, it'll give it a nice tongue twisting and that'll help your mind to pull. That is what is involved, consistency of the repetition, it breaks the pattern. Here is an interesting thing to see how your mind is conditioned, s-u-c-h how you pronounce it? You are trained to pronounce s-u-c-h as "such." Now h-c-u-s, how you pronounce that? You see how your mind bumbles right away to pronounce that same word backwards? Do you see the rut that the brain is in from the constant programming as a child to right up to this present moment of repeating s-u-c-h and now to say h-c-u-s is what? Now if you

started off as a kid pronouncing h-c-u-s, by the time you get to be an adult you would not be able to say s-u-c-h, do you see? If right now as an adult you're saying s-u-c-h and calling it a certain name or giving it a certain sound vibration, just to reverse it and say h-c-u-s and pronounce that, you see how the mind is struggling to associate h-c-u-s? You can't seem to give it some sense of balance, some type of association, nothing that is intimate in that sound. Now supposing that is a word in Russian now and you're going to learn to speak Russian and then you see it written at the start of a sentence, do you see how you have to start retraining yourself even to pronounce? So because the brain is programmed in to act certain accepted modes of the alphabet and to make those sounds as a child to an adult and identify with it to the extent that you may even want to give your life for it, this is what we're talking about in the Sound Current, this is what we're talking about when the consciousness is trying to identify with the Spirit, how to take the sounds and change their patterns back and go in. So imagine men like Narada singing, "Thou art my life," in so many different languages, his brain has to be attuned, he have to break the patterns to which we are crystallized in. So when the mind is flexible, the greater the flexibility it has, we are seeing for the first time a spiritual person. When that person is flexible inside for the first time you are seeing spirituality, there is no rigidity there, there is no shutting down with constant flexibility going on. Any more questions? Well tomorrow morning we have a meditation in the chapel and as I said the biggest challenge is your Simran. All the Masters teach us only two things, Simran and Bhajans, they don't teach nothing else. Simran is repeating the Holy Name and Bhajan is to listen to the Sound Current in your body, the ultrasonic frequencies. They have nothing else to offer the world because what is Man but a composite of ultrasonic waves and light waves. The ultrasonic waves passes through the right side of the brain and the light waves pass through the left side and they filter themselves through ether with the head, air with the chest or the gas, thermal which is the intestinal tract or fire, water or fluidic which is the semen, earth which is into solid mass bone, base of the spine. These are the chakras they talk about in the yoga, they're talking of these five forces and they're talking of light and sun. So they say we have seven chakras or seven four fields of energy passing through the body making up this whole body. We have sound, we have light, we have ether, we have air, we have fire, liquid, matter. 0:30 When Nanak was alive and he had mastered himself, Guru Nanak only lived about 500 years ago, he was trying to help the Hindus and the Moslims to stop their fighting among themselves and one day he was lying down with his foot facing the Moslim chapel, in the altar in the chapel, and while lying down like that he was in a deep state of Oneness and out came out the fakir, the priest, and looked at him and said "Infidel, unbeliever, sacrilege, desecration to our temple." So he got some big sturdy guys to Nanak and turn his foot around and put his head to the altar, do you know what happened? As he turned Nanak's body, the altar started to follow Nanak's foot. Every way he turned Nanak, the altar followed so the priest was puzzled, he said "This must be a great spiritual man." Then he opened the eyes and he said "Who are you?" And Nanak said "I am a man of five elements." Later on when he was in the Hindu place, again he performed something that the Hindu didn't accustom to and when he was ready to die and he did die consciously, they put him in a coffin, they sealed the coffin but then the Hindu and the Moslim began to argue as to the way they should carry on the funeral of Nanak's body. The Hindu tradition was to cremate the body, the Moslim tradition is to bury the body so they began to argue now over the dead Guru's body. After a long while, the lid of the coffins flip off and Nanak stood up and looked at them and disappeared in front of their eyes and he left in the coffin two bunches of roses. The Hindu by their tradition took and cremated their roses and the Muhammadans or Muslims by virtue of their tradition took their and buried it. The coffin is still there today, Nanak is not there, but the war is still going on, Man didn't change. (Gap in tape). Tonight we're talking again about meditation and nutrition and how they go together. Spiritual life is organized to work with food on all levels and the only way we can really make the progress is by organizing the diet. We can only go so far in our spiritual progress by certain types of foods then we get bogged down. To go beyond that level to the highest experience, we have to go strictly back to a natural food diet, very simple, and more of the etheric nature that would be the fruit and the vegetables. As we meditate, the mind drifts away and the drifting of the mind is down into the five forms of energy passing through the body. It drifts down to the earth energy, the water, the fire, the air, and the ether and according to what

you're eating, that again your mind starts drifting and locating itself in the body. The ether is from the neck up, these are the aetheric waves. From the neck down to the navel is the air, the gases, and from the navel down to the groin that's the fire, from the groin the sacrum that is the water, and at the base of the spine down to the feet is the earth and those foods that are very earthy are your root vegetables and they tend to keep you down on the earth plane. Nature did not intend us to eat too much at night therefore she grew them under the ground in darkness so those foods are very limited, they have a very small source of supply of vegetables that grow under the ground in darkness, they draw from the earth plane therefore the consciousness will be drawn to that level. When we minimize the intake of them, then we rise into the water level. The water level is like your fruits that grow on the surface of the ground, your melons, your cantaloupe, they have a large percentage of water, your leafy vegetables they're all in the water level. Then you come up towards the grain and that is in the fire region, they require a great deal of digestive power to break them down, the grains. So in the middle of the day you eat the grains, you break them down when the heat of the day is very high so the consciousness is rising up into the heat and when we go up in the trees now, we find they have the fruit, they are in the air. Sometimes you find grapes growing in vines, they're climbing into the air and your sunflower seeds and fruits that hang from the tree and finally those that grow very high are still fruits, the etheric nature. So more fruits you eat, is the more etheric the nature of the person becomes, the more the consciousness rises in the etheric realm and in meditation rises all the time because those elements are pulling upward to the eye center to keep the brain up, keep the mind up in the point between the eyebrows and don't let it drift down. That's why you find when you're meditating, the more light food you eat, the more fruits you eat and the raw nature, the more the meditation seems to soar and get deeper and deeper. Audience: (Inaudible). Adano: Nuts? It's in the archetypal pattern of the plant and therefore it's in the etheric nature. You see the fruit itself is the meat and that is the air also part etheric but the seeds and the nuts in the plant itself is the archetype, the very pattern of which a thing is formed from, that's the ether, that's the etheric nature, and the more of that you eat, the more of the archetypal patterns you are drawing down. You're familiar with Carl Jung's work, the archetypal patterns of Man? So in order to live in that ideational realm and be more familiarized with it and to stay up in that level, it is the ingestion of those substances that carry the archetypal pattern that nourishes the spiritual body. Therefore your food is important to your medication, it's already designed by the Creative Intelligence, we did not make it, we just merely synchronize with it. Now in the etheric realm two forces are predominating, sound and light. Every plant is bombarded by sound waves in the atmosphere and it's bombarded by light of the highest frequencies and the Sound Current passes through the human brain on the right side and the light passes through the left side and this makes your polarity of seven, the seven centers, the seven forces of energy are known as chakras, they are working for you. The Sound Current passes through your right side and the light passes through your left side and they have to merge at the point between the eyebrow. 0:40 So when you use the word chakras, we're not talking of the oriental idea of a bunch of petals, we're talking now of factual things as they really are working in the body, these are forces that are passing through from the elements themselves that make up the body. The earth's center is your first chakra. The water center is the second. The fire center is the third. The air is the fourth. The ether is the fifth. Sound is the sixth and Light is the seventh. So you have sound on the right side and light on your left side so you return back through the sound currents, you have to listen to the sound currents. That's why when you practice your meditation, you have to identify with a sound, you have to be able to put some sound in the mind to make it work, that's the purpose of hallowing the Name of the Lord or the purpose of repeating something. So when you meditate and close your eyes and keep it at the point between the eyebrow and you begin to do your Japa or your Simran that is to repeat some word in the brain, you are identifying with the sound currents which are the ultrasonic frequencies that passes through the right side of the brain. Now the more you repeat the more you identify, the more you identify is the more realized you become so meditation becomes a very simple process but results can only come from the constant doing of it, it does not come from reading books, it doesn't come from lectures, it comes from hallowing the Name of the Lord and listening to the sound currents and seeing the light inside in order to perceive the radiant form of the Master. This is the

actual practice that is intended "When two or three are gathered in My Name, there am I in their midst," My Name being the Christ intelligence, the Master consciousness. Two or three gathered is two individuals sitting in alignment with the Sound Current passing through the right ear and identifying with that Sound Current in order to see that radiant form within the eye center. The radiant form is there and none can get up from the level of the ego the full God realization unless they pass through the third eye center, through the radiant form which is the Christ intelligence back to that pure state of being. Any attempt to get into the pure state of being outside of this approach is futile and it doesn't work, we're only going around in circles and making games of the mind. The Saints have come and gone and they keep coming back and they all point out and stress that realization is based on going inward, it is based on aligning with the light, aligning with the Sound, and seeing that radiant form within the light which is the Christ intelligence and passing through that radiant form into God realization. The moment you begin your meditation and you begin to hear the Sound, you are stepping into self-realization and as you're listening to it and you repeat the Name or hallow the Name, for beginners who say "Father I love you," which is very good because it's a very intimate way of saying it, it's in English more so than Sanskrit words, this intimacy leads you to self-realization and finally as that Sound breaks through and you begin to see the radiant form, you're entering into God realization and in God realization with eyes open or eyes closed you will see the radiant form all the time and that is the end of the meditation, that's the culmination of your growth because you and the radiant form have become one and the same, you and the Father are one, you know without doubt now that God has become you, you live in this world fully by Divine Law. Now this is a hard part for us to accept because who can say who is more God realized than the other? No one can say that, only the God realized man knows that but he doesn't tell you because he is perceiving this whole picture in his perfect nature and he's not condemning a single thing as it occurs from that level of God realization. Only we who are in the process of becoming self-realized can criticize, can make all kinds of mistakes, we are the ones who make all the ifs and doubts and the buts and maybe and could be because we are in the process of self-realization but when we achieve God realization, seeing the radiant form completely, there is no ifs, buts, or me or maybe, it is all one. There is a difference because in that radiant form you become in the process, it is a process and meditation is a process of unfoldment from a state of self-realization to God realization, from a level of ego to a level of pure being. When we realize this, we see that the human body was designed primarily for the Soul to gather humility, that a Soul lived by Divine Will. A Soul has no free will of its own, there is no such thing as free will, we are living according to Divine Law but the ego, the mind, consciousness will try to entertain the thought that it is running and operating its whole machinery and to pre-count the thing before it comes into existence is to pre-arrange it therefore you have no say in the matter of how many hairs you have on your head. You can't add one to it, you can take away one from it, you are already set up in number and that's what they'll be till they fall off or continue to grow longer. Now if you say you're going to add more hair to your head if they fall off, you're not adding after they fall off because you don't know how many you had in the first place to start with and if it doesn't fall off, you don't worry about adding hair to it and if it does fall off and you want to put hair in it, you wouldn't know how much to put back so you do not know the number because you never had to count it. So free will is an elusive condition, it's only something that the mind is working with. Now we are forced to realize through our meditation the humility of the spiritual life, "He that do the Will of the Lord is My brother," that's humility already. "He that followeth in My words is My disciple," that's humility so this shows us we have no free will but we entertain the thought and we struggle to exert some initiative in our affairs but this is all karmic, the affairs of our lives are already set up for us to work it out and in spite of our good intentions, we are pushed along towards our destiny by the love of God to face it and we will make it in spite of ourselves, this is another interesting law about the life. We may think we will not make it and we'll get into all states of frenzy yet in spite of ourselves, in spite of our ego nature, our personality make up, we will get to that particular level of experience designed for us, destined for us by Divine Will. Even Master Jesus knew this that He said "Father remove this cup but not My will but Thy will be done." "My will" is the ego will of the flesh, the body, craving to block out the experience but the Divine Will is the confrontation, the actual living out of the experience. 0:50 We can

presuppose many things in our minds but not until we live it and go through it do we realize that it's all Law, all Divine Principle, it's all set to happen that way. Now once it's finished and happens, it may not be to your liking and you may say to yourself "I wish it turned out different" but if it was going to turn out different, you would have had it and since it didn't turn out different, you don't have it so the mind plays this game, "If I had a second chance, I would have done better." Given a second chance, you may not do better maybe exactly the same thing. There's a story in the east that says a certain man was carrying a bag on his back, it was very heavy, and he came to the temple of Shiva and he said the Lord Shiva why do I have to carry such a big burden on my back, I would sure like to carry a smaller bag. So the statue in the temple spoke and said to him, "Before My feet there are many bags of various sizes, pick up the one you think you can carry and it's yours." So that made the man very happy, he put down the bag that he was carrying and he began looking around so you pick up the smallest one but he couldn't lift it off the ground. He went to the next smallest, bigger than that, he couldn't lift that and after about an hour trying each bag, he finally ended up picking up his own bag, it was the only bag he could pick up so he said "How is that?" Then the statue said "You see, your burden was already weighed out for you according to your shape and your form and all your conditions so now carry it and don't argue." Our life patterns are already programmed in like this recorder, the architect, the designer programmed this circuitry before it was put together and that's the uniqueness of the Divine Principle. Our mechanism, our karmic relationships are all set up from the past life and are merely put together in the process of the pregnancy in the mother's womb and the realization comes out and now we have to live it but we don't know what we programmed in and this is the constant surprise. If we knew what we had programmed into this body before we came in, we would not do anything. Since we don't know, this is what surprises us and if we knew what to do before we came in, carried the memory with us, we would sit down and just be happy knowing that everything will fall into place then what would happen? People would get bored with you because you know it all so in spite of knowing at all, you can't please anybody and the fact that you don't know it all, you still can't please yourself and anybody. So the principle is surprise, the art of learning to live with the constant surprise. If you knew it all, you wouldn't do anything you'd sit there just knowing it's going to happen and that's it and then after a while you become a freak and since you don't know it, what's going to happen, this is the surprise, this is the challenge, this is the anguish but this is the joy at the same time because when it does happen you are joyful, it could be worse in your mind. You see it could always turn out worse but since it didn't turn out worse, you're happy, that is the whole essence of the existence, the Divine Law puts us in that position to learn that lesson. Meditation is to help us to stabilize ourselves so that we can live moment to moment without the anguish, without the tension, without the insecurities and the fears, and the only real security we have in this physical frame that is made up of five elements is love, that's the only security you have, loving the Lord, the Audible Life Current with all of your mind, with all of your strength, your whole being and Soul, and your heart. That's all you really have, that's all anybody has but this is not what everybody wants and this is not what everybody is expecting to hear simply because the mind is looking for something tangible in this physical world as a sort of anchorage to identify with it and since there is nothing in this physical world that is tangible to identify with, the mind does not wander, the mind feels cheated so it searches and searches, it even searches for human form and what does the human form say, "The Father in me doeth everything, I of myself cannot do anything." The form itself tells us don't rely on it, rely on the God in you, rely on love inside, rely on the spirit, learn to rely on the intangible force within yourself, learn to place more emphasis on that, put more trust in that force. The mind wants something to relate to, what that force should look like, and the only thing that we have that the mind could be satisfied with is a Saint, a spiritual teacher, he is supposed to be the embodiment of that love and that is what the mind is searching for and even the teacher will tell us "Call no man Master save the Lord which is in you," learn to realize your own God self, learn to master yourself, learn to experience your own God realization, make the attempt to realize that. So meditation is a direct contact between you and the God-self, between that restless state and the state of peace and tranquility. All things are working through you by that grace and once you realize it, it falls in place, the only reason why we can't seem to get along with it is that we are impatient. If we

knew the exact timing of how each thing would fall into place mathematically before it does happen, we never do anything but because we don't know the exact timing, how it mathematically falls into place, the surprise element is what makes us reach out and this is what gives us the strength, it gives us the love, it gives us the devotion, it keeps us humble. The humbleness, the humility is the anticipation, the not knowing and Jesus put it another way, He said meekly wait and don't murmur, don't grumble, be patient, wait, watch, listen, feel and this is the hardest attitude to develop but meditation is the only process you have and the only way you can make it work is by hallowing the Name inside, repeating the Name inside and listening to the sound currents and seeing the light and this puts you in the attentive mood, it puts you in the receptive mood, and it allows you to become patient for the first time. 1:00 Patience is not an easy process to develop, it carries a great deal of frustration with it, a great deal of anxieties, a great deal of disappointments but because these challenges exist, this is what makes patience a real experience otherwise patience would be an unreal experience, it would be imaginative. Because we go through these traumatic conditions in our lives, patience becomes a real thing, after a while you find that you can handle situations over and over of the same nature much more calmly than you did before when you first encountered them and this is the process that is being applied. The process is to discover how patient you can be by constantly putting you to the test, putting you under the exposure of it. When you think you're going fine and there's nothing to oppose your mind, that's the time you're going to be tested and that's the time when the process is going to work, that particular condition is going to come there to test you. Now 10 months ago that same thing might be there and you may flare up, 10 months after that same condition comes back you don't flare up, you begin to seem to have more self-control over the situation, you take it with much more ease, this is the patience, this is the growth, this is the reality, and every day you will discover that that's what you're getting stronger in and nothing else. You're getting stronger in the ability to handle shock, to handle confrontation, to live with confrontation, to grow with confrontations, and that is the patience and that is the faith, that is the confidence that this life principle that sustains you is flowing through you for the first time and you will have the confidence in it that things will work out. Now we can give the credit for many things but the credit still goes back to the Divine Self, that higher nature that works in everything, that's where the final credit goes to. When we surrender to it and we accept it, it flows through us without interruption. The experience brings us joy, it brings us harmony, and the only way we can vouch for it, we gotta live it. We can't say it by reading it because we wouldn't know what it is to feel it but when we feel it and live it then we can vouch for it and by living it you can pass it or transfer it to another person who is searching for it. Each one of us is giving a portion of his faith or confidence or certitude of life to another by living it. When they ask for it, they can feel it, they can experience it, and they can recognize it and this is what you're really getting down to, you're getting down to your conscience, how to live with your conscience, not your consciousness, your consciousness plays games with you all the time and every dualistic movement is in your consciousness but your conscience is the only thing that you can fall back on and really feel secure and that state of security is humility, your conscience makes you humble all the time. Whenever you confront your conscience, you are forced to be humble and the meditation exposes us within you pretty fast. You got doubts about your humility, confront your conscience, you learn how fast it works. The path of the Masters is very simple, it's based on action, it's not based on writing, it's not based on reading or talking, it is based on action and the journey begins here at the point about the eyes, at the eye center of watching, hallowing the Name, and listening to the Sound Current. The Sound Currents are ultrasonic and the light inside carries the radiant form of the Masters, that radiant form of that Divine Self is inside and you have to see it. We can't imagine it, it's there, it exists in spite of ourselves that we don't even know it exists, it's there and the only proof we have is to experience it. Like somebody telling you what a mango tastes like but until you put a piece of mango in your mouth, you would never know what a mango taste like. Equally true until you see the Radiant Form inside, you would not know what the Radiant Form really is all about. Equally when you read the term, "When two or three are gathered in my Name, there am I in the midst," not until you can actually see that Radiant Form, it doesn't mean a single thing to you. The Radiant Form of a Master or Saint is the evidence you have of your meditative life and you have to work to see it, you have to work

to hear that Sound Current and the evidence comes from effort. If you have any questions, I'd be glad to answer them. Audience: (Inaudible). Adano: Nature has designed fruits to be eaten all times of the day, she has provided fruits for every period of the day. In the morning she has provided fruits that grow on the trees and in the middle of the day, she has provided fruit that grow on the vine on the ground. Well let's give for example on the trees you have your apples, your pears, your peaches, and so forth and you have your citrus fruits and in the middle of the day you have all your melons, your cantaloupes, your berries, and strawberries and at evening time she provides you the cactus family, pineapple. So by our own design and by the way she grows them in that design, she has already set up your pattern of spirituality for you by making you a fruitarian. Audience: Where do you get your protein from? Adano: Protein is in the air. The highest protein you have is in the fruit nut, the nut itself has the highest protein. Nuts provide you the protein you need and they're in the air and your seeds provide you the protein again. You'll notice that protein is the building block of the body and the archetypal nature of the Creator places the pattern in the building block so the building block carries the pattern that builds your body. So the building block of the plant is in the seed, so the nut would be the ideal location and source of protein and if you were to eat from the three periods of the day the very same seeds and nuts you would have all the protein you need. Now the animal gets the protein from eating the plant life and incorporates it in his own body and synthetizes it for his own use and we turn around and eat the animals to get his protein which is secondhand protein. What we're actually eating from the animal is the amino acids that are necessary for the body which are all brought together by his ingestion process. Now he eats one type of food to produce this whole process, we have to eat in the three periods of the day the various types of protein to make this ingestion process bring out all the amino acids and we can get all of them from the three periods of the day. Fruits up in the trees high off the ground, those on the surface, and those under, they are brought together for the first time in the human body and they are ingested and they have the amino acids. 1:10 So we are getting our amino acids and protein in the three periods of the day from the three types of food. Audience: Can you live on fruits? Adano: Yes, you can live on fruits eventually but do not advocate this at the start of your spiritual growth. We will have committed a karma a long time ago by being involved in the earth process, in the water process, in the fire process, in the air process, and the ether process. Let alone you have violated the sound process and the light process so you have seven karmas to work out and you just can't up and change over and master all these karmas because these are where your karmas come from, they come from the violation of these seven forces. We are freed from the five at the point of the eyebrow when we keep our minds here, we have to diminish the pull of them and so we live on the light and the sound and that helps us to work out and cancel out the commitments to the five of earth, water, fire, air, ether. Now plants utilize water and the earth, the birds utilize water earth and fire, seafood they also utilize the earth water and the fire, and the birds also utilize the air because they fly. Animals utilize the air because they walk around and breathe with their lungs, only Man utilizes ether that is the conscious wavelengths of his consciousness and Man at one time was a cannibal therefore he violated that too by eating his fellow man, he broke the ether laws. Now he came to the point he's got to make compensation. Man has to make compensation for all those laws that he broke at one time and therefore he's forced to go back through the process of elimination. Now we go up gradually by the elimination of certain types of food from our dietary patterns until we're competent to handle those of a higher nature. Since we've been eating flesh products over the years and we're brought into society where it is predominant, we have to slowly rid ourselves of that, we can't do it overnight, we have to make the adjustments and we begin with quantity then type, in that way we are ridding the system of the poisons and the toxins that are being built up in the body from the wrong eating and we will find that a famous quotation will come to us from the scriptures that say "It's not what you eat that defiles you but what comes out of you will defile you." This has nothing to do with nutrition, it has to do with consciousness. We eat water, fire, earth, air, ether, the very five forces that constitute our mechanism but what comes out of us is ether all the time, thought energy that is misapplied in the form of language, it's coming out from the Sound Currents. If you want to say something to somebody, you still have to use the etheric energy, you still have to draw from the sound waves and that's the Audible Life Current

therefore every word that we utter is an expended energy from the Audible Life Current to which we are accounted for therefore we are then liable for the manifestation of our thoughts. (gap in tape) Adano: ... for projecting the thought out but I would not advise her to eat a piece of ham because the animal nature would make her say such thought patterns, the very substance will produce the thought pattern, the mind drops down, it doesn't stay up. Audience: Can you give an idea of how much quantity average size people have to eat get all the protein? Adano: Well let's take a rational measurement. How many pounds of steak do you have to eat to get protein for your daily requirement? The minimum requirement of meat is four and a half ounces of meat you have to eat so six ounces of meat to give you your minimum requirement of protein from the animal kingdom. Now one avocado has the equivalent to one pound of steak in protein, that's just one avocado. Now four almonds is already got six ounces of meat, the content protein of six ounces of meat can be found in four almonds. In just four almonds you will find the same protein content that is equivalent to six ounces of meat. An ounce and a half of cheese, you know when they slice cheese to put it on a cheeseburger, they don't give you an ounce, they give you one slice, it's just about nearly a half an ounce, that is got almost the protein content of two ounces of beef. So when we say protein from meat, in the true essence of the thing it takes a whole lot of meat to give you protein than other substances that are providing protein. The folly is not in the protein, that is the wrong communication, it's the amino acids in the flesh products that tend to bond the body or work in the body, you will have them now in the flesh product, in one flesh product. Whereas the amino acids that will be required from the vegetable kingdom have to be taken from different types of food to give you the one bonding. If you kill a cow it, it ate vegetable or grass to make the protein into its system and bond it with the amino acids so the amino acids that you take in from eating the flesh is what are complete now for the first time. So you have more amino acids coming into your system that is required by the system by eating one type of food which would be a piece of steak. Whereas to get the same quantity of amino acids you may have to eat four almonds, one avocado, two bananas, a piece of melon or pumpkin seeds, sesame seeds, peanuts to give you the amino acids, not the protein content, the amino acids. 1:20 Now nature has designed the amino acids to be gotten in total by the three periods of the day from the way the food grows so that you do get the total amino acids along with your protein. So if you eat the fruits and nuts in the morning you have certain protein with certain amino acids. If you eat the vegetable and the seeds in the middle of the day, your sesame seeds your pumpkin seeds your sunflower seeds you've got another type of protein with their amino acids. Now nighttime you eat the peanut butter and you eat or the pineapple, you're getting the protein and you're getting the amino acids of another type of food in the carrots but the sum total of the all the meals in the whole day adds up to the sum total of amino acids that you would find now in one piece of steak.

Audience: Then you're saying that it's not necessary to take this combination of amino acids at the same time? Adano: No you could not take them in all at one time because the body doesn't handle it properly at one time. If you eat a piece of meat with the amino acids, number one your body is not designed to digest meat so how could it handle the amino acids properly? It will decompose by intestinal heat, meat products do not digest in the human intestines otherwise the hydrochloric acid in your own intestines would digest your own intestines for you and soon you'd have no intestines left, you see? Your own intestinal tract is tissue like flesh, like a cow's flesh, and if the acids that are going to really digest beef or chicken or fish, then it will first digest the container in which it's kept in, it will digest your own tissues. It is a known fact it cannot digest tissues, your intestinal tract is not designed by nature to digest tissues, tissues decompose or rot by the intestinal heat when it's chewed and put down in there and goes through the decomposition by heat, there is no internal digestion going on. Digestion would have to occur in the chemistry of breaking it down into a certain substance where it is precipitated into the mechanism to nourish it, tissues don't do that, they can't be taken in. The few minerals that are taken in is outweighed by the poisons that are being put out by the toxins and the fermentation. So you have more fermentation and more toxins thrown off by the decomposition of the tissues that you put inside in comparison to the amount of nourishment you get. You have now to generate antibodies by your own tissues, by your own organs to offset the breakdown that is being produced by the toxins. Audience: (inaudible) like when you get a heart transplant, it rejects the heart?

Adano: That's another tissue so your body is rejecting the tissue because they do not match up.

Audience: I'm thinking about what you said about the heart transplant, if all of the organs are governed by past karma... Adano: The tissues have a certain way of being measured just like your own personal tissue, they come in grades, they're identified in grades and different formations of the chromosomes and the hormones. Now if they don't match up, it's like weaving, if they don't match up, if the two materials don't match up, you can't have a bonding, they don't lock into each other. Audience: But the heart that comes from one body has one karmic pattern built into each cell and you're attempting to force that karmic pattern onto another person therefore it will fail. So if a Master could somehow touch the body and cause a magnetic adjustment then it would take. Adano: That's why they're not taking, the heart is the only organ that refuses to take. Audience: So as a man thinks in his heart so is he and you can't change what that Soul is supposed to be in this love by swapping hearts around. Adano: It'll only work for a little while then the individual passes is on, it doesn't stay too long. He may live a couple of days and then it goes off, it shuts down. Audience: There was an article in Reader's Digest claiming that researchers have found that the memory of a bell ringing in the head of a rat actually changes six amino acids so by eating meat, we're taking an animal amino acid hence animal memory patterns and if they're assimilated they're built into our own memory pattern. Adano: Ok, you're only verifying a statement in your scripture "The Lord looked down upon his creation and saw Man had eaten of the animal kingdom and became worse than the beasts of the field," worse than the beast of the field that means he had become into his system the electrical patterns. The electrical nature of the animal kingdom has suddenly taken over the electrical nature of the animal world and taken over it now into the human world and dominating it so he's becoming worse than the beasts, these are being transferred now electrically. Therefore he's acting worse than the beast, therefore He says "I will destroy these people now, they are worse than the beast." There could not be any such thing occurring in your creation if Man at that one time incorporated the animal kingdom himself. Now the Yogis tell us this, the Saints tell us this, the reason why the meat is not ideal for the human system, it's flesh all right, there are only two flesh forms in this universe, the Man flesh and the animal flesh. The human flesh or the Man flesh carries the Audible Life Current in it, it rejects the animal flesh because it is not ideal for the Sound Current to remain in. Therefore it cannot digest it, it cannot become one, the two cannot become one therefore it is decomposing and it's thrown off. Now the electrical nature of the human kingdom is of a higher frequency than the electrical nature of the animal kingdom and when we allow this body to be clogged up by the residues of the animal kingdom then our electrical nature goes into a discharge and we then take on the propensities, the traits, the animalisms, and all the different qualifications of the animal into our system and then those glandular forces within the endocrine makeup become highly charged that makes us act like the animal. For the first time now we have the animal tendencies and the behavior of the animal tendencies predominate us. Now we have an example, many examples in your bible but a good typical one is of a disciple like Peter who was with his Master and his Master passed on, he went up one day on a rooftop to meditate in the middle of the day and he saw a sheet where all these creatures were coming in for food and he said "these things are unclean" but then he heard a voice, he didn't know which voice it was saying "Everything I made is clean" but it didn't say "go ahead and eat." He later on partook of the animal kingdom and in so doing the electrical nature dominated him. At a later date when they were building a commune, there was a man and a wife who put some money into the community pot to build a commune. Peter knew that this man had much more than he had actually put in the box and therefore he called down his consciousness on the man and said "You should be dead for doing such an act." Both the man and his wife fell dead because the animal nature was so strong in dominating the electrical nature of the man part in Peter that it caused the energy to trigger off killing the man and the woman. 1:30 It took him a long time to overcome that animal nature because he still carried it in hostility. At a later date he saw Paul lecturing in a room and everybody was listening to him, Romans and Greeks, and he thought to himself that he was the elect one who should be teaching the Master's work and here nobody was listening to him, they were listening to Paul so he walked out in anger. Passing a blind man he heard the blind man say, "Why don't you heal me?" He paid no attention to the man because of the anger that

was boiling up in him, the animal nature was so strong, but then when he began to reflect upon the true purpose of his existence then the change occurred back in him, he overcame the animal nature and he turned around to go back into the room and a shadow fell upon the blind man and blind man was healed. This is what we're talking about, how the nature, how the electrical frequencies can change from within. Audience: (Inaudible). Adano: At one time you could have eaten three to five almonds, you understand? It was a preventative for cancer by Edward Casey. Now in Casey's time we did not have all the pollution and all the tension in the atmosphere so we find that the quantity allocated at that time is insufficient now because of the food additives that are in the food, the system is not coping with it so we have to eat a little more of it to get that reaction but you find that almonds are good, better than almonds would be apricots, the pits from the apricot. You see at the time when Casey was giving this reading to the people that was asking for it, he was not aware of the apricot. The apricot has more effect now than the almond, even the apricot oil. Audience: How about the peach? Adano: Well the peach and the almond are related, it's the prussic acid in both that is what is needed. See the prussic acid in the almond and the prussic acid in the peach is what is needed in the body at the time as a preventative, it's not a curative it's a preventative. Audience: How many apricots do you say we need? Adano: Well you can safely eat as much as you want. How many apricots you think you would want to eat after eat one mouthful? The taste alone don't make you want to eat too much so I would say your best bet is to take a teaspoon of apricot oil. They have apricot oil, it's squeezed from the apricot seed.

#### 1973 September 2 Part 2 - Meditation Nutrition Prayer

Adano73\_09\_02\_2MeditationNutritionPrayerQ2 - ...a fast on juices. Years ago you could fast without using liquid but again we're not living in that time, the atmosphere is polluted, our foods have been filled with additives, and we're eating them their unaware and those additives now when you start fasting they start driving the toxins into the marrow of the bone therefore we have a breaking down in the body, we have too high a traumatic reaction in the tissues. To go on a real fast today, the wisest thing is to have the distilled water from the fruit itself where the actual liquid is distilled by nature, no water in this universe is pure except distilled water, everything is polluted. The worst water you can drink is rain water, the sedimentations and the chemicals and the minerals that lodge in the bone, the one that comes from the well has a high concentrate of minerals that are no good for the bone. The only water that is completely free from any kind of deposit that is detrimental to the bone today is the fruit juice or distilled water but pure distilled water if you drink it too much, it will start leaching off minerals from your bone so you have to take a distilled water now and take honey where you have a high concentrate of minerals produced by the bees and dissolve it in that water and you take the malic acid from apple cider vinegar and dissolve it in that distilled water then you have a water to drink. To one gallon of distilled water, you take one teaspoon of apple cider vinegar and one teaspoon of crystallized honey and dissolve the whole thing and you have a perfect drinking water in today's age of existence. Outside of that you have all the minerals that will tend to cause breaking down of bone structure. It must be crystallized honey, there is only one other one water that you can drink and it's ionized water, ionized water is hard to find, you can always find distilled water. Your best fruit juices would be fruits in the morning that grows high in the trees, fruits that grow in the ground, drink their juice and the ones that grow under the ground, drink those juices and mix it with water. So if you start off with the apple juice in the morning around six o'clock then about 10 o'clock you have some orange juice with water. In the middle of the day you can have some berry juice or watermelon juice, cantaloupe juice. In the evening you can have cranberry juice or pineapple juice but there are juices already designed to flush your system out so if you're fasting, the ideal way is to fast on a juice diet with water. Carrot juice, remember we eat carrots like a vegetable and a large quantity of drinking it has to be diluted with water too, it is something that has to be diluted with water because it's very strong, very potent. So if you you can drink carrot juice as a cleansing routine but you still have to dilute it with water, it's too strong. Equally true with grape juice, it's too strong. All juices are concentrated food but you have to dilute it with water. Audience: (Inaudible). Adano: Half, I'd say use half and half would be all right, that would be your best form of our fasting but to fast without liquids is not practical today, at one time it was ok, not now, it's

taking too many chances on the body. Now toxins as a rule, the fasting system is only partially good for one reason that you don't put food inside but the toxins are not caused by the body of the food inside, you can be eating the best food and your body is going to generate toxins simply because your liver is not handling it and it's not digesting the food and it's not passing it out properly so the decomposition is setting up and you're taking in food that you're not digesting so your liver is not handling it properly so you're getting the toxins from that. Now when you start cleaning up the liver, you wouldn't have to fast, the toxins will come out. The liver has to be cleaned up in most of us and merely fasting does not clean up the liver alone, it will tone up the liver to some extent until you stop fasting but then again the toxins will start building up again, simply because the liver is not functioning properly. A fast may help to stimulate it and clear it up but you have to clean up that liver and there are certain foods that are required to work on the liver to clean it up that's your olive oil and your garlic and your lemon juice. You take that solution into you and that will start flushing that liver and make that liver active now to break down the toxins that are settling so if you eat food and the body has toxins, it will now eliminate them properly. Garlic, olive oil, and lemon juice. For every clove of garlic, you crush that up to one teaspoon of olive oil to two drops of lemon juice so in that proportion you take it. You can always eat parsley after but the best time to take that is before you go to bed at night so it works in the liver because your liver has maximum blood between one and three in the morning so that's the time you take it before you go to bed, if you take it before you go to bed it'll go right down to the liver area and start flushing it.

Audience: (Inaudible) should you fast for 24 hours or should you fast for 3 days? Adano: No, that has nothing to do with it. Fasting is merely denying the body food and denying it's moisture and the amount of time is again arbitrary to your own mental frame of reference. When you quit fasting, even though your body will lose weight, apparently all of a sudden as soon as you start eating you start gaining weight back, it retains absorption simply because the kidney and the liver aren't doing their jobs, they're just being denied food for the time being, they're not really being flushed out. To really flush them out in that fast, you have to give the kidney a certain mineral to flush it in the form of watermelon juice so that the kidneys can really flush. The liver has to be flushed by garlic, by olive oil, by lemon juice so it can flush so they will start to work properly after the fast and not retained fluids. 0:10 Audience: Are there any herbal teas that you can drink? Adano: Yes you can drink herbal teas but there's nothing better than watermelon seed tea, you eat the whole watermelon, don't throw away a single thing. The best thing to eat is to buy yourself a big watermelon, wash it and scrub it good, eat the inside, take the skin and grind it up like a pulp, eat that with a spoon, and take the seeds and boil it and make a tea and you really give your kidney a good flush. Skin and all, you don't need to throw a single thing away and if you want to be ultra clean, get some of the leaves and boil it. The watermelon is one of the best fruit there is for cleaning out your kidneys next to the cucumber. If you eat melons, eat it by itself or leave it alone, don't bother with it, don't put it in your system because when you combine it with anything else you can get a reaction. If you're eating a melon, cantaloupe or melon, any one of that family, eat them by themselves or leave them alone because they have a bad reaction in your system, the whole fruit will flush your kidneys out. You can juice the whole thing up if you got a good machine which can juice the whole thing right through and drink it all, it makes no difference, seeds and all, juice the whole thing. To me I'd rather push the whole thing right through the chopping machine and be through. Boil the seeds for about 20 minutes to make the tea you see but if I were you and I had a juicing machine like a Champion machine I'd cut the whole thing and run the whole thing right through the machine because then I'm certain to have every single thing in it, seeds and all, rind and all, and it's good and thick. Just add a little water and drink it and you have the whole perfect food. Audience: (Inaudible). Adano: Well I don't know how to do it, I've heard of it, it's called watermelon seed oil but I don't know how to do it. Any seed will make oil because it's a seed, it's the archetype of the plant, it's the structure of the plant, it carries the oil. Pumpkin seeds will do the same thing to a pumpkin, eat pumpkin it will flush out your kidney so don't just use it in at halloween to make an ugly mask you know or lamps. Actually we don't eat sufficient pumpkins in this country, we use it more for decoration. You take a pumpkin, the seed is good for worms, the meat is good for your intestinal tract, it has protein, and the skin is good for the cosmetics, good for washing your skin, make face packs with it and you can make pumpkin tamale.

The same way they make tamale and wrap it in corn husk and steam it, you take the pumpkin and grate it up and mix it together with a little cornmeal or you can mix it together with whole wheat flour and you get a whole base of it, wrap it up in a corn husk, and steam it and it comes out like a beautiful dish, dessert. Serve it with cream or yogurt, put honey in it, or you can make it and serve it like a tamari with a hot sauce on top of it. We don't need sufficient pumpkin and yet it's one of the most nutritious foods there is and very good for intestinal problems. I don't know of any other to eat it, very simple, you take the pumpkin and cut it in half, peel off the skin, peel off the seed, cut them up in chunks, nice big chunks, put it in a pot with a little water, and let it steam like a corn and it comes out delicious and before it's not too soft just let it steam a little. Then you take it and put it in a pan and butter it and you put a little cinnamon and brown sugar and put it in the oven and bake it, it's delicious, it's candied pumpkin like how you make candied yams, comes out delicious. Audience: Is it kosher? Adano: Pie is kosher yes because the grain is in the crust, that's the time to eat it, and the pumpkin is in the middle of the day. You see pecan pie is no good because pecans grow on the tree, see grain don't go with the pecan. Cherry pie don't go, apple pie don't go you see, those are those are impractical combinations but strawberry pie is okay, blueberry pie, strawberry pies. Your pumpkin pies they're okay because they grow on the ground. So all your blueberries are very high in protein and you're making a crust then you've got your soybean flour, you make your lovely almond cookie, they make good crust, better than whole wheat cookie. You ever eat almond cookie, chinese almond cookie in the restaurant, very nutty flavor? They make the best crust to take that same almond cookie, it's made out of soybean flour and make that type of crust around your pie with your fruit, you couldn't get a better strawberry pie than that, ten times better than making it with any other kind of flour. The same stuff that you use to make almond cookies, you make that now as a crust, you give it a base, and you put your big strawberries inside, and you serve it with yogurt instead of whipped cream. Nighttime you can use peanut flour for crust so you take your peanuts and you make your flour out of it and then you can make a pie with your pineapple. You see nice pineapple pie, you see peanut flour they grow on the ground, you get the raw peanut and grind it, it comes out like a flour. In fact this is what you call "unfired cooking," you don't even have to fire it, you take the powder, the ground up crust, and you make a bed with some butter, dissolved in the butter, and make a base with the nuts, you don't need to cook it because it's already a nut and then you bed your pineapples into it and serve it and it's a perfect pie. Audience: (Inaudible). Adano: Yes the skin of the peanut is good to eat because it's very high in iron. Roasted peanuts are fairly okay to eat, not too much. It's dry, raw it's better, the raw peanut is better than the roasted peanut, the roasted peanut you have to do it in a slow fire to dextrinize it. That's the only reason they roast them because people don't like the raw taste but the only good value in it is the dextrinization and you roast it on a slow flame but I would rather use the raw peanut and get the peanut flour out of it and make crust. 0:20 You spread it all out and then you put the filling inside, you can make beautiful cream cheese cake you know with your nut base as a crust. Nighttime you want to serve cream cheese pie, use the peanut flour as a base. In the middle of the day you can use your sunflower seeds or pumpkin seeds, look how many different ways you can make crust you don't always got to use whole wheat flour. Audience: Do you have to bake pineapple? Adano: That's not necessary because some people love to bake it but you don't have to, it's not necessary, in its natural state it's better, you can serve it with your yogurt or whipped cream but you don't have to bake it. See the least cooking you do to the food, the more vitality it has. the Sattvic food or the regenerative food is all your raw foods, food in its raw natural state, that is the pure essence you're eating, food in its natural state. It's greater an ideal for your spiritual life and you can eat raw food all the time because nature got it all raw, you don't have to cook it all the way from the top of the trees right down to under the ground, all of them can be eaten raw and there is no better way to eat your hard vegetables, your root vegetables, than to grate them up. When you grate it, the mere action of grating seems to cook it, it gives it a different texture and it doesn't have that hard woody taste like a raw food when is grated up fine. If you grate your potatoes, it can be eaten raw. The young green potatoes, not the whole woody type like your baking potato but the young green potatoes if you grate them into fine shreds you can eat it and you can make your potato pancake, very simple when you grate them. You let it go on top of the grill, you know just wipe the grill with a little oil not the stick

and let it sit down there and sit there and it cooks a little and then you just turn it over. Audience: (Inaudible). Adano: You can use aloe vera gel, you ever heard of aloe vera gel? You just take the aloe vera gel and whip it up with a little egg replacer, they have a thing called egg replacer now or you can take soybean flour and whip it into the aloe vera gel, it gives you the consistency of egg and it looks like egg and it smells like egg but it don't taste like egg because it's flat. Or you can use a arrowroot, mix the arrowroot up with a little water so it becomes like a starch, it looks like a paste, add a little hot water until it gets like a white starch and then beat in the potatoes with it and that gives it a consistency, it holds it just right. See arrowroot or corn starch will do the same thing. (Gap in tape). In the first place what is your astral body? Your astral body is the electrical waves that pass through the ten zones of your five fingers and ten toes. Forward is positive, upward is negative, and forms a figure eight around your body and these are the electrical waves that pass through. They come from the five forces of earth, water, air, fire, and ether and they're constantly passing through you, they're flowing right over the nerve ends. Now, and therefore it can be photographed, the particular crystalline formation in the body allows them to be photographed otherwise they can't be photographed, it's how the crystalline formation is set up they are recognized. Now when this is passing through you, you can see it, it radiates. All around the pictures of Saints you see this see this big glow, what they're really saying they're seeing in actuality is the five forces, the five Tattvas or the five cosmodynes, these primal forces that pass right over the nerve ends right through them, right hand and the left hand. In the right hand it's going this way, down, in the left hand it's going this way, up, just like that. See you have one force going this way all the time and that's it. Now when you fast, you're not putting in solids into your body and therefore those forces are lined up. (Gap in tape). So we are discussing again the nutritional importance in the meditation. When the body is toxic and you start to clean up coming from a meat diet into a meatless diet it has a tendency to get tired very early, it has a tendency to fall asleep in the meditation. The restlessness gets more intense and we don't seem to get any result in meditation, our mind seems to be wandering more and more, never settling down. The reason is that the toxins are stirred up in the body, the shift of the protein content is different, you're accustomed to the animal protein in the system and now that you're taking in protein of the different nature, the body starts to react. Therefore it tends to drift down into the lower region where the animal protein was intake and would act upon those organs. The mind is recalling now the memory structure, it is trying to recall those sensations that were brought on by eating of the animal body. The electrical pattern of the animal body is triggering the emotional responses in the human being therefore you'll find that when you go on a meatless diet there is a sudden increase in gas in the body, for the first few months there is a certain rumbling in the intestinal tract. 0:30 From those who have been through the process of changing over, they have noticed this and they wonder what is happening and then they think "Well I was better off when I was eating meat, I never had these kind of symptoms and what is happening now? I'm going on a vegetarian diet, I should be getting better. Here all of a sudden I'm getting gas and grumbling noises, I don't seem to have sufficient pep." The cause is the sudden change where the toxins that were settled in the body are now forced to be moving, the gases that were in there are forced now to move on, to bring on this release in the body. So the mind is stimulating pressure from within itself on the nervous system to generate these conditions. The sudden disassociation from the animal kingdom to the vegetable and fruit kingdom begins to trigger these sensations and the anxiety begins to increase. So one may say that the vegetarian diet does not seem to be a practical process for the meditative life because certain symptoms are appearing in the body that were not there before. This is not true, these symptoms are merely the result of a change from a pattern that has been set up in which the five forces that form the body by the nutritional method which the parent has ingrained into the system and now these patterns are being stirred up, these patterns have been deprived of the particular substances that go to feed the body in that particular flow. Those substances of matter in the form of solid, substances which are water, substances of gas or fire thermal action, air and etheric flow. These are now being switched and new forms of matter is coming in, a new form of liquid is coming in, a new form of fire is coming in, a new form of air or gas is coming in, and the etheric nature is different so this is a clash with the preset pattern of the body therefore the body seems to get stiff, it seems to get ornery, it seems to

get oversensitive. Well from the normal standpoint of this practitioner, he would think he's not making progress and I wouldn't blame him, you see? He would believe that he's not making progress and he would complain and would ask all type of questions that he's entitled to and feel very despondent, very lacking in confidence that he must have upset his own chemical balance. Then fear is another pattern that sets in, he is entering into a new experience and since he's not too certain where he's going and don't have nobody to relate to, he may panic. It's only those who have actually worked through this process who can tell you not to panic, to stick with it, to continue what you're doing eventually it will come out in the end because they are speaking now from their own personal experience of what is happening inside and until that person has done it, he's in no position to say that the type of diet you're following in the spiritual path is of value because he himself must work it out, he must make the changes. Now the meditative life immediately tends to soften the tissues, the nutrition change tends to soften the tissues, the consumption of the animal protein makes the tissues dry and woody and grainy when observed under the microscope and those who eat of the vegetable kingdom and the fruit kingdom, the tissues tend to become pliable soft and glossy. You begin to see the results in those people after a while of those who were eating meat before and those who stopped eating the meat and are going on a vegetarian diet, there's a sudden glow, a sudden glossiness in their body, and a certain light movement, the body seems to be glowing, it seems to be floating along, it's not listless, it becomes more like the movements of a gazelle, there is a pliancy in it and your own bowel movements and your own personal self-observation of the odor and gases begin to change, you can see that in your own self and especially if you're a heavy smoker or a drinker and you're trying to change over, you begin to notice from the perspiration, the discoloration of it throwing off on your clothing and the best type of clothes to give yourself a good test in the change over is to wear white clothes for a while when you start changing over from the meat, the alcoholic, and the tobacco substances in your dietary pattern and observe your sudden change of all these residues being thrown off now by the human body because they are stirred up. It takes about roughly 10 to 12 years to get the tobacco, the nicotine content of the tissues out when you change over and I know it because I used to smoke and I was a chain smoker. From the time I got up in the morning I lit the cigarette, I never used another match until nighttime, it was one cigarette after the other and I used to smoke Lucky Strike, and they were really powerful and between these two fingers here they were dark but when I started to change over, I had to wear white shirt to work at that time in New York. After one session of wearing, you could smell the tobacco coming out, the bed sheets when you perspire would (inaudible) stained and I drank alcohol too at one time and I could see the change and what the alcohol does, there were streaks of green that would come out. Now when you wear silver metals on your body and you drink alcohol and you've taken alcohol for a long while then you'll see the discoloration coming out in the metal. The very metal, the silver will start drawing it, it will pull it to the surface, this is the marvelous result of the study in your bracelet, the astrological bracelet because the magnetic wave is so powerful that the alcohol throws off the gyroscopic action the brain in your deep levels of meditation because it's shooting too much of this alcohol through the system as you meditate. When you meditate you do generate an alcoholic movement too, by nature your body has a 0.5% alcohol that you're born with, you have to have it, you couldn't live without it. So it produces this movement inside to stabilize it just like a built-in antifreeze but when you put too much over the years and the liver becomes affected to some extent where it hardens, atrophies, then it stores the acids and if you wear any bracelet or metallic substance, it will tend to discolor and draw to the surface of the skin the perspiration will smell metallic and we will start to see it coming out. 0:40 Now this alcohol moves around in your body all the time, it doesn't stay stationary so some days you may wear your bracelet or wear a chain of any type and on one spot it will be green then all of a sudden it'll polish itself up, it'll get bright again, you don't have to polish the bracelet it will do that and then you'll find you get bursts of joy and you want to meditate more and more, longer and longer, simply because a certain content of that alcoholic substance has released itself and then all again you start getting sluggish, you're dropping back down because the alcohol is moving around in the tissues and it's coming back into areas where the brain can't handle it and therefore it gets sluggish. Now as you eat the fruit diet and the vegetable diet, this creates natural

alcohol. You see we get alcohol from the vegetation life, we don't get alcohol from the meat so we got a problem now, you'll say well "Boy I wish I didn't get into this, I'm getting more high, meditation is getting me high" but we don't know the real high where it's really coming from, we think you're getting a real high because the brain is slowing down. No, the real high is also triggered off by the internal fermentation of the vegetable and fruit kingdom which we don't throw off immediately by bowel movement. If the bowel movement stays too long inside, you know you don't get a bowel movement since last night to now or day before yesterday in some people's cases, the alcoholic is getting created, it's a peculiar phenomena that you can get pretty high by being constipated. (Laughter) But it's true especially when you get into the subtle levels of meditation where the body mechanics are doing that and you can get tremendous readings on the alpha machine, it's amazing how this peculiar physiology would do this thing with the machine and not really realizing what is happening or why it's giving these readings but then it starts cleaning out itself and then you really can hold the pattern and if physiology is really flushing properly, you'd be amazed at how much you can hold the pattern in a real alpha reading which is very natural and normal for anyone to do when the body is balanced out because these are responding now to the five basic forces that pass through the body. You see the five basic forces pass from this way on the right side of the body, see this is ether, this is air, this is fire the middle finger is the fire finger, and this is the water finger, and this is earth, and it's moving this way to form the first arch of the aura and by Kirlian photography you can see this, it shows it and if you see Saints with the aura around them and you think only Saints have got them. We all have an aura, we would be a dead individual if we didn't have one but ours is occluded that means ours are making cross movements, they're clogging, there are too many energy blocks in them, therefore it is not flowing properly. In the Saint which means pure mind, that's where the word comes from "sanity," to sanctify the mind, when the mind consciousness of the being is pure and centered upon the flow then this auric field is bright that means it's clear and it's not blocked so it keeps the main (inaudible) of a light flow. Then the left side the energy is coming this way so because it goes like that coming up, they begin to shape now like figure eights. Since this figure eight movement is forming to lock in, it appears that when you see that the energy crosses over like figure eight. Now we often read that the beings are called angels that seem to exist and they have wings, this is how the artist draws them because the artist has no real way from his viewpoint to differentiate between a winged individual and an electronic body which is your astral body because of the wavelengths that are moving that looks like wings, figure eight, this is actually a symbol of infinity. If you take figure eight and place it against it, it will look like wings and they will think "well an angel is somebody who flies" because the lines of force are patterned to work that way around the body in the auric field. Now, but you sometimes see the auric like an ellipse or like a flame going off in waves around the body. This is different, that's not the electrical body you're seeing, that's the aura when you see it in this shape, in the shape of the flame, you're seeing the aura. When you see it in a figure eight like a wing, you're actually seeing (gap in tape) ...you have an electronic body or astral body of 19 elements and we have a ideational body of 35 elements. Now this is in polarity so that's 19 and 16 is 35, 35 in polarity is 70 that means we have it in the manifested realm and in the unmanifested realm, that's the polarity, and within this manifested realm and non-manifested realm we have it in duality that gives it 72 hence you have 72 names for God in Hebrew. That comes back to the (inaudible) which is called the Tree of Light in the Hebrew writings, it's no different from the tree of light in the Hindu writings yet within our structure we have the 52 letters of the Sanskrit alphabet imprinted upon the chakras up in the electronic body. We are learning that the human body is a peculiar instrument designed for realization and that these forces are working right through and over the nerve force. Now in the nerve force acupuncture is controlled, over the nerve force in what we call the cosmodynes or the primary forces: water, earth, fire, air, and ether because these are the cosmodynes in the five, they flow over therefore they are not so easily traceable, you can't trace them but gradually instruments will be made that you can trace these cosmodynes as they flow over. The Chinese people discovered the nerve patch from within the digestive system and therefore they use this type of energy for acupuncture therefore they can touch with the needle. Now when you come to the cosmodynes or the primal five forces which make up the body: water, earth, fire, air, ether, this is controlled now by acu-

massage, touch. You can move this energy now by touch because your hands carries the five, that's very idea comes of "laying on the hands." If your hands could not carry the contact, you couldn't do it, and if your feet did not carry it, you couldn't do it either, you couldn't heal anybody so because of this passing through you in your meditation, you are for the first time lining up the spinal movement as a magnet and becoming a magnetic field for all the forces that are moving in nature. 0:50 This is the real reason why Jesus said "Seek first the kingdom of God which is within you," that is to say first magnetize your spinal cord which is the central force within you and "it's righteousness," that means the laws involving polarity in the spine and "all these things," that is material objects "will be added," they will be attracted to you by virtue of their magnetic nature and flow towards you for your use. So the man who is attuned in meditation now is in essence arriving at an internal conservation of these five forces of his nature without dissipating it out through the five senses. Now the Chinese tells us that in the center of the tummy is the Chi, the scriptures of the Hebrew people says the energy is in the middle amidst the Garden of Eden, the Tree of Life, the Tree of Knowledge. Well the Hindu says Vishnu is located here and Brahma is located in the sex region because He generates and Shiva, their destroyer/renovator or the constructor, remodeler, or the dispeller of darkness is here so we find that they're all saying the same thing. Now when we line these up in our meditative life and line it up in forms of nutrition and begin to see the internal balance, we find that the lower part of the body is positive in terms of generating but not in terms of the magnetism of the body, it's only in terms to generate because Brahma is to put forward, it will be negative in terms of magnetism, the lower part of the body, the base of the spine would be negative and the middle part would be neutral because it preserves, in terms of magnetism this would be neutral and in terms of renovation the head would be the positive pull and this would be reconstruction. So we have positive here, negative at the base of the spine, and neutral in the center which is the reservoir. Now when we come down to look at a pregnant person, the reservoir or matrix is the neutral pole where the child is carried in the human body it's called the kava, the cave, or manger. So the concept that Jesus was born in a manger or the Christ was born in the manger is a reality within this mechanism. Not the man Jesus now but the principle of life that governs life in the world of manifestation, the Krishna consciousness, the Christ consciousness, the Vishnu consciousness, Master consciousness, centers from this area of the body and moves out. As all Avatars are supposed to radiate from the navel of Vishnu, these are all symbolisms which really mean that life issues out from the neutral pole and is carried in a neutral pole towards either the downward negative magnetic line or towards the positive magnetic line. Now when a child comes out from the central neutral pole, it can only say to the world "If the Son of Man be lifted up, I will draw all men unto Me," that is to shift the energy now from the navel right back to the forehead, there is where realization begins to occur. Now the shifting again is dependent on diet, one may say "how is that, why would that be responsible for the shifting of consciousness?" Simply because the food we eat is formed by light and by this photosynthesis of light and if we eat substances where the light is dense, then our nature would be dense and when you start to meditate, the very first technique of meditation laid down by the great teachers is the point between the eyebrows. "When thine eyes," see pair of eyes, "are single," you have to be sent to the Tisratill or the point between the eyebrow, sometimes known in Hindu as the bindu or the third eye, a single eye, "the whole body is full of light," that is the atomic mass of the cells become obvious to us. Now Einstein says that matter as you see it is only energy and that matter is a congealed form of energy and energy is perceived by virtue of the speed of light squared. Now just think of this, Einstein said this a long time ago that this whole mass is energy. Now, and he even went to postulate that is not possible for physical mass that would move through space and increase its weight could ever increase its velocity beyond the speed of light but now they have just found something in space called a pulsar which is a dead planet exploded out in time and it's traveling twice the speed of light, this object is traveling twice the speed of light, and the size of a peanut, just the size of a peanut, weighs four times the weight of planet earth. So here we got some fantastic phenomena in space now telling us about the five forces in the body: water, earth, fire, air, and either have suddenly made a change and that Man is the only creature that can really beam in on this energy and monitor it with his brain by looking at the point between the eyebrows, of all the creatures in creation there is

none but Man, something unique is locked up in Man but we don't realize this and the only way we can actually get into it to monitor it, monitor the subatomic nature of it with the brain, is by meditation. Well not too long ago there's a young man in Israel who just demonstrated one of the functions of consciousness. As I said a long time ago that creation is divided into eight levels. Matter acting on Matter is the first level in which we are all in, we find ourselves in this interplay where all the forces are held. There is no place called hell, h-e-l-l, but there's a condition in nature called h-e-l-d, crystallization, the final manifestation of energy, substance, where we are held, Matter acting upon Matter, solid upon solid. The next step up in realization is Energy acting on Matter, the subtle forces of the magnetic fields in it which we are now becoming aware of, we're now becoming interested in, we're no longer relying on chemistry or pathology to direct our behavior and our need for therapy but we're becoming more interested in the subtle forces, the inter-cross currents how they work to override the pathological makeup of chemistry to produce a result of change in the body. Then occasionally we will hear of some individual who prays for a person and there's a change, that's Consciousness acting on Matter, and we do have evidence of that from time immemorial, the different shrines, the different miraculous cures of the Consciousness acting on Matter and the great Teachers of Truth who have come down have done some of this but the great Saints themselves don't use Consciousness acting on Matter, They are using something entirely different. They are way up the scale of evolution and therefore they are not involved in this process of just employing consciousness to control matter. The next level that they go is Energy acting on Energy, this is the fourth level up. Then we come to Consciousness acting on Energy, the fifth level. There the realized Saint or God-realized man functions for the first time from Consciousness acting on the Energy, he is fully aligned with his own God self and he controls the energy: earth, water, fire, air, ether, he's in full command of it. Therefore from that level he can say to the world "No man take my life from me, I have the power to lay down, I have the power to pick it up," having full control on a conscious level of the five forces that run this mechanism. Now in the electronic body we have these five forces or chakras, they are located within the body and the realized man is attuned now to the Sound Current, which is the ultrasonic frequencies, and the light currents of his body and by virtue of these blending, he is aligned with pure consciousness controlling the energy fields in his body, his whole consciousness controls energy fields and the energy fields are now manifesting as matter. As we begin to understand what they are doing, we begin to see how meditation now is entirely a different thing than we think it is, it is a process by which we can raise our consciousness to a level of realization by virtue of what we're eating and what we're putting in because the different substances carry these forces in them and they tend to polarize the body. The great magnetic healers you will find more and more they're all vegetarians, all these mystics are vegetarians. Audience: (Inaudible). Adano: She's a vegetarian because her body has to come to that state, she can't tolerate those substances from the animal kingdom because the energy will shut down. There's no way that a person can ever go high enough to allow these subtle energies to pass through their body and be a channel and expect that they can live on a low vibratory rate. Now when you meditate your body goes into vibrations and you feel it, it tingles, and this is what you call getting in tune with the vibes, when you walk in the room and they say "the vibes are good," you're actually feeling the subtle energies involved in creation and the more you are attuned to this subtle movements, the more and more the extra sensory nature begins to open up. Now you don't have to practice to develop the extra sensory nature, this is what the caution is all about, "What it profit a man to gain the whole world and lose his Soul," we're not designed to do that. That doesn't say many of us would not experiment to awaken that, all that will get us is a control of Consciousness acting on Matter. At best it will get us to where Energy acts upon Energy but it can't get any further than that because that's the highest expression of these psychic energies, Energy acting on Energy. Now the best psychic is only eighty percent accurate, when you go to a Saint or the Master he is in total God realization and his consciousness is acting on the energy for the first time, he is in total alliance, he has total memory for the first time, he's living in a state of total memory. Now that doesn't say that the person who is psychic doesn't have some kind of recall, they do, but he hasn't that complete a recall as they say because the Saint is living in that state but the Saint is not using his psychic abilities. A Saint is a channel for this flow and he will never even heal you unless there is a

karmic bond, he will try to encourage you to carry on your obligations to work out the karmic indebtedness so that you are free from this situation. You couldn't be clogged up in these five forces going this way from the right forward and from the left upward, see forward down is the right and left is upward from the bottom up, these forces would not be clogged up or occluded if you did not set up cross currents by karmic patterns and once you purify, which is "cleanliness is next to Godliness," once you clean out these karmic patterns and rid the system, then these forces begin to flow naturally and ridding it starts with nutrition. Now nutrition is not merely what you eat, it is also what you think because we eat food in the form of thinking. Reading is a form of food for the mind, images are a form of food for the mind, music is food for the Soul, there are different forms of food that this mechanism needs. Since we are a three-fold being, we need different types of food, we need material substances for the chemical body, we need electrical substances for the electrical body, and we need ideational substances for the idea body and all has to be brought to a level of realization. Now let's take the ideational substances, at a time when Goring was alive and the Italians are taken away the government from the ruling government at the time under the Mussolini and all the erotica artwork that was stored up in Rome, it was put in subterranean chambers and even Goring was not allowed to see it and at that time the Italians and the Germans were very good allies but these art forms are so bizarre, they were not even allowed to be seen. Today they're gone on display and there's only about two weeks now, they're all over Rome you can see them now on display and this is a form of food that has been impregnated upon the ideational consciousness of the human being now. The forms are so bizarre, it's unbelievable that man drew them or even created them and you go into India, the Caves of Ajanta and you see the same art forms, how these art forms are designed, and we don't know what they really mean. At one level it looks like pornography, at another level it looks like idol worship and the people who drew them or the purpose for what they were using it has totally missed the whole importance of what it's all about, you see? So we are to some extent feeding the consciousness with information without even knowing where the information got its inspiration from or what that information is all about. It's like saying to a person now "you need to eat" but here is a big cafeteria, go help yourself, and then you walk through the cafeteria and you look fried chicken, thousand-year-old eggs, hamburger, pork chops, veggie meat, all kinds of different goodies all over the place. Now you're you're hungry so you may fill your plate with spaghetti, sweet yams, marshmallow, jello, tomato sauce, potato salad, some scallopini, and then you say you got a (inaudible) but you eat it, you'll feel pretty satisfied only because your eyes made you those selections for you, that doesn't say they were very healthy for you. You eat it and then after at a later time you get all kinds of gas pains, this is on a physical level. Again, it's on the mental level and electrical level, you'll see certain art forms that will impregnate the mind and inflame the mind and then you don't know the real cause of why they're existing. Equally true of music, music will raise you higher because music is the Sound Current, in the highest realms of realization it's all sound, not light, light is the result of sound. 1:10 "In the beginning," that means the onset of manifestation, "was the word" or Audible Life Current that means the Sound Currents, the ultrasonic waves. "And the Word was with God," that means the Audible Life Current exists in consciousness and "the Word IS God," the Sound Current is God, the light current is not God. "No man has seen God but has seen His light," but every man can hear God and feel God and not necessarily to see His light, there's a big difference. "And the word is God," now if he said "the light is God" that would have made a difference "and the Word was made flesh," so crystallized matter is a result of ultrasonic waves coming down into the form of energy which is a light pattern into a congealed pattern so what we call matter is really congealed light patterns from a ultrasonic level. "And dwelt in Man," this Sound Current dwells in us as the Audible Life Stream, as a buzzing sound in your ears, you hear it all the time but you don't know it. Audience: (Inaudible). Adano: They had the experience of super consciousness, they experienced super consciousness, they experienced self-realization which is super consciousness, they were hearing the Sound Currents and they were listening to it and they were able to pull it down. Now if you have seen lightning, you're familiar with lightning and you're familiar with thunder, right? Which comes first in the relative world? The lightning comes for us in the relative world. Which comes first in the actual world? The thunder comes first in the actual world so we know that the sound is first

before light in actuality but we are fooled in the relative world to see the light before hearing the sound. So when you say "I see lightning before I hear thunder," this is in the relative world of the senses but in the actual world where the actual thing is occurring, the actual forces are occurring it is thunder, the forces of the two clouds have to make contact and by hitting then there's an arcing. They hit you see and the sound is there then it's arcs but because light travels through that media of air or gas faster than the sound in terms of the sensory observation, we as an observer jump to the conclusion in a generalized state by saying thunder is last and lightning is first but until we reflect upon the reality of it and the actual occurrence, we then realize that lightning is last and thunder is first, thunder is the Sound Current, lightning is the light or the breaking up of the spectrum. So sound is always first so "in the beginning," that means in the onset, in the first point of contact of manifestation, sound has to be there all the time. In the highest levels of realization, there is no light, it's all Sound Current, it's all ultrasonic frequencies. Beyond the fourth level, it's all sound waves that's why they say the highest expression of pure Being is the soundless one, the nameless one, you don't have no name for it now because it's all ultrasonic and you have to have a tremendous degree of devotion to break through that level. So those Saints who have actually done their rosary work as I call it, the Japa, the Simran to synchronize, the constant repetition with the sound, their bodies become light, their bodies change now from a sound level or an audible level of ideas into a light body. So when you read The Autobiography of a Yogi they say that the Saint has arrived at the ability to materialize and de-materialize his body at will because he is born with the Sound Current, he can do this. Now evidence of this particular phenomenon has been noticed by many people who do photography. When you try to photograph certain mystics in the deepest states of their attunement with the Creative Intelligence, the pictures don't come out on the negative, everything around it will come out except that body, though it's visible to the physical eye that is not picked up by the camera. As in the case of Lahiri Mahasaya, he was there living at the time and somebody wanted to photograph him as well to keep a record of him and he took his camera and he exposed it several times and nothing came out. All around the Master's body everything came out except his form and when he was so exasperated and frustrated he ran to the Master one day, throwing himself at his feet he said, "Could I ever have a picture of you what you look like?" And the Master look at him and says "How can you photograph Spirit but come tomorrow I will pose for you," meaning that he will condition the light within the body of these five forces with his consciousness to allow it now to be capable of casting a shadow. So that when he photographs it, it will leave an imprint. Well Master Charan Singh one time, this same Master here, was walking along and there was a woman at the Dera, that's the spiritual colony where he lives, and she had a camera and she was busy taking pictures you know and all of a sudden a woman ran up and said to the Master "Sir can I have a picture with you" and he looked at her and said "Sister it is not my camera, why don't you ask the young lady who owns the camera?" Now the young lady did not object but in fact he said to her "I think it's empty of film" but he allowed her to run the camera. Now I've seen that film, the girl said she knew she had put in a brand new roll two minutes and she'd only run three frames before this woman ran up and asked and when this whole film was developed all we saw was the Master's body and the woman's hand reaching out, the other part of her whole body was disappeared in white light and the rest of the whole film was completely white light. Even where they developed it, they could not understand how this part of the whole film could be like that, there was absolutely no recording on the balance of the film and that was the lesson the woman had to learn. You see he taught her humility by saying to her it's not his camera, she should not ask him to be in the picture, she should ask the person who owns the camera then if the woman wanted her in the picture, she would have granted her you see. These are the subtle lessons in humility, sometimes we feel we are so exuberant and we would like to do things but we never realize where the ethics are. Had the woman said to the girl that owned the camera, "Could I be in your picture with the Master" and if the girl wanted her in her picture, it would be all right. She didn't ask, the girl was trying to get a picture of the Master only and then she ran up to the Master and says "Could I be in the picture?" He says, "Sister is not my camera" and he was making her conscious of her position, he's making her conscious of the way she should approach to get the situation stabilized and normalized and then he went on "In fact there is no more film" but he was

making sure she would learn a lesson you see but I've seen the film, it was fantastic. 1:20 Here is his whole body and only where the woman's hand was, up to her wrist, trying to reach to be in the picture and from there on her whole body was all locked out and it ran till the end of the whole film, blank white light, it was fantastic and when they developed it, it was blank, there was no impression. Yogananda had one like that, somebody went to see him and they were busy making pictures all over the place and somebody says "Sir can I have a picture with you? He says "I think it's about time we be more practical than just mere taking pictures, let us sit down and meditate." So they were sitting down to meditate and this fellow began to shoot the camera in the meditation. When it was all developed, there was no Yogananda in the picture, all that was there is the chapel and all the other people in it but a spot where Yogananda was was black, nothing was there, there was no recognition of anything so in strange ways these things happen. Now let's take Sai Baba, he's another Saint that lives in south India. A man wanted to take a picture of him and he said "Sir could I have your picture?" And just as he took the camera to make the picture, there was an Indian man with a camera who was a very good photographer snapped the picture, Polaroid picture, and handed the man and Sai Baba says "No give me that back" and he took that one picture that this Indian man snapped with the Polaroid camera and he did like this in his hand (clapping sound) 12 times and there were 12 pictures and he handed the fellow, this fellow is an American friend, he says "Now this is for you and your personal friends." I have one of those pictures that was given to me, they were manifested. All around the body the picture is unique but there's not one speck to indicate that there's a shadow in the picture because it's not possible to make pictures that way without having some shading of the light and when you see a manifested object, it's entirely different altogether. A friend of mine who lives in Dallas went to see him and when she was staying at the retreat there, she was ready to leave and he said to her "You want something." She says "No." He says "Oh yes you want something, deep down in your mind you've been wanting something very long." He says "Don't you remember?" She says "No" and then he did like this (clapping sound) and he produced a rosary and he gave it to her. She says not until she went in the room to meditate that night that the rosary and its meaning came back to her. When she had voiced the opinion or the thought for this rosary but what was funny about it was she was a young child at the time and she wanted to become a catholic and her mother did not want her to go to the catholic church and she always was very adamant about not being a catholic and here at last the rosary was there and this is her own way to get back in her consciousness of this rosary and it's a perfect rosary and I've seen it. So we know that these Masters or God realized men, they're working with these five forces from within but they don't try to impress us merely because this is what they can do, it is to remind us what we are blocking ourselves out from. The reason why we don't seem to have the ability to do these things or regulate our lives is because we are blocked up with the karma. Well let's have our Yoga class. (Gap in tape) ...in your battery because the human body is a battery, it's a wet cell battery so the charge to be maintained and to be conducted through the body for higher reflexes in the synapses of the brain, you would have to have higher concentrates in the brain area around the cerebellum so that the person will have higher computive action. Now a person low in that kind of a concentrate will be full of chlorides and fluorides in water is a brain deterrent, it's an inhibitor so if you use a chloride water in a battery, what would happen to it? It wouldn't charge properly right, you have to use distilled water so he's just verifying what a wet cell battery would be doing. Which is good to know that he's bringing this to the surface that the body will be doing this already. You'll find your high concentrates of copper in your seafood, your seafoods have high concentrates of copper and iodide and they have a high concentrate of zinc, these are trace elements. You find them only in the marine life that's why they say "You're smart like a fish." Here you get the term again "be smart like a fish" but you don't realize that when we use these idioms we are actually talking chemistry too but the marine life would be carrying the minerals that are necessary for the brain so if we eat the dulse and the sea kelp and the sea cabbage and all these different things from under the sea, we are extracting higher concentrates of copper and zinc. Yes the bracelet has copper, in the bracelet it has a copper for the transmission, see you have copper, silver, and gold, that's why they use them in the bracelet because of the transmission effect of the magnetic waves. You find that you don't have as much copper in your brain as in the bracelet because

in the brain you couldn't have an ounce of copper in there, you'd be dead. The percentage is very minute in proportion to other people who don't have it but you'll find that the magnetic charges of the copper in the body neutralizes the breakdown of the outside forces on the cells and maintains the highest sensitivity rate. So if your foods are high in phosphorus, zinc, copper, manganese, magnesium, potassium, these elements are very important for brain life, they're very important for the brain activity. Iron is important to the blood and fluorine is important for your sinus tract and liver. So a good liver flush is garlic or onion with lemon juice which is vitamin c and the olive oil is (inaudible). You see it's the only oil when you rub it on your skin it goes right through the blood, you can feed the body olive oil from the outside by just rubbing it and it makes the best oil for massaging the body or working on the body. Peanut oil is good to soften the skin to take the tension out, make it pliable but that's if you drink it but the peanut takes a long time to penetrate, the olive oil the only one that can penetrate. You see you have to mix the olive oil with peanut oil so the olive oil will work together with the peanut oil to go in. 1:30 The olive oil will act as a carrier for the peanut oil, it's the only oil that can go from outside to inside, there's no other one that can do that, it goes right in through the bloodstream from outside the surface, olive oil, and if you mix that with peanut oil then it will act as a carrier for the peanut oil. Peanut oil has vitamin b and the peanut itself has protein, the vitamin b and it has a lot of vitamin a that the body needs for anti-fatigue. The body is always in a state of fatigue when it's working and it burns it up a lot, it prevents stress, it prevents heating up of the cells. The proportions I think it's one tablespoon of olive oil to one teaspoon of peanut oil. Audience: How often should you do this liver cleanser? Adano: The liver cleanser should be done, it depends on the shape you're in but you will find that you can never overdo it. You take it at night, one, you give yourself one at night to flush it out. Always take the liver cleansing at night before you go to bed so it works on the liver itself. The blood at its highest tide is in the liver between one and three and it flushes them. One clove of garlic to two drops of lemon juice to one teaspoon of olive oil. Now you can make as much as you want from that proportion. For every clove of garlic you need a teaspoon of olive oil with 2 drops of lemon juice, eat the parsley after you finish with it. That's why you take it at night and you flush it out through the liver. Actually you should take two of that quantity for the liver, you crush up the garlic you know and you take twice the amount, you take it into the body and the next morning when you wake up, you wash your mouth and you use parsley but it's best to have it before you go to bed because it's acting directly on the liver, it's a liver flush. Well you have a tension and stress in the sole of the foot...

### 1973 September 3 - Meditation

Adano73\_09\_03MeditationQ2NW1 - (Group chanting Om). (Group "Door of My Heart"). 0:05 The deeper you get into meditation, the more your mind has to center itself and it has to cease wandering in order to make progress and this mind wandering that interferes, the wandering of the mind that interferes with contact with the inner self and the only way we can bring this mind into harness and into control is by hallowing the Name. That is why the very first aspect, the very first emphasis in meditation is to hallow the Name, the repetition but this requires a lot of practice. When we find that we're not getting results and we ask questions "why am I not getting results, why is my mind wandering" and he would tell them the very same cause is the very thing they're not doing, no one wants that answer. No one wants to hear that they didn't do sufficient Simran, they didn't do sufficient hallowing of the Name or they didn't do sufficient repetition or Japa, everyone feels he's done enough therefore the Lord must show himself to him, he must get results. This is an erroneous belief that God is going to show Himself because you made a few repetitions every hour or half an hour and within a whole hour's workload of meditation, I don't think your mind ever stayed on this Simran more than 10 minutes, the other 50 minutes it was wandering all over the place. So how can a person say that this Creative Impulse must suddenly come on and turn on and show them the whole kaleidoscope of the universe at his command? It's kind of ridiculous. It takes 21 days for a chicken to hatch in an egg and it takes many years of Simran to really harness this mind, let alone hearing the Sound Currents. We have to hear the Sound Currents more and more, we have to go deeper and deeper, it's an inward journey where the Sound Currents have to be heard, they're ultrasonic and therefore you have to listen for them. The big

difference between listening for it and hearing it because you have to tune in, you have to become silent inside and the silencing within is the harnessing of the mind from wandering. Therefore the mind has to become one pointed, it must center, and it can't drift down into the lower region of the body. Sensations of aches and pains pull it away from above the eye center, any sensation of an ache or a pain in the lower body is a distraction, pulling away, it definitely pulls away this attention from the eye center down into the lower region. We have to rise above the sensation of the ache and the pain, we have to raise our consciousness to be up at the next level. 0:10 My wife when she was at the Dera heard of a man and the doctor Johnson was going to operate upon him and asked the man if he wanted some kind of anesthesia or something to shut out the pain before he performed the operation and the man merely replied "Doctor, how long do you need to perform your operation?" And I think the doctor said maybe an hour or two and he says "one hour." He says well I'll give you an hour and a half, he gave him extra and he merely pulled his mind up at the eye center and let the doctor go away and operate on him and as the doctor was busy cutting him up, all he was doing is repeating the holy Name. Now this is sufficient evidence that we who are capable of bringing the mind to that point to be capable of detaching it from the body consciousness, this is the result we are trying to get at then it's possible to enter the second level. The second level is Energy acting on Matter, that the consciousness of this man was synchronized with the energy inside, the Life Stream, so that when a doctor was barely cutting up their body, Matter acting on Matter, he had no sensation of what was going on in the body. Nine times out of ten our mind is identified with matter, so identified from the toe right up to the nose bridge, it's impossible to realize how identified it is, the slightest sensation below the nose bridge to the toe brings your mind down back. When there is no way for your mind to drift down from the eye level, down back into the toes, then you are in the second region, you are already gone into the level called Energy acting on Matter. There is no physical substance capable of pulling you down from that region now, this is where we're talking of Mastery in meditation, going beyond the level of matter to the level of Energy acting on Matter, it's a slow methodical plodding but is brought on by devotion. More and more as you repeat the Name the energy acts as vortex to pull you up and you are taken beyond the body level. There's a vast difference between what the mind sees in meditation and what the body feels in meditation. The mind or consciousness can see many things and believe it's progressing, as far as spiritual force is concerned it's not progressing, progress is biological and not psychological because in a spiritual person's life there must be a biological change, there must be a transformation of the cells of the body and this is what we're looking for, a physiological change in the body which is really progressing, not a psychological change because you can lose your psychological changes. A blow on the head and you lose it all but a blow on your head in a physiological change wouldn't change it, it will still be the same, it's there permanently in the cells, it's imprinted in the cells, the cells are permanently changed. That's why the bodies of realized Masters when you hit them or do anything to them, they have phenomenal reactions of healing instantaneously, they defy the psychological level because they are in a biological state, they change this biology, they change this whole physical structure. In the Autobiography of a Yogi we have one evidence of such instance. A policeman saw a man walking down the Ganges and he was out on duty searching for some robber that's supposed to rob people and he mistook this man and didn't really look at the man and he rushed up to the man and challenged the man, since the man paid no attention, he swung his hatchet. Well in India policeman they carry the hatchet you know, they don't only carry a sword or a gun or a stick, they carry hatchets too like a tomahawk and he whacked the man's arm off clean and then when he did that and looked at the man's face, he realized he had struck the wrong person because there was no expression, the peace that flowed from this man was enough to make him realize he had struck a very spiritual person but he was thrown into shock and reaction but the man looked at him and merely replied, "The man you are looking for my son, I do not know where he is but don't bother yourself with remorse." He picked up the arm, stuck it back in the stump where they cut it off and says "Don't worry, come tomorrow at this same spot and I'll be all right" and he just stuck the arm and walked off, no bandage or nothing, he kept on going. Well the man was really shook up, with all his brother policeman he was really taken, but the next day for his own satisfaction, he ran back there and right on that same spot under a tree was sitting a man

there in meditation and he says "Don't worry" and he pulled down the jacket or the cloth that he was wearing and he showed him that there was no scar, there was nothing there to worry about, that what he did was already taken care by the Divine Compensation. This is the result of true meditation, it's not the result of a hallucination or an imagination, true meditation is biological changes, they are fantastic when you begin to realize what this human body is in a true meditation. The very five forces that holds this body up in the mind of an individual that is simple and one pointed would act as miraculous because that mind is in control of the energy, that mind is at the fifth level, that Saint had to be at the fifth level of his consciousness. The third level is Consciousness acting on Matter, he was not going around praying or performing miracles, he was merely minding his business walking along when the arm was whacked off. The fourth level is Energy acting on Energy and the fifth level is Consciousness acting on Energy so when he replied "Come tomorrow, don't be grieved, everything will be all right," his consciousness was thoroughly identified in such a simple manner that it was taking care of his whole physical structure. There are many instances so numerous to mention of what is going on in this principle but that is not what we are trying to run after, we're trying to establish for our own cells consciousness, we are trying to establish the control of it over energy which is this substance, this matter, and we need the guidance of the Saints. Their methods, their techniques, their systems of living, and they tell us it is self-purification of the body and this can only be achieved by nutrition. There is long periods of proper nutrition to build this body up to a state where it can function properly and then they tell us that to meditate you must start off at the eye center. When Master Jesus was in the body, he also taught meditation and he made the emphasis strictly at the eye center. The technique is universal, there is no new technique in this world for meditation, it's one and the same, it has always been and will continue to be the same "When thine eyes are single, the whole body is full of light" and we have the result in the atomic physics that this body is a mass of light and it's self revealing to its own self when you look inside to it and we even have the evidence that matter can be so condensed to weight almost three times the size of the earth and travel twice the speed of light, today we got that evidence in the universe now coming. 0:20 So we don't even begin to realize what a fantastic piece of machinery this human body is yet we squander the energy because we dropped down from the eye level. Now, "but the light is shining in the darkness" of the brain, the darkness is your desire nature, the darkness is the levels below the eye center, it is the ether, it is the air or gassy form, the plasmic level, it is the fire or thermal action of the body, it is the water or fluidic action of your body and it the substance or crystallizing form of the body, this is the darkness, these five forces in the lower regions of the physical body. This physical body is a miniature manifestation of the universal forces and when the mind drops down into those levels, it's in the darkness because matter is dark, water is dark, fire is dark, gas is dark, and ether is dark, and you need instruments to study them properly but they are all expressions of darkness, they're expressions of energy and energy is always below consciousness. So energy in a crystallized state is matter, which is a darkness, "and the light is shining in the darkness," that is the effulgence, the Audible Life Stream is this essence flowing inside of these forms, it's already shining, it's the essence, and that's where our desire nature comes from, it comes from these five forces, these five forces pulling on the life stream. "And the darkness comprehends it not," matter cannot comprehend, water cannot comprehend, fire cannot comprehend, air cannot comprehend, an ether cannot comprehend because they are elements, they are not consciousness, they are expressions of energy therefore there is no comprehension in these five forces, there is no comprehension in the darkness of yourself. "But let your light so shine," let the effulgence of this energy that is locked up in these five forces emanate from you biologically, not psychologically, biologically the effulgence, this flow, this etheric energy that is flowing around your body, let it flow, let it pulsate, let it glow, that's why when we look at a person who meditates after a long while you see there's a glow in his face, there's a luminosity. Even when you recycle a person that person seems to glow and glisten because their whole energy field is pulsating for the first time, they're cleared up of energy blocks, there is no interference going on in those fields, there's no darkness, it's all light, for the first time they feel light, they look light, they radiate light, and this light is what we look for in a biological state of the body. "And let your light source shine," through the cells, through the expressions of the five forces, "before Man" because only

Man carries consciousness and comprehension. Animals carry consciousness but they don't carry comprehension, Man carries consciousness plus comprehension plus discernment and he alone is able to recognize it because he's carrying the Audible Life Stream in his body he's able to see the life impulse and he is able to become identified with that life impulse by recognition. So he sees the within you the good works, that is the time spent in biologically changing your conscious body through the repetition of Simran and through that he is lifted up, he is magnetized, that's Darshan, and you come within his presence of that individual, the glow of his magnetic field pulls you up and your body is magnetized, your body is stabilized, you in turn begin to glow, you in turn begin to feel bliss, the Ananda, the joy, the internal equanimity, then you know you have arrived at that state of realization that is one with the spirit. Once the five forces are held in check by Simran and you have the control, this is self realization, and then when you move on to become aware of the radiant form within you that is the light within yourself, the light within everything, this is the light that is in the world, "While I'm in the world, I'm the light of the world," that is the radiant form. There is only one light and this is this Divine Principle where the Soul contacts the body at the point between the eyebrow. The point between the eyebrow is the connecting point, that's the radiant light inside of you, that is the light of the world. When it's in the body, when it is fully flowing without interruption, then God realization is occurring in you, you have the total memory of your true nature, you see yourself within the light, you are the light for the first time, you and the Father are one, you and that light are one and the same and the light and the source of the light have become one and the same. Staying in that light is the most difficult thing that this human mind can comprehend because this human mind still has to come down and work in the five forces and if there's any karmic debt, there is going to be a tug of war, there's going to be an attachment. It's when this mind can stay here centered at the point between the eyebrow and function from the conscience level and not merely from our consciousness or the dualistic part of our nature which has this tug of war between senses and memory and reason and logic, it is when it can function from conscience which is the intuitive part of ourselves, then this whole nature begins to have oneness and meaning and purpose, then we know what God realization begins to occur in the human body. God realization is not a state that we strive for, it is not a state away from us, God realization is that state of being that is us, that flows through us as us. The more we identify with the purity of our being and the more we stay at the point between the eyebrow and function from that level in the waking state, in the active moving state carrying the peace day and night 24 hours a day and feeling that vibratory movement within the cells which is called life abundantly that Jesus refers to when he was speaking in the body, "I have come that you may have life more abundantly," that principle, that self-recognition within the cells itself is God realization because from that level you have total control consciously of the energy working through you and that is what is meant "No man take my life from me, I have the power to lay it down, I have the power to pick it up," that is God realization, total control of the life principle. God is the life and the life is in the blood and the life is you, the primal force. We label it with many names, we get our personality in the way, we try to maintain the importance of our individuality but behind it all we soon have to come back to the statement "I of myself can do nothing, the Father in me doeth everything," how much more humility you want, how much more realization do you want that you can't do a single thing in this world. 0:30 If every Saint tells us this, that they themselves cannot do anything, that the principle, the spirit behind it all does everything and that we merely go through the acting and the confusion of the acting and the importance of the acting and overplay the acting. Sometimes we overact the part not fully realizing that the part is merely to entertain and behind it all is the Divine Life Impulse projecting it and holding it together. When we begin to study the lives of the Saints and study their words in terms of scientific relationship, we begin to see now for the first time what meditation is supposed to do and what it's bringing out in us. So there are only two things in the whole summation of meditation as a technique to help us realize ourselves, it's Simran or repetition or hallowing the Name and seeing the light and hearing the Sound Current which is the radiant form within your body, becoming one with it. When the drop of life enters the ocean of life, you have a total oneness, a total memory of yourself. There is no other path, every Saint whoever arrived at God realization had to walk that one path, it is called the door of realization point between the eyebrow "And

he who does not come through by this door but by any other method is a thief," that is clearly stated in your own scriptures. The man or the woman who does not enter by this door or tries to enter by any other method into that level is a thief and they use the word thief. He didn't call him any other name, one would say why would one call such a person a thief, what is a thief, what does he do? A thief steals and the worst stealing he can do to steal from himself. Think of it, to steal is one, that is to take from somebody and feel pretty snug in yourself, you put one over the other guy. But to steal from yourself, what kind of thing is that? You begin to see the impact of this statement? We all know when we steal from somebody, we may not have a guilty conscience, we can think we put one over the other fellow but if we steal from ourselves, what did we put over on ourselves? Think of it, what did we put over on ourselves? Nothing, we are worse off stealing from ourselves, just like the man who steals from himself in order to make himself a millionaire. You see, you can't work it that way, it doesn't work that way. By your own nature you're God manifested but we are not aware of this from within and we yearn for this experience and the ethical process is very slow, very methodical, very dreary, and sometimes so frustrating that we don't even have the patience to stick it out. Yet if we do stick it out and observe the life forms of people who have done it, we will see there is a great deal to this ethical process and we have a wonderful experience in the case of the man Dr. Alpert who was one of the co-founders of the hallucinogenic techniques with Dr. Leary. Leary went by other methods instead of the point between the eyebrow, by oral ingestion of hallucinogenics and Alpert also joined him but then Alpert discovered there was something lacking in that process, it didn't give the full realization. Until he went to India and there he encountered a spiritual teacher and in the time he spent when the teacher demonstrated to him by drinking all the hallucinogenic substances that he had in his possession and showed that it had no effect on him, then this blew his mind, there had to be more than coming through the mouth. You see that door didn't work and there must be some other door working inside and when he realized that this door was the door that he was working from, he then lived there to learn about this mental door and now today we all known as Baba Ram Dass returned back to the states and has a wonderful organization of his own but here is a man who retreaded his steps from one door to the real door. He realized the principle that he was stealing from himself psychologically and biologically, the before and after process of one's own good. Many of us are in that particular dilemma and don't realize it, it doesn't have to be hallucinogenics to do it, we can be in alcohol or many other different things that we are searching for is inner peace, this inner oneness, and don't know how to arrive at it. Yet as soon as we can get into the state and make it work, we are surprised at how simple it was that we didn't understand it. As in the case of Dr. Alpert, his greatest emphasis would be Japa or what we call now repetition or Simran, Simran is just another name for it, hallowing the Name. These are only names for the one same technique, take the sound, take the id (idea?) into the mind, churn it and let it become one with the life energy. Yogananda called that spiritualizing sound, bringing it from the level of audible range on a conscious state into the subconscious inaudible range where it is super conscious the experienced, and it's in that state it is supersonic when you repeat it in the subconscious range. And then when you leave the subconscious range and you take it into the super conscious range, it becomes ultrasonic. So sound has three levels: sonic, supersonic, and ultrasonic. Now the Audible Life Current is audible but it's supersonic at the same time and it's still audible and it's ultrasonic and still audible, how is that that we can hear this life energy in the ultrasonic range and be identified with it? It is because the life impulse itself is what holds us up and since we are one with it, we can hear it inside, we can become identified with it and it's only by becoming identified with it, we are pulled through this level at the point between the eyebrow. You'll find that all the great teachers tell us, you want to see how you can alter vibrations in the room is to chant and the physical sound of chanting will alter vibrations. I remember there was an american poet and his name was Ginsburg and some big festival everybody was in a big hassle and they were arguing and fighting among themselves and the cops were gonna raid them and beat him up and he got up and he began to chant "Om" and before you know it, the whole group were chanting "Om" and becoming quiet by merely chanting and all the other groups were quieting down. Here here we find that the sound wave being constantly maintained in the atmosphere can control the vibrations, can control the emotional levels. The more we realize how these sound waves

work and the principle of sound therapy on the human body, we can then alter emotional levels within ourselves and the biological levels can be altered. 0:40 In the chanting, it is the different ranges in which we reach that changes us, we have low chanting, high chanting, medium chanting, subconscious chanting, and super conscious chanting and from these various levels of chanting the consciousness moves up and down within the spinal cord correcting the energy blocks of the earth patterns, the water pattern, the fire pattern, the air pattern, and the ether pattern. If there's any block in these five, we have a physiological condition coming through but it's coming through from a block and that block can be triggered by an emotion and most of the aches and pains that come through our system are triggered off by emotional shocks then down into the physiological patterns and what we see as physiological is only one-fourth in comparison to three-fourths emotional. It is when we get back to the emotional that is locked up in the electrical body and the ideational body and see the real shock, the real thought pattern, the real image, then we can correct but not until that time we can't correct it and especially when you have to deal with different age levels, with children or adults, sometimes you can't get to the deep emotional stresses in a child to break it. So when the person who practices meditation can repeat the Name, see the light, and hear the sound currents and bring about the conservation of energy within his body and when this conservation occurs that he is not identified with bodily relationship on a physical level then there is a wavelength going out from him that healing can occur, it's called grace. This wavelength, this magnetic field emanates out and performs an adjustment or a magnetization in the human body around it. So great healings that occur in the churches sometimes are the result of this heightened magnetic field in the healer whose consciousness is so identified now, so centered on the oneness of the spirit, the oneness of his nature, the truthfulness of himself, he in turn begins to vibrate this, there is a vibrancy in him. We are not trying to emphasize healing as a way of life, it is only a byproduct. What we're trying to emphasize now is the ideal behavior and a healthy attitude to life, this is the process, this is the thing that is important. How to have the ideal behavior that keeps the body healthy, a sound mind and a sound body, and not to go around patching our bodies because patching it up is karmic debts and we will be told like Jesus, "Go do it no more." So if you patch up somebody from a psychological problems or his karmic patterns and he sees himself healthy and he has no ideal or no way of life or no process to build upon, what is he going to do? Go right back to the very thing that caused it because that's all he knows, that's all he's ever got to remember. So that healing is a loss, it's not a gain, but the lesson might be sufficient enough to warrant some type of remorse or change or forgiveness or some type of self evaluation but it may not necessarily lead to an actual change in the person's life, that person may go and do it all over again. It is when we begin to see the process of living and that meditation is a bridge now between the ritual life, the experiential life of logic and reason, and the need for identity with spirit on an ethical level then meditation now has a value, otherwise it will not have value. (Gap in tape) ...this is what makes it difficult to realize that it can do anything for us but because it demands constancy, devotion, and then we have the Saints or those individuals who have the sound mind in the sound body to show us what it's all about, then we can strive towards that level. So there it shows two things and they keep harping on it all the time, hallowing the Name and to hear the sound currents and see the light in yourself and become one with it. All through this whole process nutrition is important, the levels of growth are predetermined by the intake of the type of food you are putting in. In the highest states of realization, Man does not eat because the great teacher Jesus once said "Man does not live by bread alone," Man does not exist solely by solids and liquids indirectly in his body "but by every word," that is the vibratory rate of the Audible Life Current that passes through the Mouth of God which is the medulla oblongata in the brain. Man now is living off of nectar, the very same principle that you find in a plant, nectar, it's produced by photosynthesis. The plant traps sunlight and photosynthesizes it into itself and brings about this condition and bees gather it and Man lives by that directly but Man is not conscious of it. As soon as man becomes conscious of the photosynthesis of his own nerve system then he too can trap that energy. According to the Yogis it's called the Rajasic energy, the energy that filters down. In the Greek mythology it was called nectar ambrosia, the Gods in heaven live on nectar and ambrosia on Mount Olympus and as a kid I used to wonder "Boy, when I get up there and I going to really have myself an ambrosia" but you know I thought it was a food of some

kind that you could make until I went in the supermarket and I saw in the cafeteria ambrosia and I was kind of disappointed with that kind of ambrosia but by the grace of God I was very fortunate to have met a great spiritual devotee who showed me how to trap the ambrosia in my brain and bring it down and then I realized that there was truly such a thing as ambrosia in the brain but it can be brought down and that the land of milk and honey were not just merely symbols, they were actual fluids in the human body and the color and the description are exact. Honey is a brown viscous substance secreted by the pineal gland and milk is a white lactic substance secreted by the medulla and they converge at the pituitary which is the master gland and when these two forces converge and drip down by a certain technique into the small pallet, it has the exact taste of nectar and one drop is sufficient to carry you through the day without eating. 0:50 You'll have one drop coming down into the body naturally in 365 days by nature's own process but it takes a whole year for your body to absorb it, to produce it. Now that same one drop coming down from the brain in 365 days is distributed in such minute detail into the sperm that when we waste the sperm or the seminal fluids, we are wasting this nectar and that's why when it's used for producing children, that energy is utilized to lift up (inaudible). When it's wasted and dissipated, it pulls down and we know for a fact that the fluids that we release are brain fluids in the male, not in the female. The substances that we released in the sex act is partially brain substances and there's a direct relationship between the pituitary movement and the pineal movement with the sexual organs so they're constantly in polarity. The base of the spine is south pole or negative and the skull or the pineal gland is the north pole or positive and they vibrate in relation to each other. So we have a tremendous force field going in us and the purpose of meditation is not just merely to see images or to go into flights of fantasy, it has to do with harnessing the five forces in our body that tends to produce the darkness or the ignorance in us and that is earth, water, fire, air, ether and until we can master them, we're going to be slaves to them and we're going to have to pay the karma, that's the death, of using them incorrectly to sustain the physical body that is made up of it, the electrical body and the idea body. If have any questions I'd be glad to answer them because tomorrow morning five o'clock again we have meditation and meditation is one thing that sounds like a monotonous broken record here but I'm hoping that your constancy and doing the Holy Name more and more is getting that mind to steady down and when you leave this retreat and go home into your own home, the routine would have triggered sufficient internal control that you can sit down and move into that state automatically and not feel that you have to have some specific time to meditate. In the early states, you do have to have specific time as a sort of discipline but there comes a time when you must be able to meditate at will. You ever saw the picture of Jekyll and Hyde? Dr. Jekyll drank his potion every day and changed into Hyde and then there came a time he didn't have to drink the portion, he just became Hyde. Equally true, meditation is the same thing, you must start out some place to build this particular attitude and physiological changes but then once this mechanism has gathered sufficient exposure to it, it will trigger itself and you will flow right into it, you can feel the flow come on immediately without effort, you can just sit down and just glow and that's what you call flowing with the glow. I know most of you have had the experience but most of you would like to hold on to it all the time and that's what's so aggravating, it doesn't stay with you, flowing with the glow. I remember taking my first swig of alcohol and it was really glowing but I couldn't hold the flow, I was high all right but not that kind of high. When you're really flowing with the glow inside, this inner composure, it's a fantastic thing that you do describe it like a type of intoxication. It is the way we use words to describe these states, it's a form of drunkenness. You know there was a man who was drunk, came out of a bar and he bumped into Yogananda on this street in New York and then he said "Hey buddy, what kind of alcohol you drink? Man, I want some of that, you got the best kind of glow" and Yogananda looked at him and he became sober. So these are the forces that are working in us. Yes? Audience: Why can't you go to sleep hallowing? Adano: We should be able to go to sleep hallowing the Name, it's only because of memory behavior patterns that we are not supposed to have nothing on our minds when we fall asleep. We have been programmed like that, go to bed don't think. We tell the child that and the child after a while learns to forget, it trains itself to accept forgetfulness as a part of his nature and by subduing it into the forgetful state we keep losing ourselves. Audience: (Inaudible). Adano: Yes, he should because all right

if we continue to forget, the moment you begin to walk the path of inner life, the very first thing you want is to recall yourself, recall your nature, and there's a whole school that teaches self-remembering, it's called the Gurdjieff method. Gurdjieff was one man who worked out this technique of self-remembering to self-realization, learning to recall yourself, learning to recall the incidents of the day, and going back. Now if you can reach that state where you can sleep without becoming unconscious and repeating the Name, you will flow back into the time cycle. Now in the Autobiography of a Yogi, the Saint that didn't sleep. When Yogananda went to meet him, here was a man that didn't sleep and then he asked the man "How long have you been meditating?" And "When will I ever get to that state of God realization?" And he says "For the little meditation I've done in the past 40 years, I don't think I've ever made it yet." He said "Holy Moses, you've been doing it so long what about the thousands of people who are suffering, when will they get it?" You see but he made a reply that was very important to give us courage that one great Saint said, Lahiri said this, "A little bit every day." Babaji said it too, "A little bit of this meditational practice every day, just a little, is sufficient to ward off the effects of the afterlife to put you in that state." There are tremendous effects of the afterlife brought on by fear, brought on by lack of knowledge, brought on by exposure of these inner forces. We don't know what they really are because we haven't lived with them, they're not a natural thing for us. What is natural to us is things that we see here through the five senses that entertain us and if you were to see auras and different lights around people and you start telling your parents or your friends, what are they going to call you? Crazy kid, all right so that's not normal, you're not one of them, you're like a one-eyed man in blind man country, "how dare you see?" Right, "we are so blind in this wonderful world of senses, we don't see anything, you come along and you can see all these inner forces with your inner eye, are you going to tell us something that we can't see? First thing we're going to try and destroy you" because the majority will rule. So as we find out that more and more we have to be very cautious in what we say to people because if they see you starting to meditate and they don't get no experiences and you suddenly get experiences and you came in last and they came in first, you know what that means? That's conflict, competition, they don't take into consideration that their karma is the cause of their not being permitted to see the light right away and that you might be permitted to see the light simply because of certain karmic involvement. 1:00 All of us will see the light in spite of ourselves and bear in mind what I just said, all of us will see the light in spite of ourselves but that period to see it is predetermined by the karma but in spite of the karma, you will still see it, you have to see it, you cannot die without seeing it, you will see it, you are entitled to it in spite of yourself. Some of us who have made progress in previous lives to clean up the mechanism, that's what they call the term, "Cleanliness is next to Godliness," those individuals are reaping the reward of seeing it earlier than others. Many may not see it because they might have abused it or they might be afraid of it and they might shut it out or they might talk of it too much, expose it, or they might have been telling it to others who didn't understand it at the time they were telling it and they were considered crazy or foolish and therefore they bring now a mental block on their own self and therefore they can't see it. Audience: What is it that we can steal from ourselves? Adano: Life, we can squander it, we can steal from it, because we are life itself. Since we are life, that's the only thing we can steal. Life can steal from itself life but it doesn't have compensation. There's no compensation in stealing life because it takes life to give life. Your mind will play the game of stealing but your conscience will know the truth, that you're hurting yourself, you're hurting your own conscience by trying to hurt your life energy. Your body is composite of life energy and to try to deprive this life energy of its true behavior would be stealing from it. The pattern in which this life energy is designed to work, were it aborted or prevented from performing its true nature, would be taking away from it through your consciousness and your conscience will know that, your conscience will carry this memory that you have actually hurt this life energy. That's why if you take your life, it is the worst form of stealing to take your life, there is really no forgiveness. That's why they say God can forgive every other mistake except the one who takes his own life. This life energy can bring about modification, that's what is forgive, modification, it can bring about a modification with any of the psychological behavior patterns on the life impulse except self-destruction, it cannot modify that, it must pay the consequences in total. Self-destruction carries its own compensation, that is periods of transmigration. In the chart of the

initiates, in the emotional levels you will see that self-destruction is the most serious act on the life impulse. Now Jesus said "No man take my life from me" that means no man can steal it right? No man can rob him of it, "I have the power to lay it down and to pick it up." Now a man who commits suicide, does he have the power to lay it down and pick it up? He doesn't have the power to lay it down and pick it up because he doesn't know who is the source of that life that's within himself. If he knew the source of his own life where it came from, that would be a different thing. Since he does not know the source of his own life, he doesn't have the power to lay it down and pick it up so he does not know that he is the source of that life. So if he does commit suicide, who has he really stolen from? He stole from his own self, right? Now Master Jesus says "I have the power because I know who I am and I can lay it down and I can pick it up" therefore he couldn't be stealing from himself. If he went into what you call the martyrdom of crucifixion, he was not doing this purely from what we call a social suicide to let his body be obliterated by the horrible death of crucifixion. No, he is fully conscious of allowing this body to go through that process because he is the sum total, the sum source, and therefore he can pick it up back and move it again through time and space but a man like Judas couldn't do that. Judas, in spite of his ignorance and in spite of his love for his teacher and in spite of all his shortcomings, if he did crawl in a corner and performed his suicide, it wouldn't be so bad, but he picked the middle of the road in the biggest tree to do it so that everybody could still see him committing suicide but he couldn't pick up his life again, he couldn't bring it back to that state. He took his own life from himself and he robbed himself of the opportunity to gain realization and therefore he never awakened after he committed the act of suicide but the Master cannot condemn the disciple, the Master is one individual who has to love that disciple and in spite of all that Judas did to him, he couldn't call him rascal or anything, he still call him friend and a friend is greater than a brother because brothers you can have and they can be pretty nasty to you but when you call a man a friend, you don't consider any reactions of something doing you wrong, you don't consider that because you consider him a friend. It's the highest title you can bestow on another human being, to befriend a person, even kings have to befriend one another and a king is a title too but when the term friend is applied to a human being, you're actually placing the highest qualification on that person and this is what he placed upon Judas when he says, "Friend, why seeketh me Thou." He didn't even call him disciple, which goes to show friend is even higher than disciple, the term friend is higher than disciple. Disciple is student, it means you've got to be disciplined, friend there is no discipline, friend is total trust, total flow, you see? So he knew that Judas did not understand the principle inside, that Judas was a student and he still elevated him in consciousness to bring him out of that dilemma of self-destruction. So when we say we steal from ourselves, the true stealing would be to take one's own life. Now anything less than that would be a form of mental deranging of the cells, to do something that would derange the cells, derange the physical mechanism and detract it from centering it on God so we have different types of suicidal acts. We do perform psychological suicides in many ways, physiological suicides in many ways to hurt this body. What is a man who commits suicide looking for? Peace from torture in this world in another world only to find torture in the other world and wish to get back in this one. 1:10 You see because when you get into the other realm and not by a natural method of dying, you soon realize the mistake you made and there is no peace in there because the fact, the very thought of committing the act of suicide is going to haunt your electrical body, you're going to see the action there in the idea body so that's impressive to those cells for the next incarnation so it's not a practical exit, the energy patterns are locked up already, they're already printed. Audience: (Inaudible). Adano: Yes, because they are taking their life into their own hands by which they don't have no right and they are not the source of their own life pattern. If they were conscious and realized that they are the source of their own life pattern, they would not perform suicide, they will accept any kind of cosmic martyrdom but not suicide, they will not kill themselves, they will accept cosmic martyrdom which would mean dying for their fellow man, they are their brother's keeper. They will accept death in any form for their fellow man, not for evasion of life, suicide is evasion from life, death at the hands of others for the benefit of others is a different thing. The death of a Guru or a teacher is predetermined by the karma of the disciple, let alone by his birth is predetermined by their karma. He comes into the world for those who are assigned to him regardless of how good or bad they

are, that's his way to come for them and that's the way he got to leave with them. If they want a Guru who will come into the world that must die by a violent death, he's going to come, he has to fulfill that. If they want a Guru who will come and not die of violent death, he will come and not have a violent death. Audience: A Guru's death is determined by his disciples? Adano: Yes, his birth and his death is predetermined by the karma of his disciples. It's kind of a sticky deal but it's the fact. The way he is born and the way he dies is predetermined by the disciples. Now let's look at the life of Jesus, that's a very good example. What were they praying for those people? Audience: A messiah. Adano: All right so and they pray for a messiah, they program his birth right? The karma programmed the birth and when they got him, they couldn't recognize he was the man they needed so they they programmed his death out because he didn't fit the bill. He came at a point when the Roman nation was in its highest peak of domination over the Hebrew nation so the death was already predetermined by the birth. So birth and death, entrance and exit, are pre-aligned or set up for that Guru or that particular teacher who would elevate that individual. Audience: Wasn't the suicide also predetermined like everything else? Adano: In the case of suicide? Yes but what is the statement made? "Woe unto the Man," you see they use the word "woe unto the man who would betray the son of man" because the betrayal led to suicide and why do we commit suicide? People who commit suicide are always people who feel they have been betrayed by society, betrayal is a prerequisite for suicidal tendencies, you've been let down. Take the great actors and actresses who commit suicide, they don't commit it just because they want to do it for show, they feel that society or their clique or their friends have let them down, they felt betrayed by them, they felt the phoniness of it and therefore they don't have anything to live for and therefore they end their life in woe which is self-destruction. You will see that the mystic life is well lined up in the terms they use, betrayal is a necessary requisite for suicidal conditions. When a person feels he's been betrayed in some form or hurt or let down in some form by some other individual who might have made a pledge to him, he would not want to live or continue to live because there is nothing for him to live for, he will automatically want to end his life. Equally true a disease, like a person having cancer and the doctors are incapable of getting rid of it, he will feel that society has betrayed him with all their good intentions and all their medicines, they can't come to solve this physical problem and therefore he feels despondent, he feels there is no hope and the God to whom he turns to don't seem to solve or come down in some way to give him release from this terrible condition, that betrayal is so strong therefore they want to perform suicide. They are very closely related and before they commit the suicide, the betrayal sets up a catatonic state where they seem very helpless, they can't get out of this catatonic rigidity, this particular state of no return and then they mechanically just perform the act as an end and some of them are very dramatic the way they end their lives because they're crying for help in their dramatic expressions. Some put pictures of the Saints around them, others have something that is important to them or leave some note of importance and they're leaving some apology. These are the patterns laid out in the self-destruction because they felt that they were betrayed or they would betray themselves. Audience: Well what had happened to Judas's life in a previous life to warrant this experience? Adano: He might not have attained sufficient self-realization in the past life and you must realize who was Judas in this life before. Judas grew up in an environment that was dominated by the Romans, he was aware of the man Barabbas who was a gorilla fighting to throw off the Roman yoke. When the Romans captured him, they called him a robber, the English might have called him a Robin Hood for that matter and he might have been the first Robin Hood of the Jewish people and Judas was exposed to such a man because he was part of the underground movement, this was the climate that was existing in the time. They were looking for some messiah, what is a messiah? A liberator, someone who would drive away the Roman from their country, they weren't looking for a spiritual man. We got the wrong impression that the Jews at that time were looking for some spiritual man from heaven, they were not, they were looking for a champion, somebody who would rally them to drive out these people that took away their country and put them into slavery. So this is a picture we have to see, that we can't up and judge Judas as a bad man, we got to see what led Judas to his own actions. He was in some way aware of the underground movement and he was caught between the pull of the force field of the tactics of the guerrilla movement of Barabbas versus the sudden display of power by Jesus over

problems that the ordinary, everyday man can't control so he was caught in a power game and such a man would give him the confidence to go and fight the Romans and Judas would consider himself if ever Jesus became a king of his country, his position alone would be the most ideal position in the country at the time. What do you think his position would have been if Jesus was suddenly crowned king by the people? He would remain chief treasurer, he would have been the chief treasurer of the country and he would have control of the finances and distribution and he would not have to fear poverty. 1:20 You see everyone was given a certain job in relation to their karmic associations. You give a poor man the money to take care of, you don't give the rich man the money to take of. The rich man was Joseph of Arimathea, he was the rich man, he didn't need to walk around with the money bag. You take the poor man and give him the money, the one who is afraid, the one who is looking for some power struggle because this will give him something tangible to manipulate. So Jesus was a very wise man knowing the full behavior patterns of his disciples and students and he worked them to that state. Now since Jesus did not come as a political warrior to set the nation for freedomhood and give them back their dignity, this was a letdown, this was a betrayal to Judas, he couldn't stand such a... when the moment was great, when in the city of Jerusalem he had all these people bowing on Palm Sunday and waving palms and shouting "hosanna in the highest," once sweep of their hand, one signal and a whole Roman garrison would have tumbled and all the people would have been on their side, the multitudes would have been on their side but he didn't come through, he didn't play the power game, and you just got to realize that he was lost, he said "this man, something is wrong, here we are drive these people out." So he felt that Jesus was not the man he was looking for, this was a threat now so his own mind began to play games with him, he felt he was betrayed so what did he do? If the Romans now turn around after this big massive show of a gathering and see the potential threat to their garrison and it was never carried through to the point of overthrowing them, the Romans will realize, and this is what went on in Judas' mind, that these people are going to revolt, we might as well squash this revolt right now. So for fear of that and for fear of repercussions, Judas sold out. Who did he sell out to? He didn't sell out to the Romans, he sold out to the very people who would be instrumental that had the connective political ties with the Romans and that was a Sanhedrin. He went to those people to sell out the situation so as to be on the right side in case the Romans did crush him with their troops and beat up everybody, he would be on the right side. So he felt that he was doing the right thing and he was right in his own frame of reference but totally incorrect from the frame of reference of a spiritual life but from a standpoint of a human being, he was perfectly the man for the role, he couldn't do anything else, he performed as naturally as human being would perform so his life was well balanced out. All that Master Jesus said was "Woe unto the man, better that he had not been born, that would betray the Son of Man," he didn't say the son of God because the Master Jesus never referred to himself as Son of God but when he used the word "woe," he did not mean that this man was damned, it mainly meant that the man would run into such a mental dilemma and conflict, he would not know which way to turn and the only result would be self-destruction which he finally did, he destroyed his own self. It's no other way for a person in that mental conflict to go out without having to face the consequences, you understand? Because he was not fully familiar with the consequences in the afterlife state, it was still a nebulous thing for him and Master Jesus was coming from another realm of behavior and talking of these things in that realm but as far as Judas was concerned, he didn't know how much of that realm was valid. What he knew was life and blood, he knew conflict with the Roman, he knew punishment by the rack, he knew starvation, these were things he was familiar with but to say there was other realms that exist... Anyway let's close it off now and get on it tomorrow. Those who are doing their one hour period are entitled to come in and do the hour. (Inaudible).

### 1973 September 5 - Planetary Influence

Adano73\_09\_05PlanetaryInfluenceQ2 - Some of the questions that come up pertaining to planetary movements and its effects. In the present now we are closely being approached by a comet and it's slowly heading towards us. We may come in close proximity of its force field sometime in December. As far as vibrations are concerned, there is only one significant positive magnetic pull and that would only

enhance art, the artistic nature of Man. Every other aspect is negative and there is an uprise in the deaths in the animal, a rise in the insects life, (inaudible). Yes, there will be a rise in these things. Vegetation life, death in animal life, constant unusual conditions in their deaths, and an increase in insect life. Water and air will be more polluted and the mental capacity of men will start to become more violent also ranging into suicidal tendencies, an increase in suicidal tendencies. The pressure as it comes closer to the earth, those who are not to any degree stable will become unstable, many will start getting different symptoms of (inaudible). Those who are fairly stable may retain their stability or they in turn will become violent. Those who are stable and that proportion is very limited, will start to experience tremendous pressure on their head. The Sound Current will be so strong that it will sound like aftertones in the environment like if you're hearing in doubles all the time. Also a great many will experience blurred vision and we will have more accidents. The increase of the comet as she comes closer to us could be offset, I don't know how much has been offset, by a sudden expansion of a bulge on the sun in the last 18 hours. Whatever that bulge is doing at the moment forms types of gases or forces to release to lessen the impact of the magnetic field, this can be tapered off. The body can feel the sudden vibrations changing, it may not know why and those who are wearing bracelets will also feel it because it will start to resonate louder and the bracelets will get warm around your arm (gap in tape) ... wear the bracelets will notice many changes occurring in the heat ratio around the hand. As the pressure builds up and it begins to shut off from the body, bodily fluids will constantly be drained out, you'll find yourself eliminating a great deal of bodily fluids and therefore it would be wise for those who are wearing their bracelets to have it on your left hand from now until the comet passes out of our force field. It's due for some time between 26th of November to 15th of December, sometime around that period the maximum pull will be on planet Earth. We have more earthquakes and hurricanes and cataclysmic actions now speeding up. We will see the comet like another sun in the sky, it will get that close. Those who are fortunate to see when the last spaceship was sent out from the Earth, did you see it in the sky? Those who saw it said it looked like a roman candle burning and then took off. I saw it up in Florida, bright enough to be seen and the comet is gonna come a little brighter than that so we're going to get a pretty close glimpse of its tail and movement and effects. It's going to create tidal waves and it's going to kill lots of the marine life. We're going to have a food problem, we're in for a problem already because the insect life is on the increase now, marauding insect life is on the increase, certain insect life is changing now into marauding insects. I'd say you start to feel it by the constant irritability and restlessness and the pressure that is affecting the body and the gradual need for elimination of bodily fluids but that would not destroy our planets so we are a long way from being destroyed. We may lose a few entities in the process but we ain't going to die now, we're a long way from that. We're too young a planet to turn into a sun. 0:10 Each planet as designed by the Creative Intelligence turns into a sun at the end of its right age of seven billion years, we're a long way from that. Planet Earth is only four and a half billion years old so we got a long way we have to go before you could ever turn into a sun and take our closest satellite with us as a planet. Now we are very naive people who have lived on the earth and consider ourselves having been here long before every other type of creation so we look upon ourselves and say "Well there is no life, there is no other form of existence in the universe beyond us" but there is, more than we think and planet earth has experienced many cataclysms long before. Our very sun that we have here is very old, the moon and the earth are the same age, they were not made separately, they were made at the same time, they're exactly four and a half billion years old each and this is evidence now factually documented by NASA. You can't say the planetary system in its creation is just about 10 billion years, it's more than that. This galaxy that you see out there is many many billions of years old, one day of creation is not 24 hours man made time, a day of creation actually is 314 million to the tenth power, that's a day of creation. Now if according to your bible, how many days of creation? You read the six days of creation so if you multiply three one four million to the tenth power times six you figure out how many years you have but that is not the whole galactic system, that's just our little present system that we're in. 314 million to the 10th power gives you what? (Inaudible). (gap in tape) nebula of the crab moving towards us, just a little segment of it is the size of a peanut and it's moving towards us right now in its condensed form and it's moving but the corona and

the force field of the light looks like a sun. That's what this comet is coming. Now it's going to pass us, it's not going to hit us, because it's not time to hit us and even if the entities on this planet were worse than the people in Sodom and Gomorrah, they couldn't draw that comet in to hit us and if you were all as holy as the people in some remote world, we are gonna push it away, it's already compensating itself by the sun, the sun is already making compensations for that segment that is moving through space. See we wouldn't destroy ourselves yet, a planet does not become a sun until it reaches a ripe age of seven billion years, the result is being due to the magnetic imbalance of the planet itself as it changes from a living particle to a dead particle by combustion. The entity life would have generated sufficient negative force field to reach that point by the end of seven billion years to ignite it or they would generate sufficient positive force field at the end of seven billion years to ignite it. Either one of the poles in the entity life will ignite it at the end of seven (billion) years and therefore it would turn into a sun immediately, it's determined by entity life at the end of the seven years. It will just break off more segments, it will carry its own particular force field and its own moons will start acting. The next planet to be our sun is when this sun dies (inaudible). The next planet to be our sun when this sun dies, the other one will flip over. Audience: Jupiter will take over. Adano: No, there's an older one than Jupiter, Vulcan is older than Jupiter. It's in between Mercury and Pluto. We can only see Vulcan occasionally, it just passes because it's slowly becoming a sun, it's already reaching its 7th billion year. The Greeks had a story long time ago that Vulcan stole fire from the Gods and he harnessed it. Vulcan is known, it exists out past Pluto, the light don't come to us but there every 150 years it shows up on the screen for about 80 minutes. Vulcan is there, the Greeks knew of it too you know. Audience: (Inaudible). Adano: Alright count them again on your finger: mercury, venus, earth, mars, jupiter, saturn, uranus, neptune, pluto, vulcan. Audience: (Inaudible). There are two more out there. They're no longer affecting us physically because they are older than the rest. As they get older than the rest, their life is not seen because they're thrown out further away from them so because they're going to become suns. The oldest one becomes the first sun in the proximity of the present sun in this particular condition of the earth so the oldest one that is known now to become a sun is Vulcan. Next in line there are two others that is not seen that will become a sun, they are almost reaching in their full proximity of seven billion years. Every time it reaches that mark of seven billion years, it ignites and the present sun is pushed out, that one brightens up and comes in and takes on its orbit but they draw those dead ones along with it into its own force field and in so doing that may become a planet and the sun may split and be part of it. 0:20 Audience: do they have names that we would recognize in mythology, has anyone else recognized them other than the mystics? Adano: Only the Rishis have known them in different names but they have it in Sanskrit. Audience: Did the Atlantians know about these planets? Adano: Yes but there is two in Sanskrit, they are called Ryugu and Kato, you may call them the two asteroids in the asteroid belt but it's called Ryugu and Kato, they were known. Now in Hindu astrology there are 12, there are not 10, there are 12 planets in the family of the planets of this system and Ryugu and Kato are supposed to be two of them but they are no longer throwing light because their light is coming from the sun, they're gonna to ignite and become a sun, they're only waiting until vulcan ignites and when vulcan ignites then they will ignite after. Now they may pull into the same orbit as Vulcan but we're moving towards the closest star in our galaxy, which is the closest star to the planet earth? Audience: Alpha Centuri. Adano: Right, the sun uses Alpha Centuri as its modus operandi, its central point and the sun with its family is making one rotation around Alpha Centuri in every 24,000 years. It makes a complete rotation around Alpha Centuri once every 24,000 years and the earth is making one rotation around the sun in every 365 days and the moon is making one rotation around this earth every 28 days. Now Alpha Centuri is making one rotation around another star as its central sun once every 24 million years, you see 24 seems to come up as an unusual figure, that's how we get 24 hours in a day. Now we got 60 minutes to the hour, it's all based on a circle and we ain't going out any further than these figures, they seem to repeat themselves over and over. Audience: Is this where PI comes from? Adano: Yes PI comes from three one fourth from the circle, we can't go out from those figures because these are the actual celestial mathematics, they're there and they repeat themselves but when we see it in retrospect you see how vast this thing is, that's why it's called an expanding universe. So the Hindu

says Brahm breathes his universe, Brahm is breath too you see, the Pran energy or the pure life energy comes flowing down all through time and space. Now in the terms of Chardin, we are working out from a theta level or or the noosphere down into our present earth sphere meaning that everything comes from a thought level through an electron level into a chemical level meaning the same thing. ID (idea?), energy, substance, it's the trinity, there is no way we can avoid this particular phenomenon of a trinity. Now the trinity is not a reality because it's a phenomenon, it's not a noumena. We are subjected to the phenomena of it therefore we live in the polarity flux of this triad and by virtue of observation we become self-realized. It is until we become one with this particular condition that we break the phenomenal flux which is mentioned in your Autobiography of the Yogi and the three rings pass not, that means the three force feels now that are not creating phenomenal life, we enter now what is called oneness or God realization, that is the noumena outside. We can understand more and more of the different prophecies and prophecies are what you call spiritual jumpsuits that stretch to suit the imagination. Audience: Surely the world astronomers know this comet is coming closer and I would think they would be warning people to leave the coastal plains Adano: Well they can't warn us to leave the coastal plains because we are going to be in motion and we don't know which part the force field will affect most because when we move in relation to that wave, in a matter of 24 hours we make one rotation in our own axis and we are passing magnetic belts. So the middle of the United States might not be the most feasible place in one 24 hour and in the next 24 hours the middle of the United States might be the most feasible place, it depends on which 24 hours in the proximity movements that you're getting closer and closer. So to tell a person to leave the west coast to head to the middle of the coast or to leave outer Mongolia and head to towards Siberia or to leave Alaska and head towards Oregon you couldn't say. There's no way they're going to tell you which one is going to be the safest place, the magnetic place, and we are going to be moving in the 24 hour in magnetic waves. Our whole universe has rivers of magnetic waves, there are rivers of waves, currents, these magnetic currents. People say that the UFO or unidentified flying object is powered by some force, it's only powered by a magnetic field because they have charted out the magnetic fields already, extraterrestrial life understands the magnetic movements and they use the magnetic movements, they've charged us a long time ago. We are now becoming conscious of this in the ocean, that there are rivers in the ocean, did you know that? They just proved it, the seas of Japan there are rivers running on it which are entirely unrelated to the sea life, you see these are going constantly across the sea of Japan. So if in the sea itself there are rivers, in space itself this thing is repeating itself, it's duplicating itself, what is occurring in water is occurring in earth. In our earth we have various movements in what we call the the plates of the earth, the actual plates of the earth are moving, these are the different build up of the levels of the earth, the earth strata, they are like plates, they are shifting and moving. So if the earth plates are moving and the water of the oceans are moving with under currents like rivers, they have rivers crossing and moving, you're going to have the same thing now in thermal section, there are different waves of thermal movements going on. 0:30 Some thermal movements are stronger or lesser and we have the same thing in the air, we have thermal waves which the magnetic waves are moving, we're finding it out now that there are different magnetic waves in the atmosphere. Now I'll give you a little example, you ever drive along the road and a big truck is coming up behind you and another one is coming towards you and if you go slow what would happen to your truck, if you were driving a small truck and you got a big one approaching, a large coming behind you and you were driving and also you slow down, what would you feel? You feel a push but in what direction, forward or back or sideways? The one behind you is coming down, bearing down on you, and the one approaching you is coming towards you and you want to slow down, how does the vehicle respond then? It doesn't pull into the one passes you. There's one behind you, there's there's a bigger one behind you and the big one coming towards you and you're a smaller vehicle, what happens in that? You try to slow down and the guy behind you is a bigger truck moving behind you, he's very close and he's pushing air, and the one is coming is pushing back the air, what happens to you if you should slow down? You feel like your brakes are on, you can accelerate as much as you want, the moment when these two forces are there you don't seem to move, it's just where you are, it's a suspension. Now if the large one is coming and the one behind you is close and

then you speed up before they get to close proximity then you will find yourself swinging in to the big one that is approaching you if you speeded up then you will have that condition of being pulled in to the center of the road, you'll never be pushed out to the outside, it'll push you in but if you're slowing down, this is the condition that you'll feel like your brakes is on but you don't have your brakes on and your van or your vehicle will tend to be stabilized for a brief moment then it will start pulling away to the side of the road and then will start picking up again but for that brief moment the vibration seems to slam like an impact on you, the magnetic charge hits you right here, you have a whole field force in that. Now that particular phenomena is occurring in nature as waves already, these are magnetic waves. Now an unidentified flying object would chart these waves out with different air masses that are moving and they will know exactly when to flip in at these points of the air mass and therefore they would seem to have a tremendous velocity out of nowhere in vertical, horizontal, or any direction they want to pull their joystick, they can flip out and this is what appears to puzzle the aircraft flying that tries to track it. It's because they can observe with whatever equipment they're using or sensors they're using to spot air masses that would produce magnetic fields for them and this is changing in the ears. Now the sensors are proving it, more and more sensitive equipment. Yesterday we made a simple experiment with the tape recorder to show the magnetic field around the body that will give off sound, your body without you making a sound if you just pass it close around with the microphone, you'll start producing sound because of the magnetic field. Now the magnetic field in your body is exactly behaving to the magnetic field that the whole planetary system behaves, "As it is in heaven, so it is on earth," in a miniature form it's in a bigger form and you take this thing out into celestial mechanics you see the fantastic phenomenon of what is going on or how this acceleration is working. So you have liquids in your intestines just like the oceans and they're responding and you have gases which is the then breath. Then have the solid mass which is static then you have the etheric force field which is the consciousness so if you pass that microphone, I call that a very crude form of sensoring or sensing the magnetic movements and you can pick up this sound. Now, so crafts that are going to utilize these magnetic fields are going to sense and by sensing they take full flow of these movements and we are going to find more and more these things are going to become obvious to us as we go into more and more space life. Audience: Where does the universe's breath? Adano: When they use the word expanding universe or breathing universe it is because it's pulsating, everything is in a state of pulse, that means it's pulsing therefore it's expanding out all the time, it's pulsing and that's the name of the little substance that is traveling through space from the crab nebula, it's called a pulsar, it's not called a quasar, quasar is different than a pulsar. Quasar doesn't have the same effect like a pulsar, pulsar is a little small and very condensed with tremendous density. Now, one scientist said if we were to compress all the atoms that make up the earth, they'll fit on a pin head so you can imagine in compression what we're talking about. The forces that mold us are strictly plasmic gas, this plasmic gas is essential for radiation or thermal fusion and without it we could never have fusion in the atmosphere and it would have to produce a fantastic amount of heat and be capable of handling this heat and it runs in somewhere around 630 million degrees, this plasmic field for which fusion is possible to occur. Now the Russians have proven that the human aura is emanation from this bioplasmic field in us which is your electron body. So if they don't use the word aura no more, they call it bioplasmic illumination, why? It fits the condition of the atomic principle of a plasmic field for fusion and for radiation and emanation and there's a fusion going on that is working in this body so there's a plasmic field. Now with Kirlian photography you can see this emanation and you can pick it up and photograph it but it goes back down into celestial mechanics, the celestial astronomy to understand what is going on out there to why it is affecting us in a small way. 0:40 Now where we come in in terms of survival, it seems that we can't shake a straw in terms of survival yet in spite of it all this collective consciousness is working, does not destroy the whole entity life, the entity life's destruction is based upon its individual karmic debt. However this Divine Intelligence works to set up celestial mechanics and then impressed upon these planetary bodies entity life for its existence and for its self-destruction or for its change, entity life is the only life that can make the change. An entity life is based on an individual karmic relationship, that's what makes it different, the entity life when it's calm. That's why they say "If you can find 10 right

thinking men, I would not destroy this city," if you can find 10 entity life following on a positive scale, the magnetic totality of the negative charge of the entity life that would tend to destroy it, that can be offset now by the magnetic charge of 10 right thinking entity life. So the karmic pull is a deciding factor otherwise this whole universe will blow itself off into oblivion without return and energy is no such thing, it is constantly replenishing itself by virtue of his own self conservation (gap in tape) ...this is going on in spite of ourselves all around us. Now some of the Sages have said "Biting, crawling insects are the crystallized thought patterns of individuals who have set them up in the atmosphere" and that is the entity life. We as entity life have set up these negative thought patterns that become crystallized into biting, crawling insects. The magnetic waves of various objects according to its entity life will determine if the planet or the object which that entity like is living on, if it has a positive charge or a negative charge, it will be determined by the entity life. Now let's say planet earth got so good positively by the entity life that it ignites and becomes a sun and starts moving through space. By virtue of its goodness it will affect entity life on other bodies that will draw itself to it as a family for it to grow on or transfer itself. So if in the process planet earth becomes a sun and the entity life is that highly positively charged, one little object of the many families that have been drawn in its orbit may take on a newer civilization of entity life with all the ideals of the entity life that triggered it into a sun and start it out now with a new master race. Now if the entity life is totally negative and pulls in by explosion into a sun, then the least form that will act as a breeding ground would carry the negative entity life charge, magnetic charging, and therefore that would start off now a deformed process. So your titans and all these different things that are seen like mythological conditions in time space relationship are all the results of the entity life that triggered the sun to affect the earth. Entity life on the sun when it was the lowest form of planet life that was triggered by alpha centauri when alpha centauri was its prime sun working to bring sun as a planet into a movement, that entity life was triggered, the magnetic field triggered that so whatever occurred in alpha centauri to leave this transition pattern into the sun and the sun began to pull and become an independent sun on its own and start to burn, that would throw off now onto the smallest body that was close to it which is earth, all the rest are older, earth being the youngest, she now would take on the total entity life magnetic impressions from the sun. So we will have what is called the graduated evolution of the pure entity life as it triggered in the sun. So Man did not come on the planet as a low form of life, he came as a high form of life so the entity consciousness on the sun at one time was so high in positive charge to produce a human life form to give it a high entity ratio but then it might have also had low negative forms in the process because it would be when their positive is more it burns, when the negative is more it burns so there had to be residues of negativeness in the positive scale on planet sun to carry over to planet earth then sun became sun and planet earth began to grow. So we find the implants of a high ratio of the intellect and a very crude ratio of intellect occurring so we have this to work out now. We're only four and a half year billion years old in the scale of our immediate solar system so you can imagine what the entity life is. Now many people ask the Master Charan Singh about this, that these UFOs do they exist and what is happening, they're coming and what what are we supposed to do? The Master merely replied "They are coming here into our orbital movement or existence and we are going to their orbital movement in existence, we are merely exchanging orbits." And the entity life, if you understand this statement we're merely exchanging orbits is to see into the real depth of what this man has made a statement concerning. The entity life is already changing, we are getting more and more conscious of getting off into other realms of existence and we're getting more and more conscious in terms of our own perspective nature of a deep extrasensory force field. Now living Masters exist with this particular consciousness, if they don't then they don't have an entity life. They are the goodness or the positive charge of the entity life on the planet and the negative charge of the entity in life is those who are constantly degenerating the environment. One regenerates and one degenerates and these are the two conflicts of the entity life so we according to Sri Yukteswar there are only two types of people, those who seek God and those who don't seek God. Now those who are constantly seeking God, their entity life is positive. Those who are not seeking God, their entity life is negative. Now one of these two negative force fields or positive force fields is going to have to come into a condition of supremacy when the planet reaches its ripe age of

seven billion years and by virtue of the time point, the mathematics of it, which is predominant the negative or the positive entity life will trigger it into a burning mass so we have this particular condition to contend with. Now the ones who seek God are the positive entity life and the ones that don't seek God is the negative entity life but what are the prophets telling us in terms of the negative entity life, are they already predicting the destruction of the planet? We are seeking God, yes we're seeking God, quite true we are seeking God in a different levels of our relationship with God. Right now we are in Kali Yuga which is the Maha Kali Yuga or the cosmic Kali Yuga right now but we are entering the Aquarian aspect of Kali Yuga, we just came out the Piscean aspect of Kali Yuga. Each Yuga, there only four Yugas and each Yuga has 12 vortic movements representing the 12 signs of the zodiac and as you go through all 12 in 24,000 years then you shift on to the next Yuga. So the thing is this, we are in the Kali Yuga approaching the Aquarian Age, it's the Aquarian aspect of Kali Yuga we are entering now. 0:50 The Piscean Age is gone but that was the Piscean Age of the Kali Yuga and we look back at this fantastic figure we're talking about and we're only in a seven and a half movement, we got on uptoen years of umpteen Yugas has gone out of the four basic Yugas: Treta, Sat, Dwapara and Kal which is golden age, silver age, bronze age, iron age, the Greeks had some awareness of it, the Hindus were the ones who kept perfect records of it as it occurred in space and time. There is where the condition comes up and when we start to analyze the entity life on the planet, how many Yugas have passed that have affected this planet life and how old is the story of Moses and where is Moses in the whole context of symbols versus the factual movements. Now if planet entity life began in the Garden of Eden and then the select race were traced through their heritage from Moses right down to Jesus, the population of the present existing entity life that would show a traditional history of the planet's existence is insufficient for the amount of other entity life that have different form. Of all the nations on the earth having an entity life, the yellow race is the largest, where did they come and suddenly being the biggest? Where would their history show for them to have an entity life starting, tracing their patterns to give them the edge in quantity? You know if you look at the Hindu, they run second in the largest quantity, then you've got the Persians, the Arabs but even so the Arabs versus the Hebrew, they're still proportionately they're closely related but the yellow, the black, and the brown outnumber, yet they're all in the same belt. Where is this history point focusing on, how many Yugas have been gone and come and if discoveries are being made of these places and you look back to the mechanics that we're finding, the only thing we finding in the museum of man that many of the things that we're using in modern science today were found or used at one time in China. This seems kind of crazy that the compass and all these things existed at one time there, where did they get it from? They ain't that smart. Why did they come along like a bunch of grape pickers several billion years ago and raided degrees of many civilizations and collected a museum and China might have become one such museum of entity life that the nations run through in time. Each one seems to have a different relation with the entity life. We're seeing certain things that they possessed or used and if you say it was discovered by them or they initiated the action, this is not clear in all these things and how come they can have a larger population sustaining them as an entity life they did not go out of the boundary lines in which they were confined to. Now if you were to look at the amount of time it takes to make roughly 700 million people and to occupy the surface, to feed it, I would say roughly three feet of that surface is the ashes of dead people, the first top soil of that confined area. If you take the amount of people that lived as an entity life didn't go away from the area and constantly till the soil and stay within the proximity like how we stay inside of Chicago don't go no place, the top soil of the living area space alone would be considered dead ashes of thousands and thousands of people, fantastic, something is totally irrational in all these pictures, you have to look at something deeper that's going on but we are going to be affected more and more by the comet that is coming in and this is really going to hit us around November to December. Audience: How close will it actually get to us? Adano: In the exact mileage I wouldn't be too exact on the exact mileage of how close it would come. Hailey's comet came pretty close, about 800 miles, she came within the approximately of 800 miles to the earth, the closest curve was 800 miles in space. Now when we are talking about 800 miles of space, we are talking of a very negligible thing you know. 800 miles from the mind's eye is from here to El Paso or New Mexico,

Deming New Mexico. When you put this up as two big masses in space, it isn't much but I think it was more than 800 miles close because that close proximity would have pulled the Hailey's comet into the earth because of the gravitational pull. But 800 miles in space from two masses but satellites leave the earth and as soon as they get past 110 miles from the surface, they enter into free space, right? But this is what you call your no gravity belt, as soon as you get past 110 miles they are in the no gravity belt. You have to go past 110 miles from the surface of the earth as a moving object to break free from the gravitational pull of the earth itself to be in a sphere of weightlessness. The platform, the laboratory that we've got up there, how many miles is off of the surface of the earth? Our Spacelab, how far is it from the earth? It's about 110 to 120 miles floating between, your non-gravitational level begins at 110 miles from the surface of the earth, that means everything is free space floating in a weightless state and moving within that velocity pull, everything is floating around past 110. So if it went a thousand miles, it will make no difference now, 110 is the point of shut off for a gravitational pull into the earth. The earth's gravitational pull shuts off at 110 and we stay in a free moving space. So Haley's comet came within 800 miles of the earth, it was in the free-force field, you understand? So the earth could not pull her in, she was in the free-force field, we could have pulled her in, she only came close to 800 miles to the earth's surface in space, that would be very small but now Haley's comet was is bigger than our Spacelab, it's a pretty big thing, it's throwing off a tremendous amount of light in space that it is traveling so that's a big mass of molten matter moving through space but it could have been seen at the time it was passing through that force field and it still could be seen for days. Now she only came close to what 800 miles from our surface, from our surface to 110 miles off in space is our gravitational pull and beyond 110 it's free flow space ,that's the free space. So that's what you call no man's land in space, up to 110 is tera-space so she came within an 800 mile arc but that 800 mile arc was sufficient to affect us. We don't know how close this one will come but we know it will come closer than Haley's comet ever came because of its velocity that is moving. 1:00 Audience: (Inaudible). Adano: No if it came in the force field of the Earth, it will crash into the Earth. Once it breaks through 110, it comes down into the... and it will crash so our Grand Canyon is what? There's a meteorite that formed the Grand Canyon that's what it was, the meteorite that hit the Grand Canyon, there was one that came right into the earth but it wasn't big enough to do anything much than hold back the sun for the 24 hours of Joshua, pretty good boy you know. It had to be a meteorite making an impact in our earth sphere to jolt the earth as an impact point to hold it back in its motion so that the sun will shine 24 hours in it. In other words the earth stayed its position through the impact of the meteorite that hit it at the time causing it to stay. Like an object hit something, it was on its path and this is a big mass here shining light on one side and something comes in and collide and hits it, it would not cause it to explode if it's small enough to hit it. You ever see a cue ball, you ever play billiards? You hit a ball and it's running and then another one comes along just in time hit the other one, what happens to the one? It seems to stand still in this track and don't run, you hit the one cue ball and see them all go back and forth and you'll see two are running towards a spot and a third one just comes across and knicks it and that wall it nicks stands dead in that track, it don't move and the other one just passes along. So this is exactly what we're saying, Joshua didn't actually stop the sun and its rays from reflecting in the atmosphere, he merely became conscious of the fact that one meteorite was moving into the proximity of the earth and by virtue of his consciousness, he could do what is called celestial billiards, call his shots, and he did call his shots. So he held the sun back, he said "He prayed to God to hold the sun back," what it was in actuality was the meteorite that was moving would veer its course and make its impact on the earth and that's where our Grand Canyon came in because the age proximity of the Grand Canyon is the age proximity. Now if we go back and see where the time of Joshua really is, it doesn't measure up for 5,000 years of Jewish life, it measured up to a long time ago. So we really don't have all the physical facts pertaining to human life, we're just saying Man has been on this planet two million years but he's been here longer than that, how he got here is another mystery too. The earth is not our home, it is here where we are left to learn by the ELS. In all your ancient wisdoms you often hear of the elder brothers of the world, of the cosmos, they were called the ELS, elder brother ELS, and it comes from Elohim e-l-o-h-i-m which is Lord of the Soul and the offsprings of the Lord of the Soul are the ELS.

Adonai is the Lord of Creation, He's not the Lord of the Soul so when the Hebrew chant goes El Israel Adonai Elohim Adonia, they're not calling on the Lord of the Soul, they're calling on the Lord of Creation, "Here O Israel the Lord Thy God is One." In creation God is One, the Lord of Creation is one too but it's Elohim that is the Lord of the Soul. Now the Hebrew people have a chant that is seldom used, only on high occasions, and it's called Eli, Eli, Eli, and it's only sung on very high occasions and it has to do with death. Many people heard the requiem of Kennedy on a record, it has been put out on a record done by Bernstein, there is a lot of mysticism put into it and the woman who sang part of it, she sang that portion of the requiem that is involved with Eli, eli, Lord of the Soul. Audience: Why were we thrown out and where were we thrown out of? Adano: To learn humility, we're a stiffed neck race you know, Man is a stiff necked race. (Inaudible), that's the french for stiff-necked people, he always sticks his neck out and gets stuck in the collar because your neck is the gas point for the etheric energy and it is the factor that has to do with magnetic force. If you didn't sink in from your cheek, your jaw bone to your shoulder, if there was no indentation, just that small indentation to form your neck, it will break off by the g-forces around you. Mach 2 will smack it off, everybody's head would pop off and fly off. It is known by airplanes when they first made them, they made them with the nose and the whole body one size and they will smack or break up when they hit mach 1 to mach 2 the neck will pop and a few pilots lost their lives like that then they began to realize you can't change the design of the plane or it's not the fault of the materials, there was no fault in the materials, the fault was in the design. So they began to neck the planes, give them a little neck, it's called a coca-cola neck at one time to neck the plane and by merely necking it, they broke through the magnetic impact of gravity to break through that so it will go through the mach 1, mach 2. Now every object that is shot off in space is necked to pierce it so your head, the way the Creator made it with a neck, it's a movement through space through the etheric waves, why? Because on your left side you have all the five cranial nerves that come down to carry the light currents. On the right side you have all the cranial nerves that come down to carry the sound currents and they converge from an apex point coming down like an oval. 1:10 It's an oval just like earth and the whole cosmic shape necks in and you have your very first oval or curvature of the Winged Caduceus and the Hermes Staff, this is exactly what it is, you're looking at your Winged Caduceus here and these are the lines of forces that come down and then as it comes down and necks itself in, it makes its next oval by crossing over from the etheric force right into your gaseous forces. Then it comes again and swirls out back right down into the lumbar, thermal forces, then it pulls around again like a figure eight down into your fluidic forces and finally it curves itself in at the crystalline base which is the earth forces so you're looking at the Winged Caduceus dead center along the spine. Now your hands is your five-pointed star. Now if you were to look inside of a lotus plant representing the unfoldment now that's not really real evidence of it being termed as an unfoldment plant, it is when you see the lotus when it opens up in the morning and you go and look at the plant in the process of growth you will see. The pod, the flower, the leaf, open or closed and when it closes itself what is it doing, it is doing exactly like the human body. When the leaf is closed and turned back it's exactly like the human brain shaped out like a brain on both sides of the brain just like a pecan nut, all the rivlets are there and the indentations and the stem goes down into the water. Now the lotus comes along from the side from that same thing and comes up, when that leaf is in full maturity and spreads out like a pod and it's got seven openings and it's green and the openings are slightly red and when it blooms out and becomes a flower, a lotus flower with lots of petals, the leaf opens night and day once a day, it will close at night and open in the daytime and the flower will close when the light changes and it will open in the morning. Now it's when you look in the leaf of the lotus, you begin to see the 24 cranial nerves all running into the stem exactly shaped out, they have 24 lines running right in to the dead center of the leaf and in dead center of the leaf you will see a man standing up like a five-pointed star like this, running all over the way out. You can trace it out with your finger when you look at it in the dead center in the leaf of the lotus. There is the head, the neck, the hands (inaudible), it's all traced out by the way it's formed inside. You can see it perfectly sketched out, it's called the five-pointed star or the five basic forces of ether, air, fire, water, earth, all lined up in the five pointed start and the 24 cranial nerves run in to the main stem and each cranial nerve end or vein in that leaf has a split tip like a fork giving it polarity. So when you

take a lotus leaf and look at it in full profile, you're looking at the whole brain spread out in all its geometrics and the dead center would be your whirl, it's like a whirl where your pineal gland is and if you were to take your brain and just split it, you'll see it. Now if you take that lotus leaf and split it dead center down into the stem and put a cross section to look at it, you will see the exact shape of a swan, the outline, that's where they get the term Paramahansa, cava the signet in the brain. Self-realization is the rising up of the sap or the life energy into the cava the signet or the Paramahansa level then spreads out beyond which is the thousand petal lotus and that's the Paramahansa level, thousand petal, and then it spreads out and goes in the side of the lotus where the actual "jewel within the lotus" which is God-realization. So the Creator has left the whole structure of creation all locked up in the plant life as to what is going on inside. So God realization is not Self-realization but every symbology, every term that is being used throughout the centuries of Man's existence can be traced and be found and if you take the human brain and you split it dead center and you look at the cross section you will see cava the signet, the exact shape, signet is the latin word for swan and cava is the cave of the swan. 1:20 When the fluids that are built up fill that whole cave and that fluid is whitish and it fills it, then you have complete self-realization, there is where we have what is called Jivan Mukta "freed while living" but it's not God realization. See the first levels up in realization is a Siddhi, this the Siddhic power, it's the extra sensory powers that come up all along the stem. Then as you split that, you have Jivan Mukta or the Paramahansa, "freed while living." Now when it gets through the lotus into what is called "jewel within the lotus" now, we have the Avatars, the descent, the Master, the true Master, or the living Master that they're talking about now, there's only one or two in the earth plane. They can have lots of Paramahansas but you can only have one or two true Masters of the Maharaj level to come through. Maharaj, "Maha" means the great king, that's the throne, the flower is the throne, sitting in the throne and the crown within the throne is the "jewel with the lotus." So Buddha is saying "Hail to the jewel within the lotus," hail to that level that you gotta get, you got to get to that level first which is pure God-realization. Now in your own scriptures in the Book of Revelation you have the same in symbology talking the same, We're talking of this human structure. Audience: Are there Avatars living all the time? Adano: There is always living Master on the Earth, one or two, living, involving itself with humanity, they're always one or two and they are the light of the world while they're in the world because they are the entity balance. Audience: Who are your two Avatars now? Adano: This is determined by individuals who can see it. Now there are Avatars of the Lord of the Soul and Avatars for the Lord of Creation. Now Avatars of the Lord of Creation will announce to you or tell you that they are sent by the Lord, that they are a descent of the Lord in the flesh, they will announce this on their own. An Avatar of the Lord the Soul will never say any such thing and it leaves for you to discover that and you make the claim, the onus is on you, it's not on them. So we know that if people are gravitating to an individual by virtue of the magnetic pull without the use of miracles, then we have an Avatar of the Soul. If we are gravitating to an individual who is declaring that he is a descent of the Lord and pulling us by miracles, we have a descent of the Lord of Creation. These are the things we have to discern to understand what we are talking about, who is and who is not. We can't find the Avatar of the Lord of the Soul until we are drawn to him by the magnetic current and we see this inside and we are the ones who make this statement, he is that, we have to have the inner experience from the Soul level to be able to say that. (Adano kills a bug). We got lots of negative forces in this hard box you see, that's why they hang around there. Why we have a hard box? To get rid of people's negativity and karmic debts so they pray and get rid of it so their hard blocks and their thoughts crystallize in these biting, crawling insects. So it goes up and changes, these are the phenomena and we have aches and pains, these are all karma all right? Negative karma coming back to us. Now if the negative karma of the entity life is greater than the positive karma of the entity life, we have the chaos and the breakdown of the planet. Now a disciple can tell you who he thinks is an Avatar of the Soul or who he thinks is an Avatar of the Lord of Creation but to save any type of misconception, it's very simple to recognize them, who is an Avatara or a descent of that spirit into the flesh between those of the Lord and Soul and those of the Lord of Creation. Those of the Lord of the Soul do not tell you that they are Masters, they do not tell you they are Avataras of any sense, they are merely here in this world. They don't attract you by miracles, in fact they are very

dreadful, dreary people at times, boring but those who are Lords of Creation, the Avatars of Creation will perform lots of miracles and they will openly, when the time comes for their declaration, they openly come out and say "I am an Avatar of such and such level" of such and such qualification then you know that this is an Avatar of the Lord of Creation that's talking to us. Now the student of truth if he's looking to get back home to the mainstream, then he's got to follow the Avatar of the Soul or he may follow the Avatar of Creation and stay within the creation. Now the Lord of Creation can only keep Souls in creation by the marvelous gift of inventiveness. As long as it keeps promising you the gift of inventiveness, you must stay in creation and if he doesn't offer you that, you've got nothing in this creation to live for because it's not made to invent, you can't out-invent him because he don't give you the gift of inventiveness which he invented himself and a new model of the old idea is the rat race of existence in the law of creation. From the time Mr. Ford struggled upon the idea of an automobile, what became of the automobile every year? A new model right? And we are on the rat race of concurrent movements in the law of creation which is the Lord of Creation's own gain. Now the Lord is Soul does not promise us the gift of inventiveness because the gift of inventiveness would be squandering your inheritance and what is the inheritance of the Soul? To back where you come from because your true nature is Beingness, your true nature is not going out or expressing, your true nature is to be and Beingness is a great deal of aggravation to be, it takes a great deal of harassing of your own nature to pull it away from entrapments, from attachments...

#### 1973 September 7 - God Realization

Adano73\_09\_07GodRealizationQ3NW2 - (Duplicate of the next Satsang, 1973 September 7 - Relationship Meditation Nutrition - Adano73\_09\_07RelationshipMeditationNutritionQ2)

#### 1973 September 7 - Relationship Meditation Nutrition

Adano73\_09\_07RelationshipMeditationNutritionQ2 - (Group chanting OM) Adano: There is no spiritual progress in the higher realms if the diet is not definitely and totally based on the vegetarian system. We can only go so far and that is as far as the fourth realm by eating any other product other than vegetables. Up to that point the Soul on its own has a brilliance of 12 suns but if we wanna go past that point merely by detaching ourselves to gain self-realization we can only achieve the brilliance of 12 suns (inaudible) the brilliance of one more sun given us the self-realization we need which is the brilliance of 13 suns and we can't go beyond that by any other power on our own. (Gap in tape) ...go beyond the fourth realm if we ever use any type of substance that is not of the vegetarian diet, it's not possible. The moment we begin to detach ourselves and get beyond that level by our own ability, we can only gain the brilliance of 13 suns. Right now the Soul has the brilliance of 12 suns and by its own nature, its own ability, its own willpower can only achieve the brilliance of 13 suns and that is as far as that will go on Self-realization. For it to go beyond that state back into the true Sound Current which is the other four levels which is totally ultrasonic, we have to have the help of a Master who has the presence of 24 suns. He alone can come down from that realm and pass through the four upper regions and down into the four lower regions and by virtue of his grace and by virtue of his love, he alone can attract us magnetically and pull us through. We can live with a notion that we can go up back to the source, the invisible, by our own efforts but it's only up to the fourth realm and by detaching ourselves through detachment we can achieve the brilliance of 13 suns, we can't go beyond that, we don't have the power, we don't have the love to go beyond that. When the Master Jesus said "No man come unto Me or to the Father but by Me," he was inferring that you can't pass that level, you couldn't go past that level without His love, without His intercession, without His brilliance. This is proof when you go inside you have to see this for yourself, hearing it in conversation or a Satsanga or a lecture wouldn't mean anything, the evidence is when you go inside to seek for yourself that you can't go past that level, there is no way for you to go past that level, this has to be brought out by grace. It's a big conflict between your conscience and your consciousness to go past that level, your consciousness will tell you you can do it but your conscience knows it can't do it and that's where the great problem is and

that is where the diet problem comes in, the diet plays a very important part. As we go more and more inwardly and gain self-realization, we find that our dietary habits change and we begin to center more and more on the fruits. They are in the etheric realm that is why nature provided fruits all the way through from morning till evening for the human body to consume but we are not capable of living on a total frutarian diet let alone to live on the total plasmic energy flowing from the atmosphere through the ether into our bodies, we can't do that right now but that is where we have to go to go back home. The Master consciousness passes down from the eighth level all the way down to the first level and until we can make contact with that Master consciousness, we can't go beyond the fourth level but every attempt to detach ourselves by our own violation and the devotion, we can only brighten up our Soul one more brilliance of a sun and that is the brilliance of 13 suns, it's not possible to do it beyond that. It takes the grace of a Master having the brilliance of 24 suns to pass through, bring us up through His light, through His radiance, and present us to the Divine Self. Therefore if He says in the world when He's in the world that He is the light of the world, He truly is the light of the world because he has the brilliance of 24 suns, we don't have it. The evidence can be experienced only from within, He alone grants that experience. We say He alone grants it, why He alone grant it? Because we have reached a point where we are totally frustrated by our own efforts and now are humble to accept Him. When we can't do that, He doesn't grant the experience. Nutrition seems to pursue us even in that realm because more and more as you go into the inner realm, you begin to listen instead of watching. Listening is very important because the Lord in the highest realm is (inaudible), the soundless, the wordless, it has no name, it has no sound, it's all ultrasonic and the frequencies are etheric in their nature and the more you live on the fruit diet, the more you're capable of hearing in the ultrasonic range right within your own body. This may sound strange that you can hear in the ultrasonic ranges but you can when you're constantly living on a fruit diet to the point where you will be able to live now without eating. When Jesus said "Man don't live by bread alone but by every Word that proceed out of the mouth of God," He is not only inferring of the energy that is coming in through the medulla but He was talking of the petals, the five forces. These five forces come down from the River of Paradise, flowing through us, one great stream coming down from the Divine Source breaking out into five levels such as earth, water, fire air, ether and their modus operandi is based on a forward, reverse, and a neutral known as the Gunas. These modes of operation work through us in waves of alternating action, they radiate down from their head, down to the throat as the etheric force, from the shoulder down to the navel as the plasmic air force and from the navel down to the groin as the fire force and from the groin down to the sexual organs as the water force and from the sexual organs down to the base of the feet as the earth force and they are moving in circles and spirals and exactly like figurines up and down in ovals. Now when this energy is pulled back up by detaching our senses from the lower realm and holding it at a point between the eyebrow which is meant "When thine eyes are single, the whole body is full of light," we are now centering for the first time and that light is the Soul. The glimmer of the light is so small inside, it looks like a flame but that flame is dual. One of its points is turned upward, the other point is turned downward and they interlock and by interlocking by the geometrical lines they form a diamond inside. This diamond is known as the diamond body of the Soul which is now pure carbon, bright and brilliant, and transparent and since the body is a carbon-based body and we have to detach ourselves from all carbon substances finally to refine it into the highest carbon, we have now to center it and purify it and burn out the dross. Through the constant meditation and the withdrawal and the constant fasting but fasting on those pure distilled liquids that come from the fruit, then the consciousness is purified, then we are able to see that radiant form within us that draws us out beyond that fourth level. We have to meditate to have this experience but only by going inward can we really experience it. We meditate but our minds drift all over the place and yet the fundamental two lessons that we have to learn in meditation are Simran, the ability to repeat, the the ability to center the mind, through repetition recenter the the mind just like twirling a rosary, that's centering the mind, through repetition we harness it. There is no other technique that supersedes this centering of the mind, every way we try our mind will wander until we learn this principle of repetition. It's by repetition we become one, its through repetition we gain the realization. Centering the mind by a Simran, or hallowing the Name is another way of saying it, the

mind gains self-realization but it does not gain God-realization. God-realization is gained when the oneness is achieved through seeing the radiant form inside, seeing the light and hearing the Sound Current, this is God-realization but this is granted, this is a gift, this is given or bestowed by the grace of the Master who radiates this from within you and helps you to perceive this. We can spend a great deal of time reading, searching but in the final summation we have to go inside and the amount of time spent in meditation is based on that internal observation and oneness. The real truth of how much the mind is under your control instead of your Soul being under the control of your mind is how much Simran or Japa or hallowing the Name can be done. Japa, Simran, hallowing the Name only means constant repetition of some thought pattern in the consciousness to harness it in order to realize yourself. Those who have seen the Hare Krishna people chant all the time, they are gaining self-realization, they are harnessing their mind. When the time comes for them to center further beyond that, they will gain the God-realization. So we can see from our own observation where we are in the process, how much Simran, how much Japa, how much hallowing in the Name we have actually done in our meditation. It is this we have to look at and observe, how much we have done in this. There is the presence, there is the only situation, the only time count that adds up in the meditation, how much have we done in two and a half hours a day of this Simran, this particular Japa, or this particular hallowing of the Name, how much have we actually done that we can realize ourselves. The Christians they'll twirl their rotaries, the Hindus they have turned their rosaries, every individual that has followed a path has come back to start the road to civilization by repetition for those who follow the inner path know that this is the very first step towards realization. In order to gain that understanding we have to center our mind and move back through that stream, we need help but we can't do it by ourselves but in order to get the help we first have to make the first step towards God-realization and the first step towards God-realization is Self-realization, it is the path. It's not a school, it's not a church, it's the path in which you harness the mind, it's that Simran that you do, it's that hallowing of the Name, it's that Japa that you do night and day, it's that eternal unceasing prayer often mentioned in your bible, prayer unceasingly. When the mind is centered on one thought and constantly hallows it all the time in waking, sleeping, meditating, praying, eating, and even in death, this particular hallowing process goes on all the time until you become one with it then God-realization is achieved. The Saints did not give us anything more than that, they laid down the law in a very simple way and they have done it, we are the ones who have to do it but it seems very difficult for us to do because our nutritional patterns interfere. From eating a great deal of the animal kingdom, our minds have reached a point to be as restless like the animal and that electrical nature is impressed upon our nature so we become like them in time. For us to detach from that electrical pull, that magnetic influence, we have to go to higher forms of food and the higher they are off from the ground and closer they are to the radiant light, the more etheric in nature and the more uplifting they become, the more transforming they become. Fruits are finally the summation in the physical substance that can be used to bring us close before we actually withdraw into the energy that is passing through the atmosphere into our bodies but we can't live in it right away, we've grown up in an evolutionary way to absorb many substances and our bodies are not totally ready for it but we are heading in that direction. Self-realization is not an overnight process let alone God-realization, it takes many lives sometimes to get to that state let alone to achieve self-realization before one can achieve God-realization. We are in the process and it's around us, all the changes that are occurring in the various cycles and ages are leading us towards a greater self-realization. The few who break through by the grace of the Radiant Form of the living Master achieve in one or two lifetimes God realization. A Master has died but it took him many lives of self-realization to break through to God-realization and when we meet him or see him, who does not tell us he's a Master, the moment someone declares to the world that he's an avatar or he's a Master, you can rest assured he's a representative of the Lord of Creation but he who does not attract you by miracles or does not tell her that he's any Master or teacher and merely lives and vibrates, he's a representative of the Lord of the Soul. He does not attract you by miracles, he lives the life of normal living but only those who can see him inside, only those who can attest for his brilliance of 24 suns beyond the fourth level of self-realization, only those can say he is a Master of the Lord of the Soul and that's an experience everyone has to prove for himself. A Master

of the Lord of the Soul will never tell you he's one but a Master of the Lord of Creation with always tell you he's some avatar, some teacher, some great force, when we look inside to find the truth, only then we can know the difference. 0:20 Meditation on the outward realm in the beginning stages helps us to gain some type of centering, it detaches us from our daily routine, it detaches us from certain behavior patterns, certain conflicts with the conscience and a consciousness but until we meditate and go inside and see this meditation from within, we can't realize it and there is a difference, there is where we have to watch our dietary patterns because we are not concerned with the awakening of the kundalini force, we are not concerned with miracles, we are concerned with five basic principles. The five basic principles are greed, lust, anger, attachment, ego, these five forces that bind the Soul to the physical body in which the ethical life exists. Until we understand that, we can't liberate ourselves from the four waves, we can't go away from water, earth, fire, air or ether to which the karma we are bound to. The Lord of the Soul cannot accept us back, the Lord of Creation will keep us here to pay that price because we are using it, we're using earth, water, fire, air, ether to exist in creation and His creation demands payment every inch of the way and He traps us and ties us by greed, by anger, by lust, by attachment, by ego. Trying to awaken the kundalini force to free ourselves would be kind of futile, it's like throwing water on the ocean to make it dry. Meditation is not just merely sitting down and losing one's self in a mediumistic processes or losing oneself in the some remote region, there is a constant harnessing of that mind to make it a slave to the Soul by repetition and tying it to that Soul force and allowing the Master's form to pull you out from this body consciousness, from the toe up to the head, the journey begins when you start to withdraw the energy from your toe up through to the head and you can't force it. Any show of force is egoism, any show force of demonstration is egoism, to merely sit down and vibrate is egoism, it has to be done naturally and sometimes you don't even know if it's done for you because that is what the chant means, the doors open by themselves and the light goes on by themselves and the darkness goes away from you. The darkness is your ego, the darkness is your desire nature, the attachments that hold you back to this world and the Soul lights up and this lights up. On the outer the surface one may never know that that Soul is lit up because that's the beauty of your realization. Realization of the individual seems like any ordinary person who is totally at balance with himself, the three Gunas are now working for the first time: positive, negative, and neutral, they're all in balance for the first time and the individual lives a normal life. Realization comes through without interruption, God-realization is the pattern, from that level you see the whole total pattern of the universe as it really is, flowing out from the one central source of Anam Lok, the soundless force field coming down though the one mainstream of ether, air, fire, water, earth and dispersing itself into the many forms around us. This dynamic movement is known as self-realization, when we look back up past that dynamic movement and see the whole pattern from the level of the Radiant Form its God-realization. God-realization occurs in us by the grace of the Master not by any effort of ours and we can't get it by our own efforts so we can't kill ourselves about it, it is given to us as a grace to keep us humble forever so that we know that there is a Creator that rules and directs every act. The final summation of meditation is we have to eat in order to live so that we live in order not to eat. "Man don't live by bread alone but by every Word that proceed out of the Mouth of God," and this is laid out for eons to come for him to discover the truth about himself, it's not an overnight process and we may do this whole thing many many times coming back and forth in many forms looking for the same process but in the end when we gain the full God-realization, we have gone through this particular principle of leaving the body, shedding the attachments to the material substances, and working through the dietary pattern back to the source. It is written or said that music is the food of the Soul, the Sound Current is that food and every time we are away from the Sound Current we are committing the sin of the Holy Spirit. There is no other sin of the Holy Spirit than disassociation from the Sound Current. Our Soul is no longer attached to the Lord when we don't hear the Sound Current. Every time we shut ourselves and don't hear the Sound Current, we are experiencing the sin of the Holy Spirit. The Holy Spirit is that Audible Life Stream and the Soul must constantly hear it for it to be identified and when it's connected by the grace of the Master to that particular force field, it can be heard all the time. The experience is something you have to experience for yourself, no one can vouch for it and make you believe it, you

have to experience that for yourself. So in the final summation of meditation and nutrition, the more you live on the substances that are highest off the ground and of the distilled nature of the liquids in it, the higher your consciousness will be to experience this radiant form. If you have any questions pertaining to what we have said and what has been said before during the entire week, we'll be glad to answer them now. Audience: (Inaudible). Adano: Explain to me what do I mean by living to eat and eating to live in order to live not to eat. You have to eat to live and when you live, you have to live in such a way that you don't have to eat no more than you are free from the karmic debt of earth, water, air, fire and ether, therefore you don't violate the law of life by merely withdrawing a renunciation process. You must eat, the food has been placed in this universe by the Lord and the body is designed to eat it so you must eat it but you must know what to eat to live and while living by that process in order to make the transformation from self-realization into God-realization, then the time will come you won't have to eat to live, your body would be nourished directly by the energy passing through the brain. So when Jesus said "Man don't live by bread of God but by every Word that proceed out of the Mouth of God," He's telling you you have to live to eat in order to eat to live and in order to live not to eat because He was fasting when He was tempted and therefore He was living by not eating but how could He live without eating and rise above the temptation of eating to live if He did not know how to live by not eating?

When you know how to live by not eating, you can rise above the temptation of learning to eat to live or living to eat but not until that time you can't rise above that temptation because greed will take you back down. Audience: (Inaudible). Adano: He came down to eat to show them that He knew how to live without eating and that this was a destiny of Man, Man must eat the food that is around him placed by the Creator in order to evolve to the point where he does not eat to live and then live not to eat. In that way He would have accomplished the Divine Law laid out by the Creator at the onset of creation. Man must prove by virtue of his Soul that he is an entity free in the world of creation and learn by humility the process of involvement and withdrawal in order to be liberated. 0:30 The journey begins with eating and all the miracles recorded by Man and the constant miracles that keep being recorded and the constant coercion is food, every religion their highest ceremony is centered around food, their highest ceremony is centered around food. If you want to have the highest ceremony at a Jewish home, you have to attend Seder, the Passover meal. It is vegetarian and it was designed for that particular purpose to help us to live without eating. Now when Jesus was tempted on the mountain by His lower self, He did not just say "Man don't live by bread alone," He wouldn't just make that statement like that. The very first words He used were "It is written," that carries a great importance in the process, it was written that Man does not live by bread alone but by every word that proceeds out of the Mouth of God so if something is written, it is recorded, it is emphasized by virtue of law and principle, and by virtue of process and practice. (Inaudible) seeking realization, not self-realization but God-realization, must comply with the written principle, something that has already been proven and applied and brought into manifestation. So when He said "It is written," He is making a tremendous reference to a long gone drawn up development process, something that happened thousands and thousands of years before that Man had to come to this state, how Man must return to that state. Now where is it written? If it's written in the Akashic records, good and fine but how it is written or why it is written, the important factor is it's already been written or laid down for us to return to that state, we just got to recognize it and move back towards it. Now the Hare Krishna movement, their highest ceremony is based on food. The Buddhists, the highest ceremony is still a ritual with food. The Mohammedans, the highest ritual is still a food. In every religion you will find it, it is often termed consecrated food or Prashad. It is that consecrated food that is dedicated to the Soul life and you'll never find that they will consume the animal kingdom, in fact their highest consecrated form is still fruit, they will use a fruit. Yogananda once said "The Hindu heaven could never be complete for a Hindu Soul if there were no mangoes." Now have anybody ever eaten a mango? It tastes like divine turpentine. (Laughter). No more questions? (Gap in tape) ...we can get by without it. Anytime you need salt, we have a toxic condition and if you find that this dehydration process that comes from perspiration and the losing of the salt, your body is very toxic, and therefore you have a craving for it. The basic salts that the body need can be found in dulse, sea kelp, the natural seafood occur in the ocean. The body do not need sodium chloride in the

state that we have it. Audience: Must we give up fish too? Adano: Fish is flesh life, it's a cell life and it's produced and carries the bones in it which is a spine and therefore it is cell life, it is flesh. When the Creative Intelligence made flesh, there are only two types of flesh: animal flesh and human flesh, and between the two types the Audible Life Current which is the God-self chose one to reside in, that's human flesh, Man. "In the beginning was the Word," the Audible Life Current at the onset of creation from the ultrasonic range. "And the Word was with God," the Audible Life Current was in total Beingness. "And the word IS God," the word "is" makes all the difference in the realization between self-realization and God-realization. The Audible Life Stream is God, it's in the bloodstream, the life is in the blood. Now when you consume the blood of the creature that is toxic, you are polluting your own bloodstream, you are polluting your own life stream, and if we go beyond that level when we become cannibalistic, we have done the worst thing to ourselves and Man has reached that state at one time, there's still a lot of them around, cannibals. Now, "And the word was made flesh," that Audible Life Stream took on cell-life, cells but "dwelt in Man." Of all the cell life that we know between the Man life or Man cells or human cells and animal cells, between these two it's still specified which one It will stay in, it dwells in human cells. Because it dwells in human cells, to pollute it with the cell life of other animal kingdoms is to destroy the gift of creation, it's to pollute the gift of creation. Now we have a (inaudible) involving the five forces: earth, water, fire, air, ether. The marine life, where they exist? They exist in water, they owe their entire existence to water. Now when we take them out of the water and consume them for our personal satisfaction to survive, we have committed the karma to the water kingdom and we have a price to pay for that. Now when we eat the animal that walks and breathes the air and eats the substance from the earth, we have now four karmas to pay off: earth, water, fire, air. Now when we consume a human being, we have the karma of five forces, ether because we speak, because we think so we have earth, water, fire, air, ether. Until we can detach ourselves by our own violation, we will achieve self-realization but not God-realization then we have the brilliance of 13 suns. As we are as an entity, we only have the brilliance of 12 suns, by our own initiative we can only go the brilliance of one more sun and break through the fourth level which is Energy acting on Energy, we can't go beyond that no more, we can't go in any other realm, that's the story of the prodigal son. The prodigal son had to be met at the halfway mark, you can't go on your own effort beyond that because there is no light and your own light cannot penetrate the darkness because that whole frequency is sound waves. All the way up from the fourth level to the total eighth level of being, it's all sound waves and the only light that shines there is the light of a Master because he and the Father are one in Beingness and therefore he has the brilliance of the light of 24 suns. He can come down and go up from total Being to Matter acting on Matters so he alone can lead the way back. 0:40 Audience: Are light and sound opposites of each other? Adano: Yes, light is a congealed form of sound. Audience: Wo when we come to the fourth realm and are stopped, we've reached the point where light and sound are in equilibrium and we don't have what's necessary to push us through so the sound is superior to the light? Adano: Yes it's first. Audience: So quantity for quantity, one Master who's on the other side of the figure eight outweighs several million of us who are on the light side and all he does is when the whole life of the universe is right for it, he picks the one who is most worthy? Adano: Yes. Audience: And pulls him through so there's one Master to balance out so many other Souls? Adano: Right. Audience: Who just came into that part of creation straight out of the (inaudible)? Adano: Quite true, you have spoken exactly how it works. One at the time, it's called the turnstile of the Spirit. Audience: The Master will exist on both sides right? Adano: There are different types of Masters, Masters of the Lord of the Soul and Masters of the Lord of Creation. You can always tell who are the Masters of the Lord of Creation but it is very hard to find the Masters of the Lord and the Soul. They will tell you that they have the power, they will tell you that they represent some great force being. They will tell you, they will make the declaration and say that they are an avatar from their own lips. Now we don't condemn them. The seeker of truth does not condemn the Master who makes those statements, he's just more aware of those who are not aware and are caught in their force field. We are simply vouching for ourselves from the inner experience the difference between the two types and where are we going. If we are going to be entertained by the Masters of the Lord of Creation we shouldn't worry about that because that's

what we chose but if you want to go back home to the Lord of the Soul then the Master who represents the Lord of the Soul will reveal himself within you and you will know that within yourself and you will go back home. Audience: Yet if we make the choice, that's egotism. Adano: Because thought is your consciousness by his existence and by virtue of those around who infer of his life and if you feel a tug from within your conscience to the genuineness of his existence, this is the bond between the Master and the student, "when the student is ready, the Master is there." It is when you feel the bond that tugs you from within to his genuineness, we have fulfilled the condition of the Master having chosen you. It is that what is called the bond between the student and the Master, you must feel that pull and then to vouch for that pull as being genuine for you because he has to live, he can't show that coercion or by outward demonstration or clobber you on the head and make you accept it but he calls it in the range of your existence either by a book or by some comment or by some friend or individual and when you decide to check this genuineness from within and feel it pull and that pull tugs you to the identification of it, he has fulfilled his role. Audience: Are you saying that all Simran takes you to the same place no matter what you repeat? How does that correlate with choosing a Master. Adano: You don't choose the Master, when you hear of the name of an individual and if you want to check the veracity or the genuineness of his existence from the inner realm and there is a pull within your consciousness to do it, then that bond is established, until that time there is no bond. You may meet many individuals and you may want to check the bond that exists but if that bond doesn't satisfy you from inside, there is no bond. They will come within the orbit of your consciousness and you are brought within the orbit of their magnetism and until you check it out inside to have a bond, a pull, some experience from inside, he is not the individual for your Soul. You must have an experience with him from inside and as you have this experience from inside of you, you will know now there is your bond, there is that connection. (Gap in tape) ...where do we live as human beings, do we live in an atmosphere or an atom-sphere? While you're thinking about it, I'll just sit, where do we live? In the atmosphere or the atom-sphere? We live in the atom-sphere, right, not an atmosphere. So if we live in the atom-sphere then it's called the abode of God, it is the eternal self, the eternal abode, "Khan" means abode, the abode of the eternal self, the eternal Godhead so we live there. We have to break through the various levels in this particular abode and the various levels in this abode are Matter acting on Matter, Energy acting on Matter, Consciousness acting on Matter, Energy acting on Energy, Consciousness acting on Energy, Consciousness acting on Consciousness, Beingness acting on Consciousness, and Beingness acting on Beingness, these are the eight levels, there are Sanskrit names for them but in the final summation in this atom-sphere this is where we live. We are drawn up by the grace of a being who has the full flow from Matter acting on Matter to Beingness acting on Beingness. Audience: (Inaudible). Adano: The electron is not involved in it, the Lord of Creation is within the election. The Lord of the Soul is beyond the election, he's pure being, there is no electron in him. 0:50 You see the electron is used to measure time, the distance light crosses the width of the electron is a unit of time and that's the Lord of Creation in motion. So there is no electron in the Lord of the Soul, only in a Lord of Creation we have the electron and it's measured in the distance that light crosses the width of it, that gives us a time cycle, that's why it's called Kal. Right now we're only at Matter acting on Matter. Audience: I've been trying to define something by saying what it is or what it's like, as long as you can do that you're talking about creation. When you're reaching the crossover point then you can only define it by saying what it isn't. Adano: Right, so there you have the Hindu philosophy "neti, neti, neti not Brahman," not God, not God, not truth. When you leave thinking, you enter Zen therefore the Zen Buddhist says, "Zen begins when thinking ends." When the mind seems to cease to define what creation is for its first time then Soul, Beingness begins to occur. It's similar to say like Buddha says, "All is nirvana too," when we jump to the conclusion everything is nothingness that's what the term nirvana, that's why they say the Buddhistic teaching is nihilistic or very atheistic, no personality to relate to but out of the void which is total sound in an ultrasonic way, this particular Beingness occurs, the Beingness is ultrasonic but we cannot intellectualize on the Beingness there's no way, we can only experience the Beingness because we've been using our mind to relate to the Soul and there is no way you can do that. The mind is a tool of the Soul and the Soul must have the experience of being lifted out of matter or the crystallized form

of energy into the soundless range of pure energy where there is no light. Audience: So you use karma to get yourself out of karma. Adano: Yes, therefore the best karma you have is Seva, that devotional service is the liberating karma, it's the only true karma, when one performs service to the Lord. Every action is the Lord, joy, or joy for the Lord, or living for the Lord through action, Seva, this is the liberating karma. It's neither good nor bad, it's that particular action that liberates, it liberates you from the oppositional pull of your mind, it liberates you from the desire and the craving for manifesting the ego and the personality. They are Para, beyond, they are beyond desires now, they're beyond all type of subtle desires and their consciousness is filled with that but they still have to move on to that fifth realm where Consciousness is acting on Energy. That's why those who have arrived at that state are called Maharaja, "Maha" means the great and royal, the royal greatness of the fifth realm, the royal crown, the diamond body. The diamond body is a point between the eyebrow where the two lights are fused as one, the outer form and the radiant form of that being. You have a radiant form too and the radiant form of the spiritual Master is there within and when the two radiant forms are merged, we have now what is called the diamond body. Last night we were drawing the diagram of the diamond body, the geometrical patterns, how they fuse so the Master consciousness opens up your consciousness for you by grace. Audience: These forms that you see within you, what happens if you see something with your eyes that are open. Adano: Keep repeating the Holy Name and if it's a genuine experience, after five minutes of repetition it will reveal itself to you, if it's not it'll go away, it would be a hallucination. Audience: What level is it from? Adano: It's not important, the important thing is to find out if it's a genuine experience or it's a hallucination. If it's genuine, it will remain and reveal itself to you, it will teach you, it will show you what realm it comes from. If it's not it'll go in after five minutes of repeating the Holy Name. This is the evidence you have for testing all the time on every level, don't take nothing for granted because this is not a take it for granted universe or something for nothing universe, it is something for something. Therefore the sound you want to hear are the sounds of the bee, the sounds of the ocean, the sound of the conch, the sound of the drum, the sound of the bell, the sounds of the harp, the sounds of the trumpet or flute, thunderclap, bagpipes, drum, and everybody's got their own drum beat to march too so the poet knew this from within. We will experience all these particular sounds but these are the ones we're looking for. Now when they combine they make the symphony or music of the spheres and you have to check it out and the only way you can check it out again you have to take a sound that you repeat over and over mentally to check it out once and for all. In other words if people on the outer realm seem to be very finicky in detail, inside you got to be ultra finicky in detail, you can't trust your shadow inside there. So we develop an extra sensitivity for detail in there which can reflect in our outer life too. So the more you're conscious, is the more disciplined you become and that extra discipline of being aware what's going on inside and not taking it for granted, it's not going to bring us God realization, it's going to give us self-realization which is like my father used to say "half a loaf is better than no loaf." 1:00 You can't get God-realization, you might as well settle for self-realization but you want to get God-realization so stick with it. (Gap in tape) ...in your mind as to what it's all about. There is always going to be a seesaw or conflict between your conscience and your consciousness and that is a tug-of-war between the Lord of the Soul and the Lord of Creation. The Lord of Creation stimulates your consciousness, the Lord of the Soul pacifies your conscience therefore you know beyond all doubt "I am God," "Be Thou still and know that I am God," that the I AM Principle of the primal energy within you is the God, is that conscience-self, not consciousness, but conscience. When we eliminate all the terminology and boil it down to what is really happening inside, it's the confrontation between consciousness and conscience and conscience is God-realization and consciousness is self-realization. So when somebody says "you can attain Cosmic Consciousness by following me," watch out, he's only selling you self-realization, he's not selling you any further than that but God-realization is your conscience, it's a total alignment with it and that's a very difficult thing to recognize because we don't want to face our conscience. Conscience brings pain and only by living with a conscience can we face pain and rise above pain but consciousness brings pacification and tranquility, evasion, delusion, and before you know it we will avoid pain and when we avoid pain, we are in a state of hallucination. It's very difficult to pursue the path of God-realization because it's a very narrow way, it's like the razor's

edge, it's full of aggravation, harassment, and sometimes orneryness. Sometimes you see a person who is truly working at it can be the most onery individual to hang around or be nearby simply because he's trying to break those patterns that tend to pull his conscience down. Consciousness will evade, it will subterfuge itself but not conscious so if we see the individual who is trying to tell us of this Divine State and claiming that he's coming from some great source and was given the authority by a great source to lead you back, that is the Lord of Creation working through his Soul force. When those don't tell you anything and lead you back by virtue of love, by virtue of the proximity of their magnetism without miracles, then you know your conscience will have the inner experience and then you'll find most people flip because they realize they have found a difference between the two and they want to tell the world but they're not supposed to tell the world either because then they would be showing off. We have no right to force the individual to accept the Lord of the Soul by coercive methods, we must accept Him strictly from within our own conscience. If we speak of it then we are showing off, we are manipulating. When we don't talk of it, we are attracting by love, by the pure conscience and those who see you before and after wonder as to what you are doing. If they are sincerely seeking and they eat Prashadam, that is Prashad from your house, they will be open in their heart to question your way of life, "How come you don't like your t-bone steaks no more?" So if you say "my mangoes are better than your t-bone steaks" then you will find that they are getting inquisitive. As long as they eat some Prashadam, this Divine consecrated food, their consciousness will be lifted up from the gross nature to the most subtle etheric nature and their conscience will begin to work on them, not their consciousness is their conscience, it starts to work on them as to the reality and the genuineness of the procedure.

Audience: (Inaudible). Adano: A high and a low consciousness is fluctuation so great Masters or Saints will tell you it goes like this all the time, up and down in your consciousness but conscience is direct straight, it's all the time like the spinal cord flowing in your spine and the high and lows will be like the two circles around the Caduceus you have seen the Winged Caduceus, the symbol that they use for medicine? The highs and lows are like your two snakes swirling around, the staff is straight up and down, that's your conscience. Now the wings on the Caduceus are not on the heads of the snake, you take a good look and you see that the wings are on the head of the staff so flight into God-realization is a pure conscience and not a fluctuating consciousness like the two snakes. Now the Sound Current is on your right side of the brain and the light currents are on the left side of the brain. Therefore when you meditate you want to hear the Sound Currents on the right side of the brain that's why in the scriptures he says "He sits on the right side of the Father." The son the Audible Life Stream that comes down, the word made flesh, a living Master in the world is a living Sound Current by virtue of his magnetism through Darshan, he pulls you up to the right side of the Life Stream, the conscience centered in the middle of the brain but he pulls you up by the right side and sets you there. So when we see a living Master, we are simply seeing for the first time the Audible Life Stream emblazoned to its maximum in flesh, he has the brilliance of 24 suns, we have to vouch for this by growing inside to see it. 1:10 His brilliance is so bright we cannot comprehend it, by virtue of our Soul nature we only have the brilliance of twelve suns and by virtue of our own self-practice through detachment, renunciation, good deeds, we can only achieve the brilliance of thirteen suns, one extra sun, we can't go any further than that because "None can come unto the Father but by Me." We will need now eleven more suns brilliance which only a realized man has, a true God realized man has 24, a self-realized man only got 13 and if we are not self-realized we only got 12 so by virtue of the quanta of light determines what level of spirituality we're in. Therefore we are lifted up by the grace of a God-realized Master through his radiance, he acts as a filter in front of us through the sound field. By the luminosity of his light, we perceive these levels in the sound field, we are too impure to see fully with our eyes these levels of purity therefore by grace we are permitted to get a glimpse of the Creative Force Field inside and it takes us up to that point where we can look at it for a brief moment and come down and know at what station of life we are in then we have to work ourselves up by discipline. "In my Father house there are many mansions, if it were not so I will tell you. I go to prepare a place for you." To what level your conscious nature can perceive within the luminosity of the Master's radiant form as he pulls you up between the eight levels, that degree of conscious control is where you will go if you can work out the

karma in this one lifetime and hold on to that conscious control and you know you're going there and you'll have to stay there. To go at a full length of it and full total control in a conscious level and come back and live in the body, then you'll know you may be liable to be called another Master. Now in the case of Peter when he looked at his own Master Jesus, he was able to pull himself to the point where he said "Thou art Christ" then Jesus said "Who do men say that I am?" By asking them to perceive from their inner vision. Many said he was a prophet, great teacher, through the inner perception of Peter he said "Thou art Christ." He didn't say "Thou art the Christ," he didn't say "Thou are the son of God," "Thou art Christ," thou art in that state, thou art in that Master state of the radiant light then He said to Peter "Upon this rock," "Upon this concrete experience of your conscious control within yourself, I will build a church, I will build some type of a relationship with the spirit." So when we get that concrete experience in our conscience and that's where the solidity is, in the conscience, it's not in the consciousness. We can only be solid, we can only be confident, we can only be totally embellished in the faith by our conscience, not by our consciousness and when we have that, it's concrete, it's like a stone, it's solid, on that we can build, we can build from that experience and when we have that it's concrete it's like a stone it's solid on that we can build we can build from that experience and then we can hold on to what level that light permits us to see within the eight levels, where we would be by virtue of working out the karma. Then we will take on the responsibility of working out the karma in the physical frame but not until we have some experience within to see the concreteness of it or to know to what level on a conscious state we can be, we will fluctuate back and forth. We have to have a concrete experience to say "I know to what level it's possible for me to hold on to with my Soul nature and my conscience when I work out my karma where I will be in the eight levels." Now in the case of Paul he was up in a certain heaven, a certain part of those eight levels by virtue of his consciousness to hold on he was there. The sadhus are capable of holding on to the second level of conscious control, that's why they're call sadhus meaning the great renunciates, they are capable of holding on to the second level, that's Energy acting on Matter and a total conscious control with their conscience, their conscience is completely in alliance and control of Energy acting on Matter all the time. As we become conscious and maintain the conscience on each level within the radiant light of that form, we are becoming God-realized but we first have to achieve self-realization in order to experience God-realization. God-realization is entirely different to self-realization, it is that level where you are on a conscious relationship with your conscience can hold on to the light granted to see by the Master's grace wherein the eighth level you can stay and work out the karma let alone in the physical body. We have karma all the time but if the physical body is supposed to surrender itself at a certain time then by virtue how can we work it out and where would we be in our conscience in that life stream? We need the help of the radiant form of that realized Master to assure us where we would be in conscience when we look inside. Now if I am locked up in Matter acting on Matter and in this incarnation by virtue of my karma, I can only go as far as Consciousness acting on Matter by the grace extended by the teacher for me to see in that light, then how much my conscious is able to hold on and work from that level of Consciousness acting on Matter, there is the place mentioned by the Master Jesus "I go unto the Father, I prepare a place for you, if it was not so I would tell you" because your conscious is gonna bug you, not your consciousness, your conscience. You're gonna feel left out by that teacher if he never give you an actual experience to see what level you are to make in this life stream, in this particular body pattern of working out the karma so that you know where you are in your growth. As you meditate and do your Simran and try to hear the Sound Current and see the light, this experience is yours for the asking. The Master can't do the work for you but he can reveal to your conscience by virtue of your effort to overcome your karma to what level you will be in those realms and by how many incarnations it would be necessary for you to work out the final summation of God-realization. So if a Master says "I take you and in three or four incarnations you'll make the whole grade, the whole shooting match," he has to show you inside too to where you are that you can fit in. Audience: (Inaudible). Adano: Because it is written "I do not visit the sins of the father more than the fourth generation," which goes another way "I visit the sins of the father unto the third and fourth generation," the fourth generation is the last. Audience: Do the Masters say that with five lifetimes (inaudible). Adano: The Saints make the

statement, they are the Saints, they have the full total picture of God-realization, the brilliance of 24 suns, total purity in the eight levels, and they can by virtue of the grace tell you when you are in contact with them in conscience how many lifespans and five is usually the maximum. Why? Because we are governed by the (inaudible), the five forces and he will make all the amendments and adjustments within his own life stream to correct the karma of those five forces which we ourselves may not be able to correct on a conscious level but he will not remove the karma, he will adjust the weight, the impact, the time cycle for confrontation for the karma but you have to lift the karma. 1:20 That's why you sow and "reap what you sow" but by virtue of the grace the weight is lessened, adjusted, or prolonged to ameliorate any condition that is coming and therefore you can handle it better by that situation or commitment, you can handle your karma a whole lot. Don't be like me, pray to get rid of it all at one time and when I got it I found out it's not a good way to get rid of it either. Audience: Did you succeed? Adano: No, you don't remove all your karma by praying for it all at one time because your body can't take it. It can only take so much and by virtue of that grace again comes from the Masters who are in that realm to grant you the extension of your life. They know you mean well, they know you want to perform cosmic suicide which is called martyrdom by the layman but don't attempt it, it's not a practical way out. Audience: (Inaudible). Adano: If you run too much current through a resistor, you destroy it. Yes we are capable of calling down too high a vibration through a physical frame which is designed as a resistance against the life force, we do throw ourselves out of the body and lose the opportunity to work it out, that is exactly true but by virtue of your good karma and by virtue of your guardian angels... don't forget many factors come into play. Audience: We are initiated, it's like a capacitor is installed. Adano: Right, there is an adjustment, there is a modification, it can handle an overload. Now there are different types of capacitors too, there is the electrolytic and there is the non-electrolytic. Now the electrolytic capacitor is the living Master by virtue of His grace. The ordinary capacitor or condenser that is not electrolytic is the sheepdog that means that individual is connected to a living Master while the living Master is in the body and he, by virtue of his love for the Master, can pull you along until you got sufficient love for the Master yourself, do you follow it now? Until the individual can have sufficient love for a living Master, he needs the encouragement of another individual who has that love for that living Master to encourage him on otherwise we don't have the love for a living Master. It's very difficult to love a living person in terms of the God-realization because we cannot see God-realization in humanity, we expect it to be outside of humanity in terms of an impersonal behavior, in terms of power, control, and domination but the subtle function of love in a human form which is the personal Godhead is the most difficult and sometimes very very hard for the conscience to accept therefore we need encouragement but we can't be pushed into it too fast otherwise we ruin that love. If you're carried away by fanaticism that's not the true love either, that's show, that's emotionalism. The true love is the constancy and taking up the daily routine and relating all efforts to that being in the flesh as the source and comfort of your routine then you are getting the true understanding from your conscience as to why that being exists. He alone from within can grant you the experience of his totality of the light which is 24 suns and you see it for yourself and your know. Now when he pulls you into his orbit, you are lifted up. Audience: When you have a circuit with resistance and capacitance, this is usually done to change its resonant frequency, to tune it. This this has a correlation of attaching yourself to the Master like putting his capacitance into your circuit to raise your vibration? Adano: Very very very true, "Verily, verily I say unto you," unless you have a Master to hook you up by the point of contact in that area of your body, you don't have no current going through you. Audience: So until you are hooked to this Master, you are an incomplete circuit and cannot function at these resonances? Adano: Very very true. Audience: Also I'm familiar with three gross large divisions in Satmat and also in the energy lab studies such as you have (inaudible) and also you know the energies I was speaking of, you have your gross particular movement particles then you have your electronic chemistry levels which are your electronic forces and things and then you have another quantum jump into your nuclear vibration which is the essence of these elements, does this correlation hold? Adano: To some extent, not completely. The five forces that hold the universe are flowing over every manifestation and through each manifestation, that's what makes the difference, it's flowing through it and over it. You ever see how many messages

are carried on the wire across from a telephone? It's one wire but they can carry many messages across it, do you understand the principles of how messages are sent across the wire, one single wire? It is done at different frequencies, different carrier waves. At one frequency you have a certain relationship with the Master, at another frequency you have another relationship to the Master so according to how you make the resonant change in your conscience, not your consciousness. Therefore a Master when he answers your questions may give you the most ridiculous answer to your consciousness merely to resonate your conscience but when that resonance occurs in your conscience then that frequency will put you further up with him. Once I was fortunate to see Master Charan Singh and the only question at a time was asked in the room by him, "Are you getting the books." My reply was "Yes Master." He looks around the room for 10-15 minutes and he looks back to me and says, "Are you getting the books" and I said "Yes Master." Then 15 minutes passed again and he looked around "Are you getting the books." And I said, "Yes Master." 1:30 Today I couldn't say that because it's very difficult to get those books because of the shipping conditions in India but we're hoping to be able to have them but to see the Master foresaw this a long time before, the difficulty. The resonant frequency of what was happening in conscience would make it impossible at that time to realize that these things would pop up. Yet more and more the books will be coming and people will be reading it as to what truth is but how many are going to live it? That's the next question that may come, living it is one, reading it is another. Audience: (Inaudible) free will versus free choice, I can see how that fits in. I hear prophecies made that this and this is going to happen. Now you say there's pre-destiny and then again I hear that this is determined because of this so that it's possible to say that the consciousness of the people may change and prevent the catastrophe. Adano: Are you sure their consciousness will change or their conscience will change? Audience: I'm unclear on that. Adano: When you make a decision within yourself for a change for something constructive, was your conscious that did it or your consciousness? The conscience made it, not the consciousness, the consciousness merely acted out the command given by conscience so when society's conscience changes then their consciousness will be lifted up but not until that time. Every man has to change his conscience not his consciousness for him to grow up and that's the hardest thing to do. Audience: Can a man change his conscience? Adano: He can change his conscience by the confrontation of the problems that come up in his consciousness otherwise his conscience will keep up a certain pattern resisting and evading till it decides that it's going to make the choice and act it out. Audience: It requires the stress. Adano: Right harassment of one's conscience is growth, "All these things come to pass but not to stay" and "faith is a substance of things hoped for and not seen" and you only gain faith in yourself by calm expectation through living in your conscience, you don't gain it by excitement. When the consciousness is hot and fluctuating, it can't gain the control, it gains it when it's calm, relaxed therefore the conscience seems to gain power of confidence, it confides in itself for the first time.

### 1973 September 7 Part 1 - Survival

Adano73\_09\_07SurvivalQ2NW1 - Karma is the law of spiritual accountancy, you can't account for anything even in a minutest way in our home or business, you can't operate it without accounting for it lest you live in a mental state of loss. The mind must make an account for all its actions. Since the mind does this, this principle is referred to as karma, as a divine economics, as a cosmic economics, a cosmic accountancy, a Huntley Brinkley system of universe. When you get on the TV and they give you the breakdown or the accounting of what is done by the nation, so karma is that accounting of the things that we do with the energy in the world. We are energy and we have consciousness and we have to account for it in our consciousness, we can't live without accounting so by virtue of this, we experience this law of cause and effect, of sowing and reaping, an eye for an eye, a tooth for a tooth, it is simply the universal economics of accounting for every action. We ourselves make this action work when we come into manifestation, its action is presented to us as a system of keeping the record straight. So there is no action performed by any entity that is not karma, every action that is performed by any entity is karma and therefore it is neither good nor bad, it is a way to account for its actions, it's a way to account for the use of the energy. Now this accountancy is divided in three levels or categories

just like a banking system: you have your savings, you have your checking, and you have your investments, that is your past, your present, and your future actions. Your past actions are your savings which determine your present body. The present body is the result of those past actions which were savings and you can't have all of your savings used up because some are kept in reserve and the bills that are come due to have to account for in checking or paying off which is being experienced in the form of aches and pains or compensations of grace. Now the mind also craves because it's living for a futuristic experience of release and in craving for some release, it thinks during those moments of ease it will take a chance to build something, this is called the investment, this is the futuristic action. So we invest our actions in time because we expect to be the recipient of those actions. If I buy a house on the time payment plan, I expect to pay for it off and own it and if I don't pay it off and I die before the time comes due, that's an unfinished karmic action regardless that it is simply a business association with another human being and a commitment, that is karma too. I have performed an action with my bodily energy and a bodily commitment to the mind and did not live through physically to end it therefore the mind cannot live in a state of limbo, it must make an accounting for itself so it wants to make restitution. It cannot leave the loved ones to whom are involved so it yearns to return to make the compensation therefore since we are not the recipients of the futuristic investments of the action, we return, this is what we call the unfinished desire, the prime purpose of our existence, the prime purpose of coming back to the body to work it out. So our futuristic actions or investments prepare us for rebirth and those futuristic actions when we are reborn are called savings now or past actions, it's a cycle in time from past, present, future constantly going in spirals. Audience: (Inaudible). Adano: Yes, what you reap can be of the past and it can be of the present lifetimes so this is compensatory. So the law of karma is not an evil or a good law, it is the law of divine accountancy for the conscious use of the action which the entity finds itself in time and space. We are the entity, we are the force field of the being who takes a physical form, takes the responsibility and commitment to use this energy and since by virtue of our mind we cannot leave loose ends. You know this instinctively let alone you know it subconsciously and you know it intuitively that you cannot leave a loose end in consciousness so by this principle you are constantly performing karma, you are performing action. Now since we're performing action that is breeding more action then we want to be free from the repetition of the action so then the mind would try to find a solution in which action must be performed where there is no interest accruing and where there is no cashing in or checking out is accruing and that action which is performed with that attitude is called Divine Will or predestined act. God's will is predestined, He has a rhythm or a system for His universe to go along a certain way, we have to come and follow the instructions by virtue of humility to live it out and to learn to follow the instructions. Audience: How can you keep negative thoughts out of your mind? Adano: By repeating Simran, doing the Simran all the time, that is Japa or repetition or hallowing the Holy Name. To take a word and repeat it over and over and the best way to do it since these Sanskrit words do not mean much to us at times, repetition is the meaning of the word and take your own name and it becomes Sanskrit when you repeat it backwards and what is your name? Spell your name backwards. Audience: H-C-I-E-Y. Adano: Well if you pronounce it and repeat it backwards then you've got a nice Sanskrit word. See it's not written, San-Skrit, not written, and take your name and what have you got? So repeat it backwards, Lord Tennyson did his backwards and he realized himself. Alfred Tennyson was his name so he took it and repeated it backwards. The principle has nothing to do with the words, it has to do with your attitude and the repetition so as Krishnamurti would say, "Coca-cola, Coca-cola, Mercedes Benz, Mercedes Benz, Honda, Honda, Honda," anything you want, repeat it over and over and your mind will be free from the distractions. 0:10 Audience: How can you work out karma in your dreams? Adano: It's not for you to work it out in your dreams, it happens to you in the dream so it's freeing you, you have no say in the matter in the dream, you simply live it out. In a dream you know you're dreaming and something has happened to you in a dream and you don't like it, open your eyes. That is easy if you hallow the Name of the Lord because you're supposed to be always hallowing the Name of the Lord in sleeping, waking, dreaming, meditating, dying, and resurrecting and reincarnating. You're not supposed to go away with your mind from any point of the Holy Name in the whole universe to maintain your center so repeat the Holy Name over and over,

repeat it over and over till you get the control that you can open your eyes. So you repeat it over and over to get it to the mind to stay there. Audience: Are there various rhythms? Adano: The rhythms are synchronized to the brain beat which is synchronized to the pulse of the blood and that's all the rhythm there is, it is set already, you have nothing to do with it. Audience: Is everyone's different? Adano: Very slight variations because of the pulse beat of the heart so we're not too off from everybody, you're all in the same... Audience: (Inaudible). Adano: Keeping records of our dreams is only good to entertain the mind. Soon you have to come to a point where you don't dream, you must come to a point where you don't dream and then you must come to development where you dream and you want to dream. Dreaming is unconscious exposure to unfinished thought patterns to which you have no control over and therefore you're a victim to it and can be subject to hallucinations. When you reach the point where you don't dream and you can stop all dreaming in the mind then for the first time your mind is empty, you have self-realization. Then when you're competent enough to dream at will what you want to dream, then you have God-realization. Audience: (Inaudible). Adano: When you go to sleep you're supposed to be meditating first and then reach the high state of meditation and then go to sleep repeating the Holy Name so that you are in the dreamless state but the experience must be there all the time because this is what they call "hallowed by Thy Name," unceasing prayer. Unceasing prayer, there can be no end in the mind to pray for or do or think it, this must go on, this power must work inside, this is the power that draws everything, this is the constancy of the Spirit, this is the devotion. See the mind wants to make all kind of games to avoid doing it. Audience: Yeah I found that out in past week. Adano: See that's why we have the retreat, to prove to ourselves that how the mind is running the Spirit and the Spirit is a slave to the mind when in reality the mind should be a slave to the Spirit or the Soul. We play games with ourselves all the time, mind games. Audience: (Inaudible). Who will teach you to train your mind, who will teach you to train your Spirit? Right now in the last 30 or 40 years people are born looking to train their mind, there ain't nobody who knows much about the mind, a few people come out to give some insight to the mind then we got a whole host of courses on mind training. In the meantime when we're getting proficient in it, somebody's coming out to tell us how to train the Spirit. 40 years from now we're going to say to ourselves, "Why didn't we learn about the spirit and we've got caught up in the mind?" Audience: The use of the holy rosary in the catholic church really had a good meaning. It's been criticized a lot that catholics were repeating it not knowing what they were saying but it did have something to it, didn't it? Adano: Anytime we don't understand the principle of the spiritual life simply because logic and reason and analysis and experiment has heightened the ego, we are quick to condemn the simplicity of things that lead to the spiritual life. It's because we do not understand and we don't have those experiences, we are shut out from those experiences by our ego, the ego tends to insulate us from the Spirit all the time. So our criticism of the catholic or the Buddhist or any of those individuals who are involved in the simple alignment of their Spirit, by the simple method cannot understand the experiences that occur and there are labels for the experiences because there is no way for the logical, analytical mind to accept it because the logical analytical mind is not spiritual, it's barren. That's why Omar Khayam called the reason a barren object. "I have divorced old barren reason," this was a statement he made. Barren reason, something that is barren is not fruitful "and took the daughter of wine to spouse," which is intuition. Wine is the Spirit, the daughter of the wine is intuition, that subtle nature, that subtle function of the spiritual force in us is intuition. It's the extrasensory principle and "to spouse" means to become aligned with it, to identify with it. He no longer identified his mind with reason, he aligned his mind and identified with intuition so he was making sure or pointing out that reason will never really satisfy Spirit but only satisfy ego. It cannot satisfy the Spirit because the Spirit is not a limiting force, the Spirit is an all omnidirectional force, it's an all-directional force therefore there is no limitation to it but ego is a limited force because it wants to exert control or braking, putting a breaks on the behavioral nature of the Spirit. It does not want to surrender and flow with the Spirit. If we can't explain things to ourselves, it does not exist and when we could explain it to ourselves, we still don't believe it, that's the ego. See it's a peculiar mechanical function locked up in us, that's the way it works but once you understand how it works then you don't give it much credence, you will learn the humility of flowing with life. Audience: You still have to live it and experience it. Adano:

Right, no amount of lectures or analysis is going to satisfy the Spirit, the Spirit can only be satisfied by experiential action. The value of experience, this is what it has to go through, it must go through experience and experience is something only gained by conflict, it's not gained outside of conflict. See you can talk of planting corn, we can read of planting corn, we can buy all the seeds of corn, we can prepare the soil (gap in tape). ... insulated in consciousness can insulate themselves against it. Those who are not, they are wise to have a bracelet to offset the magnetic pull. If the body is toxic, they are the ones that are going to be affected first. Those who are less toxic are the ones that will survive it from the magnetic pull but the plant life, the animal life will be the most affected, man would be most affected psychologically. Audience: Will there be a greater use of drugs? Adano: There will be a greater need for attention and tranquilization. 0:20 Audience: (Inaudible). Adano: It will speed up, it will have more intensified action, the chronic diseases will come stronger and those that are acute may become chronic, they start speeding up. The period of healing the body will diminished, the ability to heal will diminish but that doesn't say there are people who are not going to set up thought waves to offset, it is compensation. For every negative there's a positive and this again is a karmic intent who are involved to have the full brunt of it and who are not involved in the full brunt of it. Prayer is one thing, meditation is another thing, and the food shortages are going to intensify and the prices are going to go up and there just ain't no way they are going to go down, they're not going to go backwards. The cost of everything is going to go up more and more and we are going to reach spiraling heights. Audience: There's no way you can really store a large amount of food for years. Adano: Only in special containers. Audience: It won't keep for years. Adano: Well you see the thing is this, you can store food, the dry foods, the staples in certain containers that are available. We have some of them which we're trying to get more now, they just started making them and it can store indefinitely. The Mormons have already been doing it for the last 10 years and the Seventh Day Adventists are doing it, they've been storing. In fact every family in the Mormon church and the Seventh Day Adventists has about a thousand dollars of food stored up already. Now when they started off storing that thousand dollars of food, it was way back in the early 60s and 50s, they were storing. Now each year food doubles its price, there's no way for it to go back it will only fluctuate when there's a bumper crop but as the far as the staples are going, the cost is always going up. Now you could buy peas or rice at six and seven cents a pound, it's 30 cents a pound, it's already going to 40 cents of pounds so there is no way you're going to go back to 6 cents a pound rice. These are plastic containers, we'll show them tomorrow to everybody, we can ship it out to those who want it, they're \$3.50 a piece that's the basic price. It will hold five gallons of food, it's plastic, it's light. We just got it ourselves, we've been looking for it for years, we heard of it but we couldn't get it because they tried a lot of models that didn't work out somewhere in the experimental stage. Now it's reached past the experimental stage, in the last 10 years they've been testing it so it's proven itself for 10 years already so it's in the state where it is indefinite. It's produced by the Mormon church, the company owns it for their people in fact all their orders are booked up by them, we barely got in trying to buy it and the first thing they ask you "are you a Mormon" because they're designing the things for themselves and the Seventh Day Adventists is the next because these are the only two groups that are vegetarian, the Mormon church and Seventh Day Adventists, they produce the Loma Linda products. Worthington is a Mormon church company and Loma Linda is produced by the Seventh Day Adventists so these two churches already have done their work on the containers. They have dried all the stuff and tested them, you put all your dry stuff in. First you put two teaspoons of dry ice at the bottom of the container then you fill the container a half and then you fill the other half then at the halfway mark you put two more teaspoons of the dry ice and in between you can add now your bay leaves and you fill the container right up to the top and you put another two teaspoons of the dry ice and put the lid on. Now as it evaporates in a matter of 15 hours, it will shoot all the gas up and drive all the oxygen right through out of the whole container. The lid is not sealed, it's just resting on top and you have to time it, after 12 to 15 hours, and then after that period is reached then you press the lid down and it seals it, it clicks, it seals it, and it will stay indefinitely because there is no way for anything to grow or multiply in there, all the oxygen is out, there's no bacteria, there's no eggs to become active or reproduce. Now when you're ready to use it and you open it, do not shift the container, dip from the

container down. In that way you keep what is called a stabilized air in it. (Gap in tape) ...but the thing is this, you could never grow sufficiently enough if the air is polluted versus the time you have to eat and live and grow, where you're going to get the food from if the crops are being destroyed by blight or we have a great invasion of insects so you have to use tremendous pesticides to keep them out. So it's just not the land is not going to be there, the land is going to be there but we have to have food to eat in the meantime to survive and that would be spoiled and that may not be there because that may be sold already before it's even raised as a crop and if it's raised as a crop but it doesn't come through, that's a loss too. Right now we've already sold next year's crop, we don't own next year's crop, it's already bought by foreign countries. The thing to do is gradually start buying food and storing it, buying it in the dried state. When you buy it in the cans, here is the ratio in the can, you buy the food in the can it's 60% water and 40% solid therefore how much solids are you really getting at the end for your dollar? You're not getting as much, now when you buy your food in a dry state and all you do is add moisture to it, then it doubles or triples or quad-triples so you have to store water too, you have the plastic containers to store the water. It's not going to get polluted inside the plastic. 0:30 The rice is still there, once you have the water, the water running through your tap will only be good for washing, not good for drinking because they'll have to put more chlorides to drink it, it's going to be polluted more. Your best thing is to have the water for a shower and for washing the merchandise but then when you want to cook, this is why you have to store that for the actual cooking. The electrical power is going to diminish too, we don't have enough electrical power or reserves to grow even if we go nuclear reactors to build up the trust. You see we are taking for granted when we flip the switch and we pay the electrical company X amount of dollars at the end of the month we got a wonderful source of supply of energy. The electrical company has to make this energy to put it out and they have to draw from raw resources and if the raw resources are not replenishing themselves, we're diminishing gradually. Audience: Buy a lot of candles? Adano: Yes, I'd say buy a lot of candles, wood comes back to heat the building. (Inaudible). Now we don't have to wait till it happens in a big city, in the small little towns it is happening every day, people are running into tremendous surprises. Take a hurricane that just went through that area, now you were up in the Richmond area when I was there the last time, how many days? Audience: Well one day I couldn't even get across the bridge and then for the rest of the week we could get back and forth. Adano: Now this is just normal little calamity, this has nothing to do with big catastrophic calamities and look at the shelves in the supermarkets what people were doing. You realize that the people can't go three or four days a week without food, if they don't have it what are they gonna do? Do you think the restaurants can make enough food to supply when they can't get it? Right now the manufacturers have put the whole (inaudible) on rationing already, Safeway and all these big companies cannot buy what they used to buy before, they're on rationing already and the purchases are being rationed, they're telling us already, we're on ration. Audience: (Inaudible). Adano: Well look at it this way, regardless if you messed up or not the food you bought last year, you couldn't pay for it this year, you couldn't move it off the shelf if you wanted to pay for it, you realize that? You can't buy it at the same price no more, it's gone up nearly 100%, you couldn't go back and buy that food. Now let me show you simple mathematics, you put a hundred dollars in the bank in savings, at the end of the year how much interest would you get? You can't get no more than six cents to the dollar so they'll give you six dollars so you get \$106 dollars at the end of the year. You buy a hundred dollars worth of food and keep it for one whole year, you know how much it's worth? You bet it's worth nearly \$250 at the end of the year. People have to eat, I don't care how you look at it and they have to have some means to pay for it in some way and even the bread line or the compensation funds come out and during the war time people went on a grow your own food campaign but it's not going to be like in the war time where the war is across the road or some other remote country and the air is not polluted, you're talking about pollution and insect control principles. We're talking about changes in the weather, these are things that are already in the movement already, they're forming, it's a matter of getting it down into the state where you can survive the shocks until these things become stable again. Audience: Well the things to store would be nuts and grains? Adano: All your grains, all your dry products, you store everything that is dry: dried fruit, dried grains, dried nuts, seeds, and for sprouting.

You take it out of the bag and get it right into the plastic container and seal it up and you've got it all stacked up. These are things you have to have, an emergency grinder that we work with our hand if there's no electrical so if you buy corn or you're buying peas that you can grind it and make your soup mixes, get your high protein. Any grain that can be ground will stretch four times the volume, they usually do without grinding them they'll stretch. The moment you add water, water and the grain is the thing that people have to have because that's the staff of the life in which we can survive. It's not going to kill the planet in two months, the impact of the comet may affect the planet but that's not what we're worrying about, we're worrying about that other alternate changes that will be there that we can't replace, the food life. So the thing is this, when that comet is gone we're going to have to carry its impact, we have to have the survival system to exist after it's gone while the crops are trying to come back, revive from the impact of these magnetic waves. The hospital is in the same situation today, when you have hundreds of people coming in and they can't help, the amount they can help and the amount that they can't, they're just seemingly carrying on. We can't reach the point where we sit down helplessly and cry, we have to do the best we can with what we've got and leave the rest of the Lord in His own way. It's all karma, this when we begin to realize that this is not a cold-hearted existence, it's the law karma how it works. Our own negativeness is putting us in these particular relationships and we are called to realize this. Audience: (Inaudible) would you advise to tell our closest friends and relatives? Adano: They're not gonna believe you, never tell the person what is going to aggravate him because he's living in the cloud nine of security, you merely go ahead on your own and put aside little money and store the stuff and when the thing happens and they're in the quandary, you keep your cool and take it out and feed them. I learned that lesson a long time ago, you don't tell people the thing because when you tell them they're up in arms and before you know it, you spend a whole year arguing not to do when you could have gone ahead and do the thing and at the end of the year there it was. 0:40 Audience: When this is stored with dry ice, will this be safe in an uninsulated place? Adano: Oh yes, it has no effect because it's wil not germinate, you see there's no germination process. It will sprout though but the weevils or the insect life that the eggs that might be in it or in the grain of it in the process of the growth, they will not grow because they are already shot clean of the oxygen clearance. It comes from the bottom up all the way, the carbon dioxide pushes the whole thing out so everything is immediately sterile or in a state of death. The food itself is healthy but any bacterial life would be dead so there is no way for it to multiply. Now if you intersperse it with bay leaves to keep it fragrant and you seal it and once it's sealed, it's indefinite. It's like your pyramids, in the days of the pyramids they had the dream and the pharaoh didn't know what it was, the seven good corn, the seven bad corn. Then little Joe come along he says "Man, let's build some granaries," they look like pyramids and stuff it full of corn and in the seven good years everybody had corn and they didn't know why the egyptians were getting so worried about storing it, "Oh we got lots of corn growing. Oh we'll sell all we got to Egypt, let him buy it up." The Egyptians were not so dumb, they bought up all the corn from everybody who wanted to sell their corn and they produced and even the very good people who were neighbors all sold it to Egypt and then the time came, the sudden shift in the planetary system at that time, we had seven long years where everything was dead, it was simply dry, no water, the atmospheric conditions were changing, nothing was growing, and the only people who had dried food stored up were the Egyptians. Audience: How long will we have to eat from stored up food? Adano: As far as the Mormons are doing, this is what they're doing for each family or really they're saying each person. Each person should have a year and a half storage supply for each person, that's a year and a half storage. You know how much food a person consumes in a year? 350 pounds of food a human being consumes per year, the weight may be a big figure. The box in which that 350 pounds of food will come will not take up more than the size of this chair. You know what is 50 pound of rice? 50 pounds of rice is one little sack but try lifting it up, it's 50 pounds. Now 50 pounds of flour is the same size, same height, that's 100 pounds of food we got there. Now 50 pounds of corn same size, same height it just taking up this much space on top of each other off the ground. That's 150 pounds, double that, that's three hundred pounds, put on another fifty pounds you got three hundred and fifty pounds. In your toilet you can store 350 pounds of food very easy. Food storage today is a negligible condition, putting it in containers of plastic in five gallon boxes

then they stacked one on top of the other. You don't need a double insulation because it's plastic, rats don't eat it, bugs can't get into it and it doesn't corrode. That's where I'm gonna put mine. You can get those garbage tins, you can use them you but you can't seal them because if you put the dry ice, it will corrode in the metal. Audience: Where do you get your gains at a wholesale price? Adano: Natural food stores are only people who can get it at wholesale. (Gap in tape) ...the plastic container is reusable. Well a five gallon box will hold a lot of food in it, it depends on how much you want to put in it. There is a 16 ounces to the pound and 32 ounces to the quart and there are four quarts of the gallon. So four times 32 is 128, that's 128 ounces, five times 128 ounces it gives you the weight of a five gallon container, 640 ounces. That's how many pounds? That's 40 pounds, the flour comes in 50 sacks. Audience: (Inaudible). Adano: Well storing flour is going to be a little difficult, that's why you get your grinder to grind it. If you want to store the flour then store it in plastic sacks and it will keep. Take the plastic sack and put it in a container with the plastic sack and then you put bay leaves around the plastic sack outside and then seal it with the container and that will drive all air out. 0:50 If you punch a few holes in the plastic to give it aeration and you put a plastic sack on top of the dry ice so the fumes will pass along on the flour and when it's turned to flour there's very little life in there that's going to multiply. The only reason the weevil gets into the flour, the flour is already grinding up all the eggs if there's any eggs. So that that will drive the gas out, what you're driving out is the oxygen so if you have a little perforation, your oxygen is in between the flour then the dry ice will push any oxygen completely out but it's covered with the bay leaves around and this will push it out and then it's sealed, it will preserve it. So what I'm going to do is that put my flour in my plastic sack and put a few perforations, put my dry ice at the bottom, rest it on the dry ice, and then put the bay leaves around the plastic and let the dry ice work its way through and push all the oxygen out then seal it, it takes about 12 to 15 hours. Once the oxygen is starting to be pushed out, any bacteria is going to start heading to the surface so there is no way for it to survive, it dies. Fruit juice in cans will last unless you bang it and puncture it, it's not gonna corrode. Jars don't spoil if their vacuum is not broken. Water supply is very simple, buy your distilled water, for every gallon you put one teaspoon of apple cider vinegar and one teaspoon of honey and dissolve it. So you have your vinegar separate and your honey separate and then add it when you're ready to drink, you can buy the distilled water already pre-sealed and locked yeah so get your distilled water, that's the only water you're gonna want to have around anyhow, the rain water is no good. Audience: Well what's the matter with the spring water? Adano: It's full of oxides, it's full of minerals and deposits, and lots of chloride in it already. You put that in to bring back the balance of the chemicals and the minerals that the body doesn't have in the distilled water, distilled water doesn't have no minerals. It's the only pure water there is and the only minerals you're replacing there is from the natural minerals built up in the crystals of your honey by the bee and a bee is not going to touch nothing that is polluted in no shape or form because when he does, he dies before he ever gets back to the hive. If a bee was to take honey from an area that is sprayed, by the time he loads up with the pollen and gets back to the hive, he's a dead bee. That honey would be polluted, the other bees will know it, the scout bee is the one who gives his life for that. That's why they never spray at the time when they're pollinating, there's no spraying going on when pollination is going on, they spray after pollination not before pollination. The scout bee will locate a flower, that's the first thing he does, and the flower that comes up you can't spray the flower because there's no necessity to spray. Why you spraying the plant is to prevent them from eating the fruit or eating the actual merchandise, you spray when the pollination is complete and when the fruit starts to come to prevent the insects from coming and eating the fruit so it's after the blossom period, after pollination that they spray that, they dust the crop so that keeps away the bugs. They know the exact time between pollination to the time... the farmer has been doing this for years, he knows exactly when to pollinate and when not to pollinate, when to dust crops and when not to dust crops, when to spray and when not to spray. So the bees they know exactly when to go to the flower because without the bees the thing can't pollinate anyhow. So the farmer is not that stupid, he's not gonna spray the thing before then and then he would have nothing to grow, he would have no crop. He's pretty smart too you see, he's working with the bees, he's got to work with the bees so your bees are fairly safe unless the bee comes across an area that is

already sprayed but that's an odd thing that would happen but when it does he never gets back home in time with his pollen, the spray would kill him. Audience: (Inaudible) ...it's going to be almost impossible to cook all these things. Adano: We have a special unit for cooking, it's called waterless cooking. It's a stainless steel waterless cooker where you can cook with a magnesium candle a whole meal in four big containers like that with a candle. You take that candle and just put it underneath this whole stainless steel waterless cooker and it will cook the whole thing completely. The stainless steel units are not out of date, the stainless steel is not aluminum. They're expensive because they're made out of six ply not four ply or two ply, the one that you buy in the store is two ply and they are not waterless. A real waterless stainless steel cooking machine is six ply, it's built to withstand that condition so it does not stick. These plies are set up, they're 6 levels you know so that the food does not really stick and once the heats, it sweats, food perspires when it's heated up and once you touch the lid and you feel it's hot enough not to burn you then you keep your flame down, a very minimal flame, and it cooks within its own moisture. Now to start it you always put a little water so that it doesn't stick but you don't have to put a pile of water you see. All right, here you want to cook rice so you just add enough water to cover the rice onto the height of your thumbnail and then you bring the water to a boil and close it down and it will cook in its own moisture, the minimal amount of liquids. 1:00 All your vegetables or other grains will cook with the minimum amount of moisture because they'll cook by their own moisture and it'll expand so you you're using nearly one third less water, you're cooking with one third of the water.

Audience: (Inaudible). Adano: You haven't got your information straight, I said from now to December a lot of things are going to happen to put us in a position where we may not have the things we want, I don't say that we're going to have a whole panic system across the country. It's a matter of preparing for that period when the things start to shift that you can't buy this stuff. It's happening already, the crops are dying already. We will show you before you leave what the container looks like, what the stainless steel container looks like. It's a waterless stainless steel cooking machine for cooking and we will show you the storage plastic for survival too. We've been checking in for a few years to find these things, right now we're still checking in, we're still doing checking on certain foods that are already canned, that are dried, they're already canned and dried inside. When you cut them open, they're good for a year when they're open but the way they're made and sealed up, they're indefinite, and most of the stuff we're trying to get, that takes about two months delivery from the manufacturer because they have just put their drying plants. They're building it right there on the farm, their natural vegetables and fruits that are growing and they're putting the dryer right there and the canning machine right there and they just started about five years ago to do it. So they don't have much of a start but within five years they can only guarantee anybody buying it at the rate of every two months, their back ordered for two months. Now they are primarily geared to sell all their production to two church groups, the two church groups that have already consigned, that has bought up their production and the company that is doing it is a church company, it's the Mormon church and the Seventh-day Adventist church, these two companies are owned by the churches and their whole production is already pre-sold to their members, they're not concerned with the Presbyterians or the Methodists. You come in the first thing they ask you how do you know about the program. They will sell you extras if they have but you have to wait in the back order because they are primarily concerned with their own people first. So I know the Mormons have already bought next year's crop that is going to be canned and the the Seventh-day Adventist bought up their crop because they grow all this stuff for their own people and they are putting up their own hospitals. Now their Mormons have already bought caves, areas with caves and dug them out, and they have stored roughly in the neighborhood of millions of pounds of food. We're not talking of thousands, we're talking of millions of pounds of food that is in storage belonging to them only, it didn't belong to the U.S. government. Their own land up in those mountains between New Mexico and Arizona right into that area, they're moving out of Utah anyhow, they know that's going on. They're moving all their records out from their temples, they're slowly dismantling it and moving it to underground temples, it's been going on in the last eight years. Since McKay died and the new president took over, a new prophet, they are working double the time now, they're working around the clock now, before they only used to work let's say 12 hours. When I was in Utah and worked up there

and I heard about the program the church was doing, it was only 12 hours but from then McKay died in 1969, the new elder that took over and became president, the new prophet, has put the whole program on 24-hour, everything is going 24 hours, they're farming 24 hours a day with lights and they are packaging 24 hours a day so they know what they're doing. The way their program is set up that each person has got one and a half years storage allocated already, you see they work with their wards and their deacons and their bishops who goes around getting the people to start storage and all their members. So you know there are two types of Mormons, those who stick with the church and those who like to give their church a hard time, it's interesting. But their programs are already set up for them and they their program is well laid out because the land that they own up in those mountains is fantastic, it's all caves dug out and you ain't gonna find it so easy. Well there are only two companies that own most of your veggie meat, that make your vegetable meat, General Foods has tried to buy into them, it's Worthington the man Worthington who formed the Worthington company was a Mormon who worked for General Foods as a chemical engineer and he was a friend of Henry Ford, it was Henry Ford who got him interested in soybean and asked him to experiment with soybean and see what he could come up in terms of plastics, not for food, for plastics for a lightweight car and in his experimenting he found that working with soybean and plastics he did produce plastics but he found out that he could produce now food that could be eaten from the byproducts of the soybean. So he left General Food and went into business for himself to produce his own products and began to sell all his products to the Mormon church which began to store it. So you find most of the Mormons who go into the health food business, they're all carrying Worthington products but he's selling other products to other health food stores but most of those distributors are all Mormons. Now, then Seventh Day Adventists came along and Loma Linda went into it, that's Loma Linda California is owned by the Seventh Day Adventists, they got acres upon acres of soybean growing to make byproducts of soybean and they have their own hospitals. Now they grow all their own stuff naturally and they sell it right out through from their church. Now there are only two churches that have what is called a survival program set aside for their parishioners and that's been going on in the last 10 years, storing it up. Now people are not panicking yet, the high prices are the first indication and the shortages are the first indications of what's coming but who is going to be in the position to store, where are you going to get the thing to store if they don't have nothing to store with then there's no crops to store so I'm saying this, I'm aware of this and Yogananda been telling me this a long time that I should get into it. The Masters are telling us and so we have to become aware of it so we're now finding out where these things are and we're trying to get land so that we'd have some place to store. 1:10 By time we grow food next year to supply us, this year's crop couldn't supply a few people here in the Fellowship, it takes a long while to bring the ground into maturity to grow, I'm hoping to buy stuff and store because the cost of this has gone up fantastic. When we could buy rice, in 1969 when we started our first retreat here on the Fellowship grounds, on the retreat grounds, in 1969 we are paying for brown rice, your best top grade brown rice we were paying 15 cents a pound in 1969, try and get it for 50 cents a pound, your lucky. The stock market, our friend Mr. Thomas on the stock market he's well aware of what's going on, he told me over the phone, he says you're lucky if by Christmas you can get it for 70 cents. Audience: You can't get brown rice in the grocery store. Adano: You're not going to get it in the grocery store because there are only two people that supply the grocery stores, it's Comet brown rice and the only other the other one is White River from Louisiana, these are the only two that well sell to the supermarket but the rest of the brown rice is all bought up. Because who is buying up the rice in the first place, who goes in and buy the rice? There are only three people buying the rice, brown rice right off the ground, Arrowhead Mills and the two churches Seventh Day Adventists and the Mormon, they've already bought the crop before it's planted. Now the soybean crop for this country is already bought up by Japan, we don't have a soybean crop, no surplus for 1973. Now you can get wheat as much as you want from Canada but they're not going to let you bring it in because we grow wheat here, the price will be prohibitive unless Canada sells it cheaper to us. We grow wheat it's only things that we don't grow, they're coming very cheap, as long as we are producing certain things it will be more expensive to come in. (Inaudible)... the Mormon church... because they're taking good care of their people. You know a friend of mine says

"Now that I know the program, I better join them." He did it, he literally did it, the fellas walk around and talk to them with the Mormon church and he listened to them and he and his wife joined, their sons they all joined, and they're going to live in Salt Lake City because he's got one year supply of food for each family taken care already. So when they come along and they offer you the Book of Mormon, join up because you got your year supply guaranteed. We don't have to join them just for that, I think what we could do as I said we have the containers and we have the way to prepare it and we know what supplies to get and start to store the stuff ourselves. Not too long ago I ate some dried bananas, the most delicious thing you would ever taste, eat it like that. See the dried bananas is tastier than the cooked banana or the raw banana because the raw banana still has the starch. Audience: Should we stock up on vitamin c pills? Adano: Yes you can stock up on vitamin C pills, your fruit juices, all your orange fruit juices, you got your lemon juice. Audience: When you get these greens can you put them temporarily into the freezer until you're ready to pack in a plastic container, does that freezing hurt them? Adano: Well it's a dry grain so just leave it on the shelf. Well they're keeping it in the cooler because of the general public, they don't freeze it. It's just aerated by the cold air. 1:16 It's okay to put it back in the refrigerator from that, it's not frozen, when it's frozen it's a different thing. You see every place has a walk-in cooler for their dried foods, what I'm saying is when that refrigeration goes off, it stays where it is, it's not protected. This is protected from the time the bag is opened and emptied into a container where the dry ice dries out the oxygen and kills the bacteria and then it seals it. Audience: Electricity won't really be affected for a while yet. Adano: You're aware of the fact that New York was knocked out for how many days? You see once you switch off the power, your food starts decomposing, you don't have much time, they don't guarantee how much time until they put back the power. Take Tyler, they knocked out the power here one time because of a big thunderstorm, 6-7 hours no power. Now this was just a small operation, when we talk now if something is broken and it goes out for long hours, a day or two, all your food is melted up, it doesn't take too long to defrost a refrigerator. The protection is what you want to know that you have the food that you can use that's not spoiled that you would have to throw away. You see your lettuce and your celery, they would be of very little value in the raw state and to grow them, the only way is to get them already dried and shredded up, they gotta come in a dehydrated state. Once they're dehydrated and they're sealed in cans, they're coming made already, you see they realize that these people who have campers their campers are all loaded up with that stuff because they go out in the woods, this is what the thing is all about, dehydrated stuff. It doesn't lose the properties don't kid yourself because all your proteins are there in a dehydrated state. When you buy food in a can, tomatoes in a can versus dehydrated tomato slivers there's a vast difference between the two. 1:20 You only get 60% water and 40% solid in the form of tomatoes in a can. One pound of tomatoes is 60% water and 40% solid so what are you paying for? Now if you dehydrate a tomato that means you're taking out 60% water immediately. Now 40% solid is not going to fill up one can, it's only gonna be one fourth of that can. It will take nearly four times dry tomatoes to fill a pound can so the cost of that tomato will be more. One pound of dried tomatoes is more than one pound of tomatoes with the liquid, it's four times as much but if you add the water back when you're ready to use it, the tomatoes swells up back so what have you got? You got four times the volume again so this is what the dehydration process is but this is already made into what is called five pound cans in which way you can have a long storage life and a large quantity. A person should at least take the basic grains and one is rice, two is corn, you see you have your your mung beans, your alfalfa, your sesame, your buckwheat, your rye, your whole wheat grain berries which you call winter wheat, sunflower seeds, your pinto beans, navy beans, kidney beans, adzuki beans, black beans, red beans, all the bean family. We can get it for you and in big bulk which is wholesale under what is called cooperative buying, buy in bulk and we can get for you, this is what we're trying to do so when person orders we can ship them, it's in big sacks, they come in 50 pound sacks. It's a whole lot cheaper to go buy it in a 50 pound sack for four or five people polling their resources and you go by a few pounds in a supermarket, it will cost you a fortune. It's still cheaper because you have it and you know it's organically grown, in the supermarket you don't know that and the health food stores, they are not selling it in bulk, they are selling it in packages. So if you're buying it in bulk and it is shipped to you in

bulk then you break it open and you just fill your pails. The pails aren't that are heavy, they're light things so these can be shipped to you, you can carry some of them with you, there's no problem they're light stuff actually they're so light they fit into each other. Audience: Tell me about the corn, I don't understand how you prepare the corn. Adano: You buy whole grain corn, strawberry corn, you just grind it and grind it. You can do it with a coffee grinder but the thing is this, if you get it already pre-ground in coarse form that's the way to buy them, we're buying it at 50 pounds sack pre-ground already, they're coarse grain. In your area in Pennsylvania, you're much better off than other people, right there you can go and get it. The people in Pennsylvania shouldn't worry because organic gardening got its start in Pennsylvania. The Amish people were all organic farmers, if I was living in that area I wouldn't worry, the only thing is the cold weather that's all but as far as getting this stuff organically from the Amish people or from the Quaker people, it's already natural and all you do is store it in plastics. Now you can't store meat unless you deep freeze it, we have the veggie meat that we're trying to get now, they come in 50 pound sacks. It's worth it because I've eaten it already made up in beef stew. Let me tell you something, my wife don't care for none of those imitation meat products because she says "If I'm going to eat meat, I'm going to eat meat, not imitation," but when she ate what was prepared as a beef stew that was already dehydrated, she didn't hardly know the difference. It was not doctored up either it was naturally made and she liked it, she said this was good because it has a taste that a child would like it and a child would eat it. The way they are being made now, if a child would eat it then an adult is going to eat it. There are two people who would not eat what they don't like, it takes them a long time to eat, only under pressure they would use it, they would rather die first, that's a child and an old person but the in-between age bracket will eat anything to stay alive but not a child or an old person, they would rather not touch it, it's the phenomenon of the human body. 1:30 Now when they were making dehydrated foods they considered these two factors when they did it for survival, the Mormon knew this, the Seventh Day Adventists realized this, the doctors told them, "You're gonna make a survival food, you have to consider the adult, the aged, and the children. You have to make it sufficiently palatable at any age level" and then they came up with this meat. So I've tasted it myself and I'm surprised and impressed that there is no way to say you couldn't serve that to anybody, the odor, the taste is perfect and it's all made from soy beans and there are no chemicals added to it and they are taking it directly off from the farms there in Utah and in Colorado and Minnesota all up in the Oregon belt, all up in the California belt, wherever the Mormon church is, all in Wisconsin, all in Idaho. See the Mormon church is all that area, all those farms are owned by Mormons. You'd be surprised, people think most of those farms are run by the other churches, most of those farms outside the state of Idaho and bordering the state of Idaho, the big ones are already bought up by the Mormon people, they went in gradually and bought them up. They are aware of what is going to happen and they're going to take precautions, just like the guy who designed the road for people to drive cars. He knew there were going to be accidents so he designed a one-way thoroughfare and even when he designed the one-way thoroughfare with no U-turns, he still has accidents. Even though all that survival program is set up, there has still got complications. The wise person is wise to put away at least a couple hundred dollars worth of food, that's a wise person, and if I was a wise person that is what I'm doing, putting away a few hundred dollars worth of food in plastic storage. Even if there is no calamity or any kind of a calamity where you still got a few hundred dollars worth of food.

### 1973 September 7 Part 2 - Survival

Adano73\_09\_07SurvivalQ4 - If you got any questions, I think we can take a set of questions and answers. Audience: (Inaudible). Adano: Fluorine acts on the brain but at the same time it irritates the nerve ends and creates that drive, tension. Now natural Fluorine you find it in onion and the natural fluorine in onions are the Rajasic type of food. If it's overconsumed at the different times of the body rhythm of the male and the male's body going through the different changes within that period, his body becomes highly stimulated. Putting it in water is primarily for the dental department who felt that the teeth of the individual would retain the enamel and if it's ingested in the system, the enamel wouldn't break down. It's not valid because actually people who live without fluorine in their water have better

teeth. You see chlorine is a bactericide and by placing it in the drinking water, it will inhibit the spread of the bacteria in the water but you gotta realize that this is a chemical program for chlorinating the water primarily to keep it pure and to help the teeth, a very good way of putting tons of fluorine into the water but your teeth aren't helped by the fact that you drink fluorine water. You see chlorine acts like a bleach, a whitener, it's type of programming that you've come to accept from the public welfare health department, the dental department to make us feel that if we use it in the water, our children have better teeth and we wouldn't suffer from the mottled teeth. (Inaudible) Chlorine will change and go out of the water once it is frozen and then you aeriate it, that means you pass it through the air. You can take the water and freeze it, it will cause the chlorine to go out of the water because chlorine doesn't freeze, it goes out by evaporation, it becomes a gas then you take the water and then you cool it down then you aeriate it. Now if you add vitamin c or ascorbic acid then you reactivate the water. Now on a survival basis, if we have to survive there are four basic foods that are compulsory for survival, that's vitamin c, (inaudible), with these four basics you can survive for an extremely long time. (Inaudible) but these are the survival foods under the extreme cases that the individual can make any type of substance to eat with it. (Inaudible). Corn is the only type of grain that radiation doesn't affect. It has a higher radiation resistance so corn meal come first then your water then your vitamin c. Now if you want to retain the vitamin c with the riboflavin then you take your whole orange or the lemon and grind it all right through and keep it in the container. It will be in a concentrated gel and as you add water and beat it up then you have the bioflavonoids. (Inaudible). You see between the rind and the pulp of the citrus fruits, there is a white pith where the fine oils are trapped in that fibroid matrix. (Inaudible). Now white flour will be a source of disease spreading whereas whole grain flour will not build up mucus and corn will not build up mucus. (Inaudible). 0:10 Now the oil that will keep the longest without any deterioration would be olive oil, not only can you take it in orally but you can absorb it right through their blood from the skin itself outside and it passes right through to the blood stream. Olive oil once it's opened maybe three weeks, if you refrigerate it it will keep indefinitely. See refrigeration for foods that stay indefinitely without breaking down, it must be closest to a freezing point, like a deep breeze then it will stay indefinitely and will not break down. Audience/Adano: (Inaudible). Adano: I think you should be prepared to have certain staples that are there for your benefit, take in the case of that little incident before I came up the last time when the rain came in and flooded away the area and they have to cut off all the water and if the water gets polluted you can't use it. Water can be saved indefinitely once you put vitamin c in it, it can be stored indefinitely, it will stay indefinitely in a plastic container as long as you put vitamin c inside of it. You see this is one of the conditions of water, it will not produce algae if it has vitamin c, it will stay indefinitely that way so water and oil and grain in some form, powdered grain and powdered milk. Soy milk is a whole lot better to keep and that will keep indefinitely but these are foods that our bodies are going to be forced to use in times of stress and we're going to need them and it has an effect in keeping the body from getting too over tense on a survival basis because soya has protein which you need more than the other powdered milk that is made from dehydrating milk itself. It's better to have this soya mixed with the lecithin and instead of having lactic acid in it. See the lactic acid from dehydrated milk powder would normally generate more lactic acid in your system. A human being when under stress or any type of tension generates lactic acid. If you drive across this country just for 24 hours, your bloodstream, the lactic acid has already nearly gone over 50%, the glycogen in your cells are burnt up and the body is in stress, the cells gets hot and dry and irritable because of the secretion of this lactic acid. You see the body has to secrete lactic acid inside of itself and it will always secrete that, we have lactic acid in the mother's milk but she decreases the normal level for the benefit of the baby. When a male body or a female body is stressed now, it over secretes and then the glycogen is burnt up. Now if you drink milk on top of that, this is drinking milk where you're tired, you find you get clogged up with mucus building up more in your system. If you wonder why you have a cold after you travel and you didn't do anything but drink milk. You ever have that experience? Going on a long journey and then during your travel you just drink milk and then at the end of the journey before you know it, your sinuses tickle. This is because it's building up too much lactic acid in the system and you can't use it, there's no way for you to dissipate it. Now in the soya milk from the soya powder, there is no lactic acid

in the soybean, see the soybean is actually nature's vegetable cow, it has everything except lactic acid in it that a cow's body milk would produce. It has the protein, it has the calcium, different types of minerals, lecithin, the vitamins in it, and if you add carob to the soya then you have a natural vitamin b, b2, and b12 in the blend with the carob. Now also you have the dextrose, if you partially toast the soybeans flour or powder with the carob into it, this dextroizes it, then you have automatically produced a sweetening agent and you don't need to add no sweetening agent no more because the natural dextrose in the carob would be heightened by the partial heat. All you need to add now is the water with the vitamins c in it and shake it up and use it immediately, you have now a real drink that the body can handle. Add 100 milligrams per gallon is all right, one tablet to a gallon, it will keep seven months without refrigeration. 0:20 Audience: (Inaudible). Adano: Well your grains like rice will keep indefinitely for a long time because this don't break down as easy. Adano: Mutkananda, Anand Swami, and most of the Swamis and Masters they all say we got up to 1986, from then on you're in for it, you're in for a tremendous change in world political struggles. Audience: (Inaudible). Adano: AIDS has nothing to do with it, strictly man's greed and inhumanity to another man for the power struggle based upon trade. Politicians don't make war, merchants make war using politicians for their own gain. Every country that sells on the trading market, there's no politician made a war, deep down behind it all it is a trade man who made it, a guy who sold a piece of merchandise and wanted a high price from the other guy therefore control the stability of the market currently therefore forces his nation to get into a war. The last war between Japan and this country was not caused by politicians, it was caused by trade but we hide behind a false illusion that politics is the cause of war. We don't create war by politics, politics is a scapegoat for war. For centuries man has played upon the weakness of others for their lack of food, the Egyptians used the Hebrew people to their advantage to put them into slavery because they were starving and we continue to do that right up to this present age of using mankind by manipulating their belly strings. So politicians don't make war, they are the scapegoat and end up having to do it and using other people to fight their battles but the real culprit behind it all is the merchant, he's the most unscrupulous individual. The merchant is constantly moving all the prices up to the point where government has to step into set up price controls. Now if there's a war, what's the first thing that changes in the environment? Audience: The amount of the buying power of money. Adano: (Inaudible). The politicians are bought off by the big power industries so it's trade, there is no war based on any politics, politics is a jurisprudence or a legal system set up to enforce ethics in the form of a religious ideal but you can't eat religious ideals and the merchant knows that so they are the ones who organize and control the sale and buying power of merchandise for man's existence, this has always been through our time, he who controls the purse string controls the belly strings. Audience: (Inaudible). Adano: Who profits in war? Let's go back to all your little wars there, someone has got to buy guns, someone has to make guns, it's justifiable by the merchants who trade. The munitions companies right now have a far more efficient networks of infiltration and counter espionage than your governments do have, the trade systems of each country have a higher and far more efficient spy system. We will produce food but it's very easy to destroy by touching a torch to it, they've already proven themselves to know how to destroy production so they're not worried about destroying production. We are kind of ridiculous individuals who believe that these things cannot happen here. A conspiracy or any type of condition comes up from forces deep down inside of that are us that are tending to release itself through stress. Until the stress can't be released then the only way to make it violent is to threaten their survival nature so behind it all is still someone who controls what you eat and what you grow. They know that you will do anything to have a meal, every General will tell you this, he can defeat his enemy providing his soldiers are well fed so so the point is showing that survival of the individual is linked into the food process. Audience: (Inaudible). 0:30 All these ideas of survival sounds pretty good but until somebody does it, it doesn't mean nothing and sooner or later the only people who end up finally doing it is government because they have to consider the magnitude and the extent of the life involved and therefore they're the only ones who really go out and do it and put themselves on a national alert. (Gap in tape). The first thing to break the cycle is a concrete physical commitment that is going on 24 hours on the planet itself where a human life is dedicated to a moment of silence, not for his own quest for the

existence, survival, or gain strictly for all mankind, all life form, their survival, their benefit, that moment is donated for them. We're not praying for ourselves, we're not praying to be liberated, we are simply spending that time, giving that time out of ourselves that you give out like a donation, you're giving this period of time to the benefit and the upliftment of other in their ignorance so that it would be a sort of a wave action that would impregnate their consciousness. Now along with that promise of a basis of looking at the basic staples and storing those basic staples in areas so that you will have resources in emergencies that we do have national cataclysms, these staples will be there to help out under those emergencies. We can't avoid having a riot but we can live through a riot, we can trigger the thought patterns that will minimize the effect of the riot, we can build up the necessary safety factors to weather the effect on a riot but the riot is what you call the national karma. We are still locked up in karmic sense so if we take the attitude of a spiritual basis of commitment and then on a physical basis, we have something to work with. Audience: What I've been wondering is whether or not we as a group can realistically expect a time of persecution aimed directly at us perhaps if there was a large riot or some great commotion that would disorganize a large segment of the society, just because we seem to be able to keep some kind of discipline or react with some sense of purpose, first be clutched at by the population as a whole as a life preserver and then if what food we have to share with them or something like this runs out be turned one and be persecuted purely for what we believe. Adano: That is a possibility but I don't think we're gonna go in that direction. In the first place the reason why you are gathered is to build up your spiritual force field in your consciousness that you will be able to survive minus a basic staples. (Inaudible). We will give what we have for the initiate by the methods he will be taught to apply to his body to teach him to live without the need of his (inaudible). If he continues using the Solar Nutrition methods gradually by the time these conditions arise, our bodies can make this shift over because the techniques will be given to you how to make the shift over in your body to live off the radiation within yourself. You see we can't give you all the techniques while your body is not in that particular electrical wave frequency for you to draw the energy from your medulla. We're talking about the medulla today and we're talking of the male/female involvement in the householder life and we're saying that when you waste this sperm energy by aborting in the action, you're actually throwing off a tremendous force of leaving an entity hanging in the air. Now that same energy is food, that same energy is life, that same energy is continuity of existence when it is sublimated in your body and the initiate, following the householder life in any cataclysm or any rioting or any major calamity will be taught to reverse that energy. Now the key to it is a stable, moral life, it is not that sex is not to be used. Within the married life, the freedom is granted, it is accepted by the Masters that this is for the reason of expression between the male and the female but at the same time, it carries with it certain basic laws that are scientific enough to build upon it without wasting it. You will use it now as another force not just merely to satisfy your physical release, it can satisfy nourishment to the body for its survival when there is no food because that same energy will go up into the brain and come back down filtered out and nourish the body and you don't have to eat. 0:40 Now Jesus knew this when He said "I have meat that you know not of." Now all the Yogis know that, the technique that you're learning is preparation to live on direct energy and less and less on solids and liquids. So an ethical life as a householder and saving and not wasting that precious fluid in the body will be shown how to trigger it off when these conditions arise in society, when society will have no other recourse for survival, the initiate will be shown a technique to trigger it off but his body must be prepared for it so that when he's given the technique, he will get the experience and he will get the results then it will trigger it off when he needs it. Now if I'm saying it, it sounds like only Adano can do it, it ain't true, you can ask Margaret any time, she will tell you there's nothing like it in the world, the food don't taste like it because once you taste it in your mouth, you don't need food, you don't want to eat, your body is nourished automatically but it is something you don't go and waste either because it's the same power that went out to make a human, it's the same power now going to sustain a human being. If it can create a human being and cause a human being to come into existence, you realize what it will do to sustain a human being? Adano: The land of milk and honey exists in the human brain. The pineal gland secretes a viscous substance exactly the color and taste and texture of honey. The pituitary and the medulla, they both secrete a

white substance the taste and texture like milk. When they are drawn inward by a certain form of respiratory exercise, they lock in and become nectar and it drips down, one drop every 24 hours. The initiate will be taught when the body is prepared for it, that's why you're going through the process of Solar Nutrition, to build your body to that point that when you trigger it, it will start working, you have to build the body first, the body cannot just trigger itself off like that. The first time it was taught to me, I was told to do it for 28 days and at the end of 28 days it remained permanently in the body, anytime I can trigger it off but for 28 days I had to do it consistently at a certain time and the person who taught it to me told me "I will visit you at that time." Why couldn't he give it to me, because I was living in the desert and he was living in Los Angeles, at four o'clock sharp he was in the room. How he got in the room only he knows, how he got out of the room only he know it and he was not an Indian, he was an American and he's mentioned in the Autobiography of a Yogi. Audience: What about children? Adano: If you have a karmic bond with them that they will be brought into the sphere of existence, they will be helped. If you don't have a karmic bond, don't feel any remorse that you can't do anything. The Lord in His own mercy knows what He's doing. He will not bring that individual unless there is a karmic bond with you and He will not take away individuals unless there is a karmic bond (inaudible). So remorse and gladdening of their heart is totally the Lord's will so you as an individual should always have the right attitude because it's the right place at the right time (inaudible). In the midst of a cataclysm, you're at the right place at the right time. Now some people are living in Pennsylvania, they're moving to the Baltimore and someone read a letter tonight at the restaurant. Can you remember the gist of the letter? Audience: They had just received their astrological bracelets and on the trip they found that the Masters had been with them all the way including saving them from a car wreck, helping them find a house within a week, get the type of job, and they express their gratitude and love to the Fellowship. Adano: What you're saying in essence is an initiate has nothing to fear. If you read your Autobiography of a Yogi it tells you there you have built-in atomic shelter in the Holy Breath. Audience: (Inaudible). Adano: Remember this, a great many people are going to be protected by your own prayers and their love for Jesus too you know. A great many are going to be protected in their prayers by your love for Mohammed and a great deal are going to be protected in their prayers by their love for Buddha and the initiate it's going to be protected by the whole shebang. Audience: (Laughter). Adano: You see the Indians are going to get the last laugh on the white man because they're the only ones that are going to be able to survive. If we have the cataclysmic action in the rioting, you were not able to survive in your civilized society like a civilized being, you'd have to resort back to primitive life to survive and the only man who is able to be your best teacher is the Indian. When you took it away and you gave him a barren land and he still survives on barren land, don't you think he has learned the lessons of survival very well and can teach it to you that you may have to fall back on it. There is that protective cycle of the love of the Masters of the various religions, it's a strange phenomenon. Each one will be pulling upon his own particular relation to God, the initiate got one little advantage that he's pulling on all of them. 0:50 So once the initiate realizes what is involved then he's able to share with those who don't have. If they come to the point where there's no food, the initiate can share what he's got and he still would be protected by the Master because the Masters can sustain him without eating. Audience: (Inaudible). Adano: You have the simple example of last Saturday. That road, I have driven my car down that road hauling a trailer. On that road Margaret and Bob Johnson (inaudible) and when he did that, the car swerved and we are stuck and we had to walk and get someone with a tractor to pull us out. When we drove back through he said "Remember Adano the night we drove through here and got stuck with the car?" (Inaudible) ...you see what a thought pattern does. The memory and the relationship of confrontation for the second time it did happen but we did not turn over, we locked, up to the point where we were actually stuck and we could have turned over but there again the force field is holding. We came out and what did we do? This is what we're trying to show, that the initiate under these moments of stress is still protected. Audience: (Inaudible). Adano: Now you see what I'm talking about. All the conditions around us, we are born in a certain area to fulfill or work out certain karmic debt with certain individuals and even if the cataclysms are falling on our heads by the thousands every minute, if it's not for you to go that way, you will be protected by the Masters, you understand now? It

has to do with the karmic condition. Audience: Does it protect people who are not initiates? Adano: Yes because their karma is involved in it. (Gap in tape then inaudible). In the Charan Singh ashram in the Dera when they had the Pakistan war with India, the planes fly over and they drop bombs drop. Well the Dera is in between the front firing zone and two bombs dropped right in the Dera and they didn't go off. When they came and they dismantled them, the munitions men could not understand why they didn't go off. So if you are in a sense trusting in the divine survival nature of your being, you will be protected even if you're not an initiate because... Audience: (Inaudible). Adano: As a little consolation as a non-initiate, let me put it this way. You would not be a human being in your present body form if you didn't deserve to be here because you are the only sperm that became you, you see? So that's fact number one, it's survival number one so you're a success by every fact of life that you're a human being. Now fact number two is that that same principle has sustained you through all your tribulation though you didn't know it was that to trust in and you were calling on the invisible God by prayers. Now that you become an initiate soon next week, you are going to have more confidence in that invisible force that brought you to this point. Audience: But you know Adano, something bothers me about becoming an initiate is to be able to save my life. Adano: The initiate does not save his life. Audience: I think the only reason you love God is because you love Him, you don't serve Him because He promises you eternity and you don't serve Him because He promised you riches, you serve Him because you love Him. Adano: You see the initiate he has nothing to save. We don't save ourselves once we become an initiate, before a person becomes an initiate, he's busy thinking of being saved. The moment the person is initiated, he stops thinking of being saved because an initiate is like a candle, once lit it burns and there is no darkness in the room, there is no darkness in the consciousness. See an initiate is the ransom of the world, he's the price paid for suffering humanity the moment he's initiated so he doesn't have a Soul to save, he IS Soul, he lifts and he lives in the consciousness of life. Now if he's standing next to another individual who is a non-initiate, his vibrations will flow to that individual and raise that individual so that other individual will partake of that particular vibration. Now the initiate knows that God has become him, now ponder that one, see why a person is an initiate. You wouldn't be here in this room if you were not initiated at one time in a previous life, you would not be coming to this house or hearing about it, you had to be because you were brought to this by the particular frequency because you have passed through that realm already.

#### 1973 September 8 Part 4 - Meditation Survival

Adano73\_09\_08\_4MeditationSurvivalQ3NW1 - So prophecies are projected out of consciousness, correction of prophecies are brought about by conscience. We can prophesy of the doom of the world but by virtue of our conscience if we can find 10 right thinking men, right thinking men or righteous men, men on the right track between conscience and consciousness, who knows the difference between consciousness and conscience, how it works, if you can find 10 of them who knows the difference between these two forces of consciousness and conscience, that could make it possible for the action to alter the predestination that is set up by the prophecy. Audience: In order to act on intuition, your conscience should act on the consciousness, not your consciousness acting on the conscience. Adano: Your conscience has to be acted upon. Alright, therefore once your conscience is acted on, you're not going to be freed from responsibility, you're going to be freed for responsibility. Your conscience is going to give you the freedom for responsibility, it's not going to give you freedom from responsibility. Only consciousness will try to trick you that you're going to be free from responsibility but your conscience will show you in the final summation you will be free FOR responsibility and that's a vast difference and a much more powerful type of freedom. Then you can be free for responsibility, then you are your brother's keeper but not until that time you could not be, conscience and consciousness would be in a tug of war state. Audience: (Inaudible). Adano: Yes these individuals have finally come to the confrontation between their conscience and their consciousness. It's by their affirmation or by their declaration you can see how they have probed into their being to discover the dualistic pull of consciousness and conscience and allowing them now to stand firm with their conscience and not be swayed by their consciousness. Scriptural truth can be lived but can be very painful in the process. It's

like the caterpillar trying to become a butterfly, the painful period is in the chrysalis stage, the cocoon stage and transition in the human body is going from consciousness to conscience to survive, it's one of the hardest things to do. Audience: (Inaudible). Adano: In other words if you're uptight and can't get out of it, the mere fact that some other human being would suggest to you that you transfer the load to them, this gives you release. Anytime we can seem the shift the sense of burden from the conscience within ourselves to the conscience of another being apart from ourselves, we seem to gain release. It is not necessary by shifting, actually something has occurred because you have no evidence that there's actually has been any shift but because you assume and you take into consideration that you are shifting the burden, this modification of the pressure can start a release in you. You are in yourself bringing about your own relief valve, you're using the conscience working within another person as a mere reference point to give relief to your own conscience that you cannot normally do. 0:10 It is something to which you must have respect for, the respect is because it holds to its true point of center therefore you in turn would use it as a reference point, you have made it the pole star. Now does the Pole Star move away from the pole in order to guide you when you fly at night? You're flying your plane, you consider it a fixed star therefore by virtue of your consideration, you make your calculations to move. But the Pole Star is inconsiderate or unimportant or is uninterested as much as how much you relate because it's already there, you are the one who must make the adjustments first. It's there and it's going to remain there in virtue of your relationship, it's in your conscience you have to make this relationship. So when you say, "I have made you the pole star of my life, though my seas are dark and all my stars are gone, I still see the path through Thy mercy." Because the Pole Star is fixed and mercy is already radiating to us from any level and if we accept it as a fixed condition, we would align ourselves to that state and become fixed, therefore we would get release. We must take some ideal as the reference point of shifting the pressure within us to give us release. The goodness of the reference point is determined upon your understanding of its behavior, otherwise you do not understand what it represents to you therefore it was neither neither good nor bad. It's when you understand its behavior, then it has its goodness so your choice is determined by understanding of the behavior of the fixed principle. It's like what is called a stable mechanics. It's just as much as your left eye would be in the left side of your face and the nerve running down from that would be on the left foot, that's fixed and stable and specific. It's just like a herb having a certain mineral for a certain organ in the body that's fixed and stable, it will go and affect that organ. Equally true in your conscience when you have that kind of understanding of the stablyness of it, then you will have that type of relationship to it but until that understanding is achieved in your conscience, you can't have a stable relationship, it will always twist back and forth. (Gap in tape). Audience: Well, I just started teaching this year and I was wondering if by chance there was acceptable breathing exercise (inaudible). Adano: Well the only practical form of breathing while you're playing will be your complete breath and if you practice watching the breath, this will calm the mind in order to concentrate. See watching the breath coming in and going out, you can merely close the eyes and observe yourself breathing as it comes in and go out and this is the oldest technique in the world. They call it the technique that Buddha used to gain realization by observing the breath coming in and going out. Now you want to try it? And the way you can keep check of yourself as it comes in you close the finger in, when you get the urge to breathe out, open it up. When you get the urge to breathe in, pull the finger back in. It's based on the urge it's not based upon that you should force yourself to breathe out or you should force yourself to breathe in. (Gap in tape). Adano: ...no longer magic, it's verified right here in your big, bellicose research labs. It has a new name, the Yogis used to do it but because they don't want to associate the research with Yoga, they call it biofeedback. It's a nice name for how to direct your mind on your own life energy so that you can rise about pain but the whatever label we call it, it behooves us to understand the mechanics of it and help ourselves. We are being educated that the pain is something that we can't like, when we educate ourselves that pain is something we can like, then the pain corrects itself because it will go back to its source and offset the impulse and correct itself and pain appears in many forms and it has an unusual ability and that is it can hide, it knows how to hide in the human body. It's an amazing thing what it can do. You can have a pain along a certain area of your body and all of a sudden it will disappear from the body and you'll think that

you have removed it from your system, yet it will appear in another area of the body and affect you. Unless we can understand pain, face it, and work with it, we cannot draw down more life energy. That's why your master great teacher Jesus said, "He who loses life for My sake will have it back." Losing your life for the divine sake is getting involved with the pain cycles, understanding what it's all about so if you don't fear it and you can draw more life out of that involvement with it. Pain is a threat to life, fear would maintain that pain to threaten that life, the lack of fear of the pain would give you strength to draw on life and therefore pain no longer threatens your life. The more you fear pain, the more it threatens your life, the least you fear it, the more control you have over it, the longer the life is. Now most of us walk through life feeling very healthy, we can touch ourselves all over and say "We don't feel no pain, we are healthy, pretty good people, we walk along the road and look good." To prove that you are unhealthy, press around the sole of your foot and you'll find that you got lots of aches and pains in there that you didn't know were there and then you really realize that you ain't so healthy because the pain is hiding there underneath your foot and you walk and don't even know the pain is there because nature has hid it, the pain is under your feet. 0:20 When you can trace it, then you can correct it. By virtue of the mechanics of the body, we die from our feet up, we don't die from our head down. The brain is too smart to let it die before every other part of the body, the brain will never die first before the human body system. Every other part of the body will die first before the brain because that's the controller, that the governing force. A tree is like a human body, its roots are in the ground but the roots don't die first, the branches and the leaves die first then eventually the roots. The human body is like a tree, the roots are in the head where it draws its sustenance from the ether. The crown, the light product energy in the atmosphere and this (inaudible) itself through the nose, right down into the feet and if it going to die or wither or shutoff itself, it will begin in the feet first. By virtue of this principle, if we die from our feet first then we can live from our feet first. Wherever death is, life is. Paul put it another way, "I live and die daily in the Lord. I rebuke you in your rejoicing, for I live and die daily in the Lord." He knew the process of life and death, how it went on in his body. Master Jesus knew it when He said, "No man take My life from Me. I have the power to lay it down. I have the power to pick it up." How many can say that on a conscious level, that they can consciously move the life energy through their body with their power? In other words, Jesus was a super biofeedback therapist when you come to think of it, He knew biofeedback fantastically, the art of manipulating it by His mind and until you understand what it's all about, that the whole spiritual life is conservation of energy, there are no miracles. The energy is conserved and raised to his highest magnetic impulse and coming in contact with those who have a lower negative charge like a battery run down, then a contact is made and they're charged up, they're lifted up, the energy is raised up. The more you are centered in your consciousness, the more the body will draw the energy and raise itself up. Now the mind will fear and will not want to venture out away from its own environment and when it does not venture out, it will atrophy. When it begins to venture out, that's where you get the statement, "nothing ventured, nothing gained." You can only gain when you venture out, when you face something. So the fear of pain leads to evasion, leads to breaking down the body. The understanding of pain leads to the control of life in the body. Doctors are becoming more and more aware of this in their researches, that they can't control pain. The latest researches in pain control, and I've had an opportunity to see it, by the leading research doctor in the field, spent a couple hours with him talking about it. They make an implant just above your pain area with certain electrodes and they give you your little walkie talkie battery equipment that you can tune up and shut off the pain when it comes up. If you have a pain in the lower spine, they'll make an implant above it, just one inch above the spot into the spine. These electrodes will go in there and you have your squawk box just like your hearing aids, and every time the volume of the electrical stimuli adjusts the pain of. The only problem is this, you can't go to sleep without it because then you go to sleep, you've got to keep it on otherwise the pain comes back. See it's just like you're hearing aid, you have to have the battery on in order to hear, you have to have the battery on to sleep with the pain condition and this is as far as we've got in mechanical control of pain. More and more we're trying to shut it out and less and less we're trying to understand it and rise above it by the virtue of the will. Eventually we become very, very weak individuals without any willpower. Willpower is necessary to survive, not egotism. There's a big

difference between willpower and egotism. Volitional control is necessary to survive in our environment. We're gonna be challenged, and we have to exercise our volition and the only way we can exercise our volition, we have to understand it, we have to understand how it works in our bodies. Our willpower at the time of birth is called automatic volition, it's automatic because it goes on by itself. At the time of birth, when the doctor taps the body of the baby and forces it to breathe and make it respond by crying, the lungs automatically open and take on the oxygen, this is automatic volition, automatic will. There is no part of consciousness playing in that, there is no responsibility (inaudible) consideration, this is simply going on automatically. Now for the first seven years, we live in unthinking will, we cannot think for ourselves. Our parents have to think for us. By virtue of that the Catholic Church used to say, "Give me the child from one to seven and you can have him back, he will never leave us." All the imprinting is done in the brain from one to seven, the volitional control is setup, that's unthinking will, unthinking volition, it cannot respond on its own. From 7 to 21 we have blind will, that is the erratic control and actions of the youth and the juvenile, the teenager. Blind because it does not know to differentiate between reason, logic, and intuition, it cannot compute for itself practically. Now that is the blind will level, from 21 to 35 it begins to develop thinking will because a couple of hard knocks in society and then the rules that they gave to live comes in and we wake up pretty fast that you just don't take merchandise without paying for it and you don't smash into a barnyard without being (inaudible), people begin to react to each other on an adult level, then you're forced to think. You don't like the rules of the game but that's the way the game goes and now you're catching up with the law of action which is called karma. Then we have thinking will, thinking will we continue to live from 21 to 35 and from 35 till we die in the thinking will stage by learning through trial and error. Rarely, very rarely, do we develop the last stage of our willpower, that is dynamic will or obedience to God's will. This is our only development, dynamic will or obedience to God's will. All the Scriptures tell us "His will be done." Well, we don't want that because this is giving up our personality, this is giving up our sense of identity and ego, making us scapegoats for the actions around us that are preset to dominate and discipline us. 0:30 But when we develop dynamic will, we are free. We are not free from society and its implications, we are free FOR society and all its implications for the first time. This is the real freedom, this is the real salvation of man, when you are free for your fellow man, not free from him, free for him. You can only gain this freedom by developing the dynamic will. And a dynamic will can easily be recognized, you are at the right place and it's the right time and the experience that you are experiencing is the right experience. It's neither good nor bad, it's an opportunity to test your love and that's dynamic will. Dynamic will puts you in the present tense, not in the future or in the past, you don't live in the future and you don't live in the past. The dynamic will makes you live now, it makes you accept where you are right now, it makes you accept the time factor of your existence now, it makes you accept the responsibility and the mutual relationship with yourself now. The experience that you encounter is neither good nor bad, it's a state of equanimity to test your love. You can't test your love if you don't have a trial, you don't know how much you really love, ou don't know the weaknesses of your love, you don't know what extent the will can take the harassment to bring out love from within you until you are tested. It may seem that God is playing a dirty trick on Mankind but He's not. He cannot bring out His true nature within us unless He tests the mechanism to bring it out. He being pure love must test the mechanism by love with trying circumstances in a dynamic way for us to release it. Therefore dynamic will is God's will and God's will is obedience, that means surrender to the forces around you without question and life through it in the state of equanimity. Now when we graduate from that level, then we are performing the true action of living. The Masters and the Saints all tell us God-realization from their level is to do the will of the Lord. All their coercion, admonitions, and disciplines point out, "Thy will be done, not my will." "Father remove this cup. Nevertheless, thy will be done, not my will." He too had to get it out of the way, He had to let go of His personality, His ego, and accept the projected action. "He that doeth the Will of the Lord is my brother and my sister. He that followeth in my words is my disciple," obedience all the way through. No matter how you look at it, if your will is going to be dynamic in order to rise above pain to control life on your own conscious level as a human being and realize the truth that you are Soul, you've got to apply dynamic will, there ain't no other way out and we can't kill

ourselves about it either. It's just that so cold-hearted and that so pure but nevertheless it's loving. We grow up, for the first time we have an adult look at life. It's not dreary, it's very dynamic because dynamic will is strength. In Kung Fu you need a dynamic will. Anybody like kung fu? Good. Dynamic will is the whole essence of that picture, you are seeing it in manifestation. He knows when to apply consciousness, he knows when to obey and flow with it and he never strikes first because the theory behind it, "he who strikes first lays his one downfall." And that's your ego, you know. "And he who obeys, moves with the flow of the wind." Therefore release is there. So the Chinese always say, 'Bend with the breeze and don't stand up erect and break your roots.' Be pliable, dynamic will is pliability. The spiritual person is most flexible person, he's not rigid, he's not tense, he's not concretized or dogmatic, he's very pliable and in his pliability he can demonstrate control for the first time and that is pure love, that is love without attachments. It's easy to talk about it, it's very hard to live it. Why? None of us in his true mind wants to make himself into a scapegoat for other people's benefit but until you learn how to accept the harassment or the challenge of another human being's behavior on your nature and don't get ruffled and merely live through it, you have discovered the secret of existence. You will have inner peace for the first time without working for it. The art of appearing stupid yet remaining wise inside, that's quite an art. See the Saints always appear to be stupid people, nobody likes to live around a Saint because he's too dogmatic, too emphatic, too down to earth but they are ones who know the secret of being at ease with themselves in their simplicity. We have come a long way from the primitive instinctive life towards the intellectual, experiential life. We are on our way to becoming individually synchronized life. As we individually synchronize our life form with nature and its demands, then we will experience freedom for the control of nature, not freedom from it. "Go forth, replenish, and multiply and have dominion over the universe." That is the law laid down by the Divine Intelligence. You can't go forth if you don't understand what you've got to do, when understand what you have to do, then you can go forth and replenish and have dominion. But it didn't say you are gonna have ownership. As soon as you get rid of the concept out of your mind that you're going to own this world around you, the quicker you'll have God-realization and the quicker you have inner peace and the more control you have over your dynamic will. When you lose the concept that you don't own it, everything is set up for you to have control but not to own. And the control is not dictatorial, the control is the release of your ego from the state of frustration within you, that's self-control. Every time you release that ego from within you, it's like mailing a letter in the mailbox and forgetting about it, the miracles begin to happen. 0:40 Every day we see it all the time, once we understand the mechanics of how it works, life becomes very simple. Those who associate with us thinks it's too simple but we love the simplicity because the essence of living is clean living and high thinking. And plain living is that you can't eat more than one meal at a time, you can't wear more than one suit at a time, you can't sleep in more than one bed at a time, and you can't travel in more than one car at a time. And high thinking? Treat everybody the same, don't limit them. "Don't limit your fellow man, lest you be limited." And that's secret of success. All the books on success that are being published only say to the world treat everybody the same and don't limit him. No man is a failure, no man is born a failure, it does not exist in the actuality. It's impossible for any human being to be born a failure. Every human being that is born is a success because he's the only sperm that contacted the ovum to become a human body. And if you weren't that one sperm that contacted the ovum to become the human body, you'll be gone down the drain with the rest and somebody else will be in your place. So you see by the law of actuality you are a winner and not a loser. And stop calling yourself a failure. Yogananda once said, "If I had no job in this world, I would create a job that everybody would want to hire me. I would be so willing to work that sooner or later they would hire me all the time." He said, "Because I'm a winner, I'm not a loser. I was born and because I was born, that made me a winner. And everybody that was born at the same time, around the same period, they were winners too. And only winners get together. There are no losers." So God Himself is the biggest winner by making a creation. So the man who is afraid to admit to himself that he is alive and acting, don't understand what it's all about. Spirituality is understanding and flexibility, it has nothing to do with churchianity. So true Christianity is not churchianity, true Christianity is the Science of the Soul and has nothing to do with Jesus or Krishna or any other religious names. It is that conscious

science that operates throughout nature. The word Christus means to attain, it's the intelligence that guides us within ourselves, it's the only manifested intelligence in creation. That's why it's called the only begotten son, the only manifested light. For centuries man was searching for himself and then he discovered it, he was incapable of communicating it. Now, as we able to understand it from the terms in which we live in and the language relationship, we can use it. "The things I do, you do also, and greater things shall you do." And that knocks out the nonsense that Jesus is the only son of God. If He is the only son of God He will say, "The things I do, I do also, and not greater than me." And that's the only man who will set himself up, that would be the true statement that he is the only son of God. But he never said that and in fact, He never called himself a son of God. He always called himself the Son of Man. What the disciple calls their teacher has nothing to do with what the teacher calls himself. It's the teacher that must be listened to and not the disciple because the teacher is the only one who can vouch for who he is. Strange, the disciple can't vouch for a teacher, he's not at that level. He may see many things about the teacher but he can't vouch for what's really going on inside. It takes a long time, just before the teacher is ready to leave the body, that disciple may get some inclination as to what that teacher really is. Tomorrow is initiation and we get up at five o'clock for a meditation here and everybody seems to be so prompt and marvelous and taking part in their postures too, getting straightened out. We hope to straighten them out tomorrow with little fasting and music but we are switching the time for the initiation to 12 o'clock so as to have an early lunch for those who have to leave on the plane to go back home. So those who are going back to Dallas tomorrow, they may find themselves doing some wonderful Seva by carrying one of their spiritual sisters or brother back with them to the airport. Anytime you do Seva for the Lord, you get a blessing and I found that as soon as you work for the Lord, you don't have to worry about anything. And as soon I work for myself, I have to worry about everything. So it taught me a lesson a long time ago, you ain't gonna get nothing out of this universe working for yourself, you might as well work for the Lord because He is the only insurance policy that pays off to the beneficiary and the beneficiary is you. Every other insurance pays off to somebody you gotta leave it to. If you're working for yourself in God, you're gonna cash in in God and I don't know of any insurance policy that will happen. If you take out an insurance policy, you gotta leave it for somebody when you die but if you take out your insurance policy and the actions is for service to God, you cash in back.

### 1973 September 8 - Meditation Survival

Adano73\_09\_08MeditationSurvivalQ2 - Audience: (Inaudible). Adano: Well we don't have Bhajan chairs, you should make your own Bhajan chair. But this is nature's own Bhajan chair, you're in the womb already. Unless you enter into the womb to be born again. You see because this is the womb state that the fetus is being formed in this state and the polarity is there already and since you're going back to the Sound Current. The baby hears the Sound Current all the time, it's born with Cosmic Consciousness when it comes out because it's born with Cosmic Consciousness and we just lose it from the time we get salt in our mouth (inaudible), it short circuits it. But you can't sit like this for a long time because you're not accustomed to it, the ideal situation is to get a cushion and (inaudible) see because then your hand is supported so you can put a cushion to hold it up. Now I used to have a a t-bar and you can make a t-bar, you go in the hardware store and buy one of those screw type legs (gap in tape). ...his own practice and he wanted to meet me so we met and then he began to ask about astral projection, if I could do astral projection and I says "No, I don't know how to do astral projection." He says, "Well what are you teaching?" I said all I teach is meditation. Okay so he says "You don't mind if I astral project in the room?" I says "No I don't mind." So we closed our eyes and he astral project all over the room but then the funniest thing was this, when the meditation was all over he says "Where did you go, I couldn't even find you in the room." He says "I knew your physical body was there but all I saw from the time you closed your eyes, a light like a firefly left your forehead and it's gone. And I looked at your body all the way through and there's nothing there." He says, "Where did you go?" I says, "Well I don't astral project and you do actual projection" and his astral body is all over the room searching. Now this is the difference between astral projection and learning to go out through the Sound Current.

The Sound Current is the Audible Life Stream that connects you to the Life Principle in the universe and as you are locked into it, this is what initiation is all about, initiation is to lock you into the Sound Current so that when you close your eyes it winds you in. Now Jesus uses certain terms in his lectures for his people but they are not understood by the people, "Come I will make you fishers of men." Now when a fisherman throws his rod out, he has a bait at the end right? And what does the fish do? It bites the bait but is the fisherman worried if the bait and the fish start pulling, what does he actually do after it bites? He just allows it to wear itself out right, then when it wears itself out and gets tired, the fish cannot get into the basket or into the frying pan by itself, there just ain't no way, all he's done hook himself by the gill or the mouth and there he is and eventually the fisherman takes his time and reels the fish in and put them in the basket or the pot or put it in the frying pan. This is the principle of the Sound Current by initiation, from the time you're initiated it's hooked into you at the right side of the brain that Current is hooked in and you are just that little fish at the end of the Master's fishing pole, you ain't going no place so what are you worrying about? He's not going to let you go away so either you end up in in his frying pan, that means the carbon comes more faster you know or he puts in the buckets where the water is then you float around and swim around, take the hook out of your mouth. So when he reels you in, this is the difference between astral projection and going in the Inner Life Stream through the Sound Current. The moment a person is initiated and he hears the Sound Current does the Bhajan or does the Simran, he is reeled in. That's why you hear it like a reel, "Zzzzz," it pulls you like a reel and you are connected to it like a fish on a hook. In reality on the actual end of the scale of the energy, this is what is really happening to you. This is the whole ocean of Maya and the Son of God is a fisherman, he's only going to catch the allotted fish, that's the one that's going to bite the hook, that's the one that's going to be initiated, that feels the need to go inward. So he throws out the bait, the bait is what you call initiation and we may be guppies or buffalo fish or wolf fish or sheep fish, clamp onto the bait on the hook. (Gap in tape) ...told what he looks like or what you think he's supposed to look like but it's your own self who put it there, He didn't put himself there. God is life, positive and negative, He is in you and you dress up the negative with masks and call them devils and you dress up the positive and you call them angels or God, we do this to ourselves. The Supreme Life Power has no form, the only expression it has is a radiant light and when you look very intensely in that light all you can see is your own self, just like a mirror of what you are and your whole self is Divine Oneness, a Diamond Body, it's luminous, it's non-sexual, there is no male, there is no female in it. Yet within that light every color of the universe is there so you can one moment see yourself as black yellow green purple indigo and all the shades multiplied to the N-th degree. So you see it's very entertaining and one moment you don't like your fandango, you wear a gypsy rose in your lip, the next time you don't like that you put on your cue, you don't like that then you run with your rickshaw, and if you don't like that particular scene of yourself, you dress up like Eric the Red, or Goethe, and you give yourself all kind of roles in that light. This is just the reviewing of what you have done through the world of time, of living life, it's you. It's a marvelous experience to see yourself in all these roles, it's God, it's all God, it's not hallucinating though, it's the pure light. You remember everything that a human mind can dream up. It's quite a trick, believe me. 0:10 You know one time I wrote Yogananda and I asked him "Could you please recommend the book for me to read. After getting initiated and meditation techniques and I've been studying for nearly two years, I would like to have a book to read that you could recommend" after all a Master should know some good books. And he replied, he said "The largest library in the world is located right between your two eyes, you can spend all eternity trying to read it." That night when I closed my eyes I saw a big book, no kidding it was the whole Akashic records and the page was open all in white and gold and the letters were there in images and there's a big brown hand and I can remember he used to wear a wristwatch, he had a gold wristwatch and a long pointer and I could hear his voice "Now the origin of creation..." and you get lost. When you come out you think you've only been there for a few seconds, you've been there for a heck of a long time, you see yourself going through the whole life stream from little thought right down into the bugs and everything, you find out pretty soon where you are. You know ego goes away pretty fast because you find out you don't have none in there. You know it's very interesting to see yourself a worm crawling along the ground and all of a sudden something pluck you

by your neck and when you look up there is a sparrow "hey buddy give me a break." "What for, I got to live too? You are necessary for my survival, I got family to feed too. We gotta look for some maggots." No such deal, time up, book of life shows you where you are. Next time you're flying like a bird through the sky, you're free. Bang! You look in your chest and there's an arrow, "hey what happened?" Some young man down there dressed up in the feathers all over, he's got to eat, and you're the nice little bird that came down with the arrow in your chest. In the roles played, it's a fantasy of yourself in this life stream and you find out that all is God, God is playing all these roles in Himself and He's using the human body as a movie screen to entertain Himself. (Adano laughs). See this is the whole thing about it, the whole universe is all locked up in us, the whole of creation, past present future is all locked up in us and you go in and out and the one thing you learn is that life is eternal and personality or ego is like waves on it. These are the roles, these are the different masks you put on. One time you're a woman, one time you're a man, you're playing different roles inside and you wake up from the dream, that's why the poet says "life is all but an empty dream." When you wake up from the dream but waking up from the dream is that you don't dream no more, that's the real realization that you stop dreaming for the first time. Then when you stop dreaming and you go deeper into the meditation, you can dream what you want to dream. In other words whatever you visualize inside can become a reality outside, this is the real process of the spiritual life. So the Saint he does not interfere with the karma because the karma is all dreams, to shift one karma to correct one problem for an individual because the individual is unable to break the dream, it's not getting rid of the karma, it's just monitoring it. So he dreams the dream that is ideal for the Soul so the Soul does not feel that it is imprisoned by the karma, he dreams this particular dream for the individual, for the disciple. He sets the dream state for the disciple to become dreamless, to become at peace with himself because the Master is in a dreamless state but he can dream what dream you want and need. We have an example like that in Babaji, you remember in The Autobiography of the Yogi? Lahiri Mahasaya in a past life, he must have looked at some palace possibly Akbar the Great you know, living in a sumptuous palace all by himself and said to himself, "Man he's got it good, I wish I had something like that" and he's outside there shouting "(inaudible) Allah" then looks up and see the big huge Mogul emperor in his castle. Well he might have thought of it and he was daydreaming to satisfy that dream. Since he could not bring that dream into reality for himself, Babaji dreamed the dream for him by crystallizing it and then he initiated him inside of it so that knocks out the dream desire now. So when he walks around and he picks up the beautiful stones and look at it, the stones from the world's value, each storm must be worth a few rupees you know but he's thinking it's a dream and then his friend tells him, another disciple tells him, "No, it's real, everything you see here is real, it's valid 100%, it will stand all the tests. There is only one problem, it is held together by the will of the Master" that is telling the student now the Master knows how to dream the dream and as soon as the Master releases his will from the atoms that are real, the atoms will disperse back into their sphere of motion. Now Lahiri then gave up the desire, see he gave up the desire to live in a castle and giving up the desire to live in the castle, he gave up the attachment then he was free. Now being free from the desire and the attachment he then gained the power to dream the dream so when he came down, this is what a realized man has now the ability to crystallize the thoughts of others, to dream the dream. They don't dream their own dreams no more, they have no more dreams, they're all over, he can only dream the dream of the student who needs something to dream about or what and cause that to crystallize so they have a relationship. So when he came down he told some friends that he had met a great Saint up in the mountains and they said "oh nonsense." He says "Well if I call him he will come," "oh hallucinations." "Okay give me a room." So he gets in the room and he starts to dream the dream and there is Babaji materialized to him but Babaji says to him, "Why do you call me?" He says "Master I wanted to show these people that you do exist." He says "They don't believe until they see." He says, "But I wouldn't let your word go amiss and make you out a liar, I'll appear and let them see that I do exist and I'm not a dream" in the ordinary sense of the word. He is a cosmic dream all right but superstar of dreams but he came out and he asked for them to prepare food, halva, and serve it and they ate and he ate with them then before their very eyes, he dispersed his atoms for them to see. The dream of how to dream a dream, this is what the Masters are, they go back by their own

will, their own volition, not by compulsion of karma but then Lahiri was denied the right. He told Lahiri after, He said, "I will no longer come when you want me." See that would be ego "but when you need me," that is survival, Divine Will. So when he did need the Mastery, the Master came to him all the time but when he wanted the Master, the Master wouldn't come, he had to learn that lesson and at a later date he had an opportunity to demonstrate that to himself between the want and the need. One day he's sitting down in his room with his disciples talking about God and then his wife came in after the disciples had gone and started quarreling with him and says "You spend so much time with your students, you don't even spend time with me and you don't even provide enough food for us in the house, you're always constantly giving away everything" and all of a sudden he's no longer sitting in the room, he's gone, and here she is a woman with her husband, she knows it's her husband and where has he gone, he didn't walk out of the door, he suddenly vanished into thin air and she started crying "My husband where are you? My Guru where are you?" 0:20 And he says "Here I am" and she looks up there he is floating in the roof and he said to her "How can you expect spirit to provide material things, I am spirit, nothing, this is all a dream, material matter is a dream but don't worry, one of my spiritual sons will leave you some finances when I'm gone." She was more concerned with the solidity of things and then she realized that her husband was not a solid being in the first place, he appeared solid that was a dream to her but when she saw the dream that he dreamed and went into that state which gave her the shock of her life but then she came out of that dream state, she no longer dreams those dreams no more then she was able to dream the dream that one can dream. Meditation is to help us to break this illusion and dream, that's why Casey says "Your spiritual growth begins with dreams and ends in dreams" but most people don't understand what he's talking about either. It starts with the hallucinatory level than it goes to where there are no dreams, then it becomes a reality level where you're capable of dreaming at will for the first time what you want to dream. It's called by the Masters the ability to visualize and crystallize other desires, Christ consciousness, it's the gift of Christ consciousness. Christ consciousness has no magic, it only has one power, to materialize thought at will and it doesn't materialize your own thoughts, it's not a person, it's the force field within you that crystallizes the desires of those around you who have a karmic bond with you and that is the way it works. (Gap in tape). Now anytime you say "this piece of food tastes lousy," that's matter. You see every time you curse it, it comes back home to roost, you don't begin to realize that we ourselves are creating karma by the very things we're using and you say "this lousy fire, it don't burn too good," how many times we say these things to ourselves, "it's not hot enough" and then we say the air is sticky and stuffy, can't breathe it then finally we shout to the top of our voices to impress others, that's ether using up the thought waves. These are all forces that must go on in us and outside of the human skin, this body here on this side of the surface, these five forces are in conflict, a tremendous battle going on between them. On the other side the skin inside of the human body, they're in constant harmony and union. Now we are the only ones that can block it and that is by ego so the five forces do govern us as long as we live and exist and they govern us by greed which is the material aspect of us in the human body. Then they govern us by lust which is the water aspect in the body. Then they covered us by anger which is the fire aspect in the body and they govern us by attachment which is the air aspect of the body and finally it governs us by ego which is energy going out of us in the form of ether in the body. See ego is energy going out in the centrifugal movements all the time projecting and humility is energy coming in centripetally to the center, centering back, "Be here now," that's devotion. The same ego going backwards now on itself is becoming devotion and when it goes out, it's centrifugal you see, it's throwing itself out like a centrifuge away from the center. Now the disciplines are very simple to control these five forces, they are the disciplines laid on by all the Saints and Masters of the world who have mastered that that and one is for greed, nutrition, and since nutrition is important to our life we follow Solar Nutrition where we eat the fruits that grow on the trees in the morning, vegetables that grow above the ground in the middle of the day, and some of the fruits that grow on the ground at evening time, afternoon time, and food that grow under the ground at night, that is the basic discipline. By the way they are grown through their archetypal pattern and their response to the light, we synchronize to that and this is what Jung is saying, "Until we learn to synchronize with the environment, we cannot

have inner peace" and that means balancing all forces in ourselves and synchronization must coincide with the natural movements that are there. So if plants are designed to grow high off the ground like your apples by this Creative Intelligence, if you plant the apple in China certainly you're not going to pick your fruit off from under the ground. You take that apple and fly it all the way to Peru and plant it, you'll never find it under the ground, it's still going to be on top of a tree because that's the way it was designed, to grow above the ground and have the rays of the light at a certain time. So you eat the fruit in the morning by the structural pattern, their archetypal pattern and their life movement by sunlight and that should be the normal eating of the food to govern the greed and those that grow on the surface. Again if you plant squash, you're not going to find it on top of the tree hanging down. If you plant cabbage you're not going to find it on the tree either so their location and their growth pattern is archetypally set up. So the time of the day is in the middle of the day and there is fruit also for the middle of the day like your melons and cantaloupe, that is in Solar Nutrition, you're following a solar pattern and in the evening time before you go to bed, the foods that grow under the ground. So if you plant carrots in China or you plant it in India or Africa or United States you're going to find them still under the ground and in no way shape or form they are crawling on top of trees, that's the way they grow. Like the woman who asked me she said "Well I've never seen peanut, how does it grow, can I eat it in the morning?" I said "No it goes under the ground or water," "The peanut grows under the ground," I said "Yes, it doesn't grow on trees," she didn't know that peanut didn't grow on trees and there's a story, a true story that happened here in Georgia when the peanut came out in the time of George Carver when he started to introduce it to the American public. A fellow sold out his clothing store in New York and came down to Georgia and bought up a whole peanut patch and was going to go into peanut to compete with Planters and there was a Georgia farmer who sold him the land and he spent hundreds of dollars to plant the whole field and at the end the year when the crop was supposed to come in, there's no peanuts on the trees. So he's very despondent, a whole barren field so he's bankrupt. So he comes back to the farmer, he says "Hey, what happened, you saw me a bad set of seeds that don't produce." 0:30 The farmer looked at him and says "Well I'll tell you what, since there are no plants in it and since you've been paying me a small amount for the land I'll tell you what, I'll give you back your money and I'll use the whole thing for sheep and goat and cow and let them eat it up and that way you won't lose nothing." So the fellow took back his money went back to New York and two weeks after who did he see up in New York with peanut brittle? The farmer because the farmer that the peanuts were under the ground. But this is the true story that happened in Georgia, the peanut brittle came from that. The man actually ploughed up all the peanuts and mixed it in with cane sugar and made peanut brittle and shipped it to New York. But it grows under the ground. When I was a kid you know we never call it peanut where I grew up, we used to call it monkey nut or goobers. We'd go get them under the ground but they're ideal to be eaten at night. So we govern greed by nutrition now how do we govern lust? That is the force of the water element by the married life and maintaining yourself through an occupation therefore we govern lust and lust is not necessary sex alone, the lust for life, the lust for things, the possessive of it, this is governed by a normal relationship with another human being and that way you govern lust. Anger we govern by not using alcohol to retain the equilibrium of the brain otherwise the brain loses its equilibrium and when you get deeper into this Simran and the meditation and the Bhajans, the gyroscopic action of the brain can be thrown off its course. If you use alcohol, it will throw the brain off its course and wouldn't center directly on the life energy so you can control anger by not using alcohol. Attachment is controlled by not using drugs to hallucinate the brain, otherwise the brain will lose the willpower from the drugging of it and therefore it will become attached to a material possession as the form of security, it tranquilizes and deadens the nerve ends. When we use the drug, we fracture the auric web and thus we make ourselves susceptible to entities of the lower realm and we become mediumistic and that floods into our systems so we can be obsessed or possessed by entities. Also we turn off the life energy in the cells after the drug is administered, the cells they lose their glow, they become waxy, they don't have that glow no more. It takes about eight to ten years to restore that balance by proper nutrition and it has a tendency to drain the energy. Also it changes the auric field. Now in the act of sex, if we perform sex outside of marriage though rape, the aura is black and the child

can be born distorted from the act of violence because the whole body convulses and is a creative principle, the ovum and the sperm will go into convulsions, the offspring can be distorted. If it's performed outside of marriage then the conscience comes into play, the aura is grey/green, the fear of retribution or rebuke from the parent or the resentment to society and it's mores and ideas sets up the pattern and therefore the thought waves of those who look upon us performing the act outside of marriage tends to build a shield or an auric barrier around the child and that child also can be born distorted or deformed. Now when the act is performed in marriage or after marriage, this is where the scripture says "these two people have become one flesh before Man and God," marriage is not man-made, it's a God-made principle by open declaration, by open consent, by open acceptance, the aura is pink and the thought forces of those who are concentrating forms like a moon around the couple and that moon is the color of honey, that's where they got the concept of honeymoon. Those who can really see the aura around the person at the time when their friends who are generally interested in the married couple, sending their thought waves around that couple, they will see this moon of light surrounding them. It's the blending of the two forces of the sun and the moon of the two lights in their body becoming one because the Soul is ambidextrous and androgynous, it bipolar, it's not male/female, it's these two become one for the first time. Only when breath came into the nostril did the Soul split by virtue of reaction and in the first act of sex in creation, did the Soul separate and become male and female. Because the Soul is bisexual but in marriage this is permitted because it is said "God looked down upon Man and saw him alone and it was not right for him to be alone therefore he made him a help mate," that was the second manifestation of Man. The first manifestation of Man was "Come let us make Man in our own image and likeness, male and female created He them." So we have two creations, the first creation of Man where male and female were released out of the pure stream of life and the second creation of Man is the polarities of the body when their Soul separates, that's called the Adam and Eve principle. Now the sex act in marriage is accepted by all Saints or Masters and even Jesus will say "When these two people have become one flesh, let no man separate them, let no man interfere," no holds barred, that's their life, this is how they can live, this is their feeling. Now that is love at its purest form. Now we come back to a peculiar phenomenon in the scriptures, adultery or adultery that we assume in our minds is the act of sex outside of marriage from your own personal married partner but the Master Jesus never said that because when they found a woman and brought her to him by virtue of the law in those days performing the act of sex outside of marriage, she was supposed to be stoned to death, she was an adulteress. All right, he took up a stone which is the normal lethal weapon to kill the person and offered it to them and said "He who is without sin let him cast the first stone" and everybody looked and backed off because their conscience began to tell them that they themselves did not understand what adultery really meant and then when they were all backed off he says to the woman "I see none of your accusers, go do this no more." Now, then he was asked by his disciples if a man can't get along with his wife, should he give her a bill of divorce and then he said "Yes but also thou commitest adultery" but what is this adultery? He says to merely look at the person is to commit adultery, that's a pretty hard statement, he's not talking of the sex act, he's talking of a different principle, the adulteration of one's consciousness by leaving the Audible Life Current, which is identified with you and your partner at the time of your marriage, that this was supposed to fuse and give both of you God-realization, you're supposed to come back into that state of oneness and if you leave that state, you are adulterating. 0:40 Now the country where I come from there used to be a law passed there, it's called the nine dollar law for adulterated milk. If they find you selling milk and you add too much water to stretch it to make more money, the inspector would come along and fine you nine dollars, see this is because it's called adulterated milk. Pure milk they stretch it out from the cow right away and they examine it, it's content and everything, an adulteration is to add four parts of water to make it four times more. So for every gallon, the people used to get four gallons of milk by adding four parts of water and they go around and sell it but they got away for a while until the city people started inspecting the milk, that was adulteration and it was a called adulteration, adulteration milk. The same thing is true in consciousness when we weaken it by deviating from that point, this is the adulteration of the energy. We are separating ourselves from the other (inaudible) so to control lust,

which is a form of adulteration, we practice the normal married life. This is why the Masters they are all married, the real genuine Masters are all married, they don't renounce, that is to keep the balance so there is no internal adulteration of consciousness towards the life current. Now they maintain that association and until they're married, they maintain their personal identity in themselves. The aura is pink in that state when the act is performed in sex. Now how is a Master to be born? You find all Masters are born in homes of married people and especially if they're initiates, you'll never find a Master born in a home of a non-initiate. You can trace them all, every Master that has been born, every realized Master that has been born from the Lord of the Soul, I don't mean from the Lord of Creation, are born in the home of an initiate. For example Paramahansa Yogananda had many brothers and sisters, his first brother and sister were born before him but they were not the children of parents who were initiates because his parents were not initiated at the time when they were born. At a later date when the Father was working and had a man work with him, wanted to go and see his teacher to get Darshan, that is to see the teacher, get the magnetic pull, he told his workman "Why are you going to be religious fanatic?" But a man kept repeating his Simran, doing his Japa and eventually at the afternoon to console the man because he had turned him down, right across the paddy field he saw the teacher materialize in the air and said to him "Why are you so hard on my student?" That made him go now with the intent to see this teacher who would appear and intercede. When he arrived at their house he got the same message and then he was accepted and initiated and he began to practice his meditation. Then the child that was born after the initiation was Yogananda. Now he grew up and his father initiated him, he was initiated by his father, also he was initiated by his Sanskrit teacher and he was initiated by a few other Swamis but they were not his Satguru. The one individual who will give him the final push, hit him on the tuchus and set him (inaudible) to heaven, give him the final slap or pull him by the ear, "Come on boy and here's where you're going to go, push your head in the ground and really wake you up." The Satguru is the one who gives you the same technique, he's not giving you no new technique but he's the only one who's got the final way to kick you in because you'll be prepared by the rest for that last contact. So many of us are on our way in the process to the Satguru, see? But they have to go by initiation so we are drawn to that state in initiation. Now the last principle to master is ego and we can only master ego now by meditation and we must know the techniques of meditation and this is given at initiation or orientation of your mind. See the word initiation means "to introduce," to introduce you back to your life energy, to orientate you back to it so you are oriented to it for the first time and lined up, center it, and you begin to master the ego, that is the energy that goes out of you. E-G-O, it should be spelled E-GO, the outgoing energy, you center it back and the only way you can center it back or pull it back into a centripetal condition is by Simran or hallowing the Name of the Lord and by hearing the Sound Currents and seeing the light so it moves to a vortex, it moves into like a funnel, pulls into the center of you, it comes back in. This is the way we harness the ego and discipline it and two and a half hours is the required amount of time per day we're supposed to meditate, which is approximately one tenth portion of 24 hours. Two hours and forty minutes is the exact (gap in tape)...  
Audience: (Inaudible). 0:54 Adano: Yes between November to December, it will come within the sphere of the earth, pretty close, and the earth only has 110 miles gravitational defense field before we enter what is called weightlessness field so if Haley's comet came within 800 miles of that defense field way back in time and caused a great deal of commotion on this earth. We don't know how close this particular comet will come within that 110 miles from the surface. Past 110 miles, we are on a free flow, everything is moving there in a weightless state. Now in the time of Haley's comet, the comet came about 800 miles close to the earth's surface so how the effect at that time was on the earth, we have a great many incidences to check it out. How close this comet will come within the proximity of the earth we don't know, it may come 400, 500 miles close to the earth's surface. The closer it comes, the more reaction we have, if it passes by 110 miles and come in to this sphere, then it will crash into the earth, this is the danger, the danger of crashing into us. Now how big it is to damage us, we don't know that but what we do know is that it's heading on a collision course. Modifications are already being made and seen on the sun and the big bulge of light is already expanding on the sun because this is causing a magnetic field. So we will see if this collision course will crash or veer off by this sudden release of

gases from the sun. This is due to occur anyway around the end of November to December. Now there's only one significant goodness about this particular planet impact with the comet is that there will be an upsurge in the artistic nature in Man and a down-surge in the plant life, animal life, and an upsurge in the insect life and many other conditions that would tend to affect us in climate, weather, and relationships with each so other don't know what this situation will lead to by the end of November to December. The most significant thing that will happen, that animals will die suddenly with strange diseases, insect life will increase, and we may have to use much more powerful insecticides. Plant life is going to suffer a great deal, the crops are going to suffer a great deal so what we're saying is what is happening in terms of farming today and in terms of prices, you can't afford to buy the food you want to buy at the price you wanted to buy and already our crops are pre-sold before they are grown or harvested in the ground, we don't have normal supplies or surpluses anymore, they've all been sold, and where we are farming today, we are farming strictly on contract basis already. So to feed the nation and to feed people who want to buy from us, we're going to run into a tremendous situation in a year or two from now. We don't realize it, the major chain stores are already on ration. Audience: (Inaudible).

1:04 No this is not a true comet in itself, this is actually a pulsar, a fragment of a pulsar heading from crab nebula. It has twice the speed of light, it has broken Einstein's theory to nothing now that any object moving through space twice the speed of light will turn into energy but this is not. Its condensed density is producing a weight twice the weight of the earth, this has already been measured, its weight is twice the weight of the earth and is a very small fragment traveling through subspace and coming towards us. How close it will get within the safety zone of our 110 miles which is the proximity point for weightlessness and if it makes a curve before that point as the earth moves in relation to the sun, we may be pretty safe but we don't know where it will make that curve but she's due to make an impact within that proximity point in November as we come in motion and line up with it. Now if the line of motion sets her on a head-on collision in November to December, she may plow right into the earth but we don't know that yet so it's coming towards us by then but it does have tremendous significance in which it will affect by its magnetic waves the plant life, the animal life, and the insect life. Now when it comes in this close, it will always affect the waves of the ocean, tidal waves, it will affect our weather, and it will affect the brain waves of the human beings. Audience: How big is it compared to the earth? Adano: They say it is the size of a peanut but having the density of twice the weight of the earth and traveling at twice the speed of light. Audience: How did you get this knowledge? (Inaudible). Adano: But also it was published in the London Radio Observatory, you know you have that large big scope that measures space in the observatory in London, this picked it up already when the crab nebula burst and the pulsars began to be noticed then they began to notice one coming towards the earth sphere and this was put out already over the last six months now in London but they never knew it was heading on a collision course toward the earth. They knew it coming toward at this sphere but it's getting closer now as we begin to chart it. So it's heading towards us around November/December but they've already measured its density, they measured its size, and they measured its velocity and like my wife just said, it is like a bullet heading into an elephant. A bullet can kill an elephant, it doesn't need to take another elephant to kill an elephant, the velocity, the density of the thing can do a lot more to the object. Audience: Would you like to sum up some of the psychological effects that you will have on the human race. Adano: Panic, violence, the tremendous depression, melancholy, the artistic nature will increase, that's the one significant goodness about it because the ratio of light that will hit us to stimulate the alpha wave of the brain. Audience: What about physical symptoms? Adano: The physical shift, there will be a great deal of irritability in the body and restlessness and a tremendous amount of body getting hot, aggravated, the genitals will start to heat up a lot, the slightest thing will irritate you. 1:10 Audience: (Inaudible). 1:15 Adano: You see the word Psalm as we write it today in English, it's PSALM, if we went back to the original writing it was PSIALM but when you speak in English you can't pronounce PSIALM, it don't sound right because two vowels coming together break the tonal relationship. Now when you break the word up and see in the ancient Sanskrit and the ancient Hebrew how it was written, the metaphysical impact PSI hyphen ALM would be the correct word therefore ALM means "aid," and PSI would be extra sensory aid, aid beyond the five senses. Why would one try to repeat words merely to

gain protection if it had nothing to do with extra sensory forces? Our physical forces are constantly working around us to aid us, we don't want it because we think we are very smart, very elevated in consciousness but these para-physical forces work in spite of ourselves to protect us against ourselves so we're gonna be helped in spite of ourselves even if we don't accept it. Some of us are going to be pushed along to be awakened in that state so when we begin to look at the word Psalm we see now in these mantras that they're called, or Psalms, an extra sensory aid available to Man by a virtue of repetition. The science of it is in repetition and in conscious synchronization whereby your vital life force in you, that vital life force in you, is identified with honorable intonation of those sounds. So when you start out using the Psalm with your voice so that this hearing mechanism is impressed with it, then the mind in turn becomes synchronized, it becomes part of the blood stream, the frequency is raised into the life force thus the acceleration puts it in command over the energy. Now you have a manifestation of controlling matter by consciousness and thereby we say we have produced a miracle but we haven't produced a miracle, we merely have had to synchronize with the laws of nature and brought it into manifestation by virtue of love, we have to surrender ourselves into the process. So when we repeat the Psalm by this conscious method, we set up these vibrations which in turn draw to the center of our nature and cause a correction in the atmosphere. A great Saint once said "The deeper your realization of God, the more you have the power to control the weather and the environment around you." So great Saints have done this, they have actually shifted the course of the planetary system by their thought and their realization in God and if they can do that and they don't say it's some magic and they tell us we can do it, then it behooves us to understand the principle and work it. It's just like somebody talking about driving a car and you can take classes in driving but until you get behind the wheel and take over the responsibility of obeying the rules of driving, you'll never drive that car, you'll always be afraid of it but once you accept that responsibility and the mutual relationship of working with it, then you can drive that car without fear, then driving will become a second nature to you. 1:20 Equally true, the laws of consciousness governing matter and energy are around us too and they are simple and direct, we just got to obey them so here we are confronted with cataclysmic conditions, we have a choice to panic, to offset, to prepare, and work through it but we don't have to evade it. The planet is not seven billion years old and it ain't gonna destroy itself, it's not gonna turn into a sun. It takes a planet to change into a sun at the age of seven billion years old, we're already four and a half billion years old and we have a long way left to go to turn into a sun. We're gonna see many incarnations of great Masters and many cataclysms long ahead waiting for this particular planet. So what we're going to realize is that there are always going to be conditions facing the planet as it moves through the atmosphere, let me rephrase that statement, as it moves through the atom-sphere, we don't have an atmosphere, we live in an atom-sphere. As the planet moves through the atom-sphere and other heavenly bodies or terrestrial bodies or celestial bodies break up and crash in on a headlong course towards us, we will be always confronted with these forces. Yet the entity life on the planet can by virtue of love, by virtue of concentration and devotion, offset these waves. So scriptural knowledge is not theory, it's valid science in the right hands of the right person. Otherwise we will all panic and if you read the Book of Revelation, when the four horsemen of the apocalypse went to the city, you ever found out which one killed the most people? Pestilence, panic, death, famine, which one of the four killed the most people? Panic killed the most people and this can happen in any place where man lives because man is the only creature who can't seem to control panic. His environmental training puts him at a handicap and out of that training, he's also given the opportunity to learn to survive. Though you are handicapped by your environmental training, it is a same environmental training that can help you to survive so don't fear, don't panic, go cautiously through the time field with the right attitude and you can come out and that's what they mean "right thinking." If you can find 10 right thinking men, he won't destroy the city, it would not destroy its own self by suicidal action. When we find ourselves confronted with pressures like these, we have to draw into our own inner resources and center our mind and work through it. But enough of the gory details of existence, let us get on with the fact of how we can walk out this quagmire in faith and confidence and face the karmic debt. Remember we are responsible for it too, it just doesn't happen to us, there are no happenings in the universe, they're all cause and effect, all law of cause and

effect. We trigger these forces by virtue of our negative thinking. All around us we see creation in the form of matter, energy, and consciousness, and being, four builders of the universe. When we use the energy wrong by the thinking we apply, we have the result of a cataclysmic action and that is what we have to face and live through. When we apply the correct thinking upon the energy around us, the manifestation is one of construction, uplifting, therefore in a summation in the scripture writing they merely said "As a man thinketh in his heart, that is what he is," thinking triggers off a tremendous amount of energy in this atmosphere. The psychic energy, the para-physical energy is being triggered off by our thought waves. Man is the only creature whose brain is capable of triggering subatomic energy, animals cannot do that, the human brain is the only brain designed to trigger subatomic energies. These subatomic energies are devastating, very instantaneous, they can produce remarkable cures in the body, and at the same time they can produce tremendous cataclysm in the universe. When they're applied incorrectly, they have a whole host of cataclysmic action. When they applied correctly, they have a whole host reproductive, harmonious balance. It is up to us to understand these laws and work with them. Meditation is one of the basis or springboard for balancing the brain and centering it to allow these forces to flow through in a normal state to control our environment. When the emotions are fired up by fear, by anger, the consciousness can't seem to control it and therefore we are at tremendous handicap by these forces. When we learn to balance it and organize it and work with it, then these forces are our servants. It is insufficient to produce and direct and give out spiritual theory without practicality and that is one of the things we have to realize in our daily life. We have to combine common practicality with spiritual theory and therefore preparation is a necessary measure to back up certain concepts, certain prophecies or ideas that are perceived or pre-cognized before they occur. Now we are not to panic because the planet is always going to be threatened by prophecies. We don't have to wait until a prophecy hit us smack into our face, we can have a simple hurricane put out all the utilities in the community for four or five days and put us on a ration basis, this has happened to us and it will continue to happen and will increase in density and capacity. Not too long ago I was in Virginia in the Richmond area and two or three years before I arrived there, the weather had put that city on the basis of ration and you couldn't take your bath because the water was polluted and we have people who live there who can vouch for it, what the situation would have led to if there were not sufficient foresight. 1:3 Panic would have crept him and the people were gathering the food off the supermarket shelves because you couldn't get this stuff to come in, the waters were high and the bridges were down, they wouldn't let you drive in or drive out. Now when a city is cut off by its bridges, aeroplanes aren't sufficient enough to drop food in so what does the public do, what does Man do when he knows he can't eat? Fear, panic, your best friend might kill you for the food on the plate, this is human nature. We don't realize what a tremendous force this is when a man is faced with hunger, when he's faced with violence around him because he is irrational, the brain is not stable, the intensity of that fear can cause him to be irrational and that's not criminal, it's merely in fact that the brain cannot take the pressure, it has no relief valve built into it. We are having more and more mental cases, pain control researches are going on all over this country now in ways to find relief but if we don't have the right attitude to organize ourselves to live to handle pain, we will be at the mercy of pain. We have already programmed ourselves to fear pain, the person who has the slightest pain, to show you that he's afraid of it, he will go and get some kind of a chemical to deaden the effect but never removing the cause of the pain but he will deaden the effect of the pain. Now the way nature has us organized as a living mechanism, we need that pain otherwise she would not have put it there. Pain is not a bad thing, pain is a teacher and a very important thing, it will save your life. When you understand how pain operates in the human body, you can use it for the first time to develop your willpower. If you don't know how it operates, you can't develop your willpower. Anytime you deaden pain by some tranquilizing effect by shutting it out in order to avoid it or evade it, the willpower gets weak, it cannot cope, it cannot draw on the natural life power, the primal energy in your body to offset the condition that is causing the pain and before you know it, you have to take stronger and stronger dosages of medication to offset the effect of the pain. When you raise your mentality and your understanding...

1973 October 25 - Sat Guru

Adano73\_10\_25SatGuruQ2 - (Group chanting "Master's Voice" and "Listen to My Heart Song" and "Who is in My Temple" and "I Am the Bubble, Make Me the Sea" and "Aum Christ" and "The Master's Love for Me" and "Listen to My Heart Song") 0:24 Adano: I guess you've got lots of questions you want to ask. Audience: Would you talk a little bit about the Satguru please? Adano: Satguru, he is the final Guru that gives you the last kick into God realization. First you got to meet all the different Gurus who bring you up or prepare you to appreciate what the Satguru. Satguru is only the one that gives you the final blessing, it's like taking your professor emeritus in the university you see. The true Satguru is a Master from the Lord of the Soul and he doesn't tell you that he's a Satguru and he lives in the world and carries on his ordinary everyday life and does his business but in your own nature after you have searched a long time and done a lot of the meditation then you are made aware of his existence and then there is a sudden lighting up inside and you know that this is the Satguru who will finally give you the last touch to give you the peace profound so that the peace stays with you now without going away. So in his presence, it's only Darshan, there's no education, there is no lectures, it's only constantly reminding you of your nature and reminding you of looking inside and feeling the presence. In other words he's going to review everything you learned and make you live it more intensely so he then gives you his grace and assumes the final karmic bond of making the peace profound in you so then you are attached to him and you feel the pull inside and you know that this is the last link in living the bliss but he makes you realize that he is not the Guru, that the real Guru is still inside of you, the true eternal Guru is yourself. So you have to look inside and you will see him then finally he will disappear and he will become you and you will see yourself inside but then you may not be able to live with the shock of it so you may cry out, "Give me back my physical Guru, I need intimacy." Saint Catherine was the same thing, she didn't want to pray to Jesus, she always wanted to see God, the eternal Guru and more and more Jesus would appear but then she would negate the picture. Eventually when she got the experience he saw a great huge refined version of Saint Catherine, her own self, glowing in this light, and she couldn't take that shock, she said "No no no, I can't be God, I can't be God, give me give me back Jesus, he's more intimate to me, he's more precious to me" and Jesus came back but then she realized that her own self is the true Satguru. Guru means "dispeller of the darkness," he who lifts up or she who lifts up and Sat means eternal, "The eternal form that lifts up." Lifts up to what? To face yourself. You see we are not easily able to accept ourselves as a manifestation of God or that God has become us, which is a total understanding of the experience. That we are not separate from God and God has become us and God is passing through each one of us and we may be separated from Him and may not be able to recognize Him as ourselves working through ourselves therefore we need contact with some other individual who has this understanding, who will coax us, coax the ego, the five senses away from all type of illusory conditions to accept now some physical form as a sort of a rosette stone or measuring stick. So the physical Guru now appears to be that rosetta stone or measuring stick and coaxes you now to gradually come to the realization that God is in you too, you see? "He that do the will of the Lord is my brother and my sister," sooner or later you will have to do the Will of the Lord and the Will of the Lord is to accept where you are, that it is the right place, it's the right time, and the experience is neither good nor bad but it's the opportunity to test your attitude then this finally becomes the true Guru, the eternal Guru, the Guru of Living because the Guru really has no form. The principle that liberates you is Guru, this is the true Guru, this principle that liberates you from all types of images, "Thou shalt have no other Gods before Me or graven image before Me." When the principle is recognized as your own inner self, this is the final freedom but you have to go in gradations. Now if I was a cow, I would want a bigger cow to be the Guru. If I was a lion I'd look to a bigger lion for the Guru. If I was a tree I'd look to the biggest tree for a Guru but because I'm a human being what do I look for? Another human being, this is the empathy level of the personal self. 0:30 Finally that very same person breaks us of the illusion or the relationship to look upon our own cells (selves?) as the Guru but sometimes we can't stand that shock that God has actually become us because when we see ourselves this may tend to develop superego. So the fear of developing a super ego you want now to

remain humble and spiritual so you say give me back that thing which is what you say "love for the alma mater," your school where you came from. You always want to relate to that so this is why Jesus says "None come unto the Father but by me" meaning that after you see yourself, you really want to get back to that Divine Current in some form and you relate to it and that is truly the Satguru, the Master who helps you to see yourself but it is God who actually is doing it for you. We have to use some individual as a sort of a reference point but even the physical Guru can't meditate for you, he can only give you the clues to look at yourself, you have to do it in meditation eventually and come out you see. Now you say to mother, "I'm gonna get married and I'm gonna have my own show and I gonna have nothing to do with you." "Good and fine, go do it yourself, have all the labor pains and find out what it is to be a mother" so when you have it all, "Mother I did it by myself, this is my own children." "Good and fine, now rear them." You see, the mother can't make the children for you, you can only be her child, and your child has got to be your child, your experience is yours but the same principle is in both of you and mother. The Master is the same thing, we can't go into the Master and he can't come into us, we both got to feel the same experience but we need the reference point and in that way we understand what the Master really represents, He represents the channel to look inside of ourselves. So once we are linked into it by meditation then we are raised up and really in essence the true Guru is love, love for life. See God is life, He is the Audible Life Current, that's why they say "In the beginning was the Word" or the Audible Life Current "and the Word was with God" that means it's in the Creative Principle "and the Word was God" or is God, so that is the actual true Guru "and the Word was made flesh," animal and Man but then it differentiated, it rested in Man and the Word remained in Man you see? So Man must make the final confrontation or experience with this Audible Current inside of himself, he must learn to trust. In simple language you must take your mind, which is your five senses and your subconscious thinking, and begin to trust your conscience which is God inside of you. You see we didn't want to admit before that God is our conscience and He's constantly watching us in the form of conscience but when we begin to view it in layman's term, strictly God is our Divine Conscience inherent in the life principle that is directing every movement within us and our consciousness which is searching for all type of experience has to come back and line up with it and become one so your consciousness and your conscience have to act as one. Now your consciousness can assume many things about what the Divine Life is but anytime you are going to try to act it, the decision is made by your conscience and whenever you act it, it is only your conscience you have to account for. Now you have had this experience over and over from the time you're growing up to now to really look at it objectively and try to live with it. So in essence and in simplicity, it is the constant facing your conscience with your consciousness and that is true Sat, eternal, Guru lifting up or dispeller of the darkness, this is the eternal lifting up force that dispels all doubt, the conscience that decides to act through your body, you live with that and to that you account to all the time. Now we don't have a Soul to save, we have a Soul to realize, so the Soul being the totalness of our nature, we have to realize how the conscience works through us to direct our consciousness, which is our ego, which is our personality. The conscience is the Christ in you, it's the deliverer, it's the Satguru, it's the eternal self that acts within you to make you face yourself which is your five senses or your personality. You begin to live it now in simple terms without any complex conditions or without any fear, you can now live with yourself, you see? Because for the first time you are really looking at yourself now and as you think, that is what you become. As the consciousness puts up an idea or a thought, the conscience takes it and acts it out. So energy follows every thought we release and the energy is released by the conscience and the thought is in the consciousness, that is the five senses, the subconscious memory of relating, and the conscience is your final decision to act. You see you can say to me tomorrow morning you're going to have a banana for breakfast, that's in your consciousness but you're not eating the banana until tomorrow, which is your conscious. By the time you get to the point where you can actually eat the banana or eat some cheese, this is still your consciousness. When you make the final act of peeling the banana and putting it in your mouth, that's conscience. Until that last minute of action, it's called the moment of truth, it is between the conscience and the consciousness. And Guru or Divine Self is conscience, Divine Nature or Divine Thinking is consciousness. You see now you understand

why Jesus says you become like a child because of its simplicity. It's in that simple approach, that simple alignment you are free eternally now, free men all, lord of yourself. So the Guru is not just a person physically, this is what Jesus is trying to break us from, the personality of the duality of the consciousness and perceive the true Guru, the true meaning of the Guru or Messiah, the true principle that lifts us up. See Messiah, Guru, all means lifts up or dispeller of ignorance, the thing that lifts you up and the only thing that lifts you up as a person is your conscience because if you see another person, your conscience may assume that he is a spiritual person but it's your conscience that's got to decide if he is really a spiritual person for you or for somebody else and it's got to decide if you want to live that way, how they live. So the action is always going to be determined by your conscience and that is the true Guru because that is the one that you have to live with, that's the one that you got to look and feel all the time. Audience: What is the purpose of a Guru giving a disciple an Indian name? Adano: We expect a change of personality by having something different than what we've been called in order to relate to. So when we enter the behavior pattern of being spiritual, we don't like to relate to our old self because our old self don't have any true meaning for us, we want something different in terms of our spiritual self. So if we are given a name to represent something spiritual, it will help us to disassociate from our old behavior patterns and accept a new behavior pattern. 0:40 All right for example we take that four wheel object outside there with tires and there is a big square box and we call it a Model T but we weren't content to call it a Model T, we call it motor car but then motor car doesn't seem to be an appropriate name, we call it vehicle but the vehicle doesn't seem to be appropriate so we call automobile, have we really changed anything? But what have we done to it? We have improved our relationship with it by the various names we gave it and by virtue of that, we have made a more intimate relationship with the object but the object primarily is designed to do what? Transport you like a carriage you understand? So the new name is to establish more intimacy with the vital power in your body so if you were called Joan when you were born that doesn't seem to give you much intimacy and at later date you meet some spiritual person who may call you Sarada which means faithful, one with faith, one with great conviction. He might as well have called you Faith Smith, if your mother called you Faith Smith, if you know if your last name is Smith and then your first name is Faith, they don't mean anything to you. The word Faith in english didn't mean anything because it didn't leave an impression but now he comes along gives you Sanskrit names Sarada, which means faith or faithful, it rings a bell, it sounds good inside, it resonates you see. So then he puts another word in front of it, Sister Sarada or Saradaji, the "ji" is a little more reverent, Reverend Sister. All these terms tend to bring endearment, it's like my own name, they could have called me Swami Adano but because he didn't want to call me that, he called me Nityananda meaning Ever New Bliss and I switched it and called it Nitty Gritty. (Laughter). It's more appropriate to what I would feel to myself, you understand? Somehow names tend to bring out a little more intimacy of how you feel like Daya Mata, her name is Faye Wright. Now "Daya" means compassion, "Mata" means mother and she was a very compassionate girl before she ever met Yogananda. She was raised as a Mormon and was very outgoing and very interested in people as a whole and began to study and meditate and stayed in the retreat and finally the fullness of that quality of compassion extended to every part of life around that ashram. So Master only changed her name, he's telling her "compassion, it's right," so he called her Daya Mata, "Mother of compassion." The yogic name does not imply something different, it implies a quality to which you personally seem to vibrate at. That quality that you vibrate at, they give you that name because that stands out in your life, this is the quality you seem to generate so the spiritual teachers just emphasize it by giving it a Sanskrit name. Now Sri Yukteswar, Yukteswar means "lion of God," in other words when he gets up to talk about God, he roars, he takes no double talk from anybody about what God is, he's gonna make sure you accept Him or not and "Sri," if you put the "I" in front of the "R" is Sir Lion of God. Sri only means revered "Mr. God" so Sri is just an endearment or reverend, it's another word for reverend and Paramahansa Yogananda is the same thing you see. His name was Mukunda Lal Ghosh but it wasn't appropriate for a Hindu to be called A Reverend unless he was in a Christian ministry where they have lots of Indians who are Christian and they have the word Reverend in front of their name so his teacher merely called him Paramahansa, "hansa" is a swan, "para" means Divine Swan, one who has lifted himself up into

that divine state and is staying unruffled from the pull of the environment and "Yogananda," "bliss through the union with God." So if you feel when you meditate some quality that goes out of you, that quality is your true spiritual name because that is what you really are. I believe that a person should be given a name at a certain time of their life to describe their spiritual quality and that should be their actual name from then on as they take it because that is what they really expressed, that is their character, that is their personality and they are vibrating at that frequency so they are an example of that particular aspect of God. See the name is an aspect of life and a certain behavior aspect of life so compassion, grace, love, wisdom, ever-newness, all these are different aspects. Now the highest aspect of God is "Adi" which means "first joy." Well no human being can be called the first joy, it's not right to call a human being the first joy because God is the only first joy because everything has to originate from Him. So we say "Adi-Ananda," he is the first joy, the first thing everyone wants to achieve, then the next level from first joy is ever new joy. See Anand Swami who was going to name me, he was going to name me "Adi-Ananda" from my name "Adano" but he says "No I can't call you Adi-Ananda because God is the first joy, you ain't God, God became you so I'll you call it Nityananda which if is the ever-new joy" and then I said to myself if I prefer it because it represents me more, "Nitty Gritty," I get a joy out of pinpointing things. So a spiritual name is more of an indication of a quality or an aspect in which you are vibrating from. Now like Muktananda means "Mutka" means liberated, "Ananda" means bliss, "bliss through liberation" or the joy of being liberated. One feels joyful from being liberated from all the desire nature so knowing that you don't have no more desires, you feel joyful so he felt so happy when he came to the realization that he didn't crave nothing in this world, see "Mutkananda." Audience: Are these names given at the time a disciple has attained?" Adano: Yes, when he has when he has rounded out in his nature that particular aspect which he feels totally at home with or one with. When the individual feels totally at home with some aspect... well you take the Indians on the reservation they have a similar way, it's what they call the naming of the child. They don't give it a name, he's called boy and girl until they reach 13 years of age unless they have to record themselves in the Indian schools for the sake of recording then they have a name from their family line which they are doing now because of the compulsory school requirement to have a name but the Indians originally would not name the child. 0:50 At the age of 13 they were sent out on their own that's what they call coming of age and they go away for three days and then they come back. When they went out they were given a bow and an arrow to go and survive on the reservation and then they will return and when they return after they survive the three days, the ordeal of being by themselves, what they brought back as evidence of their ability to survive the three days on their own, that was the name they were given or the experience that they encountered. Well for instance the boy is 13 years of age and it goes out, it's a bright sunny day, bow and arrow. The first day he sees nothing, empty reservation, not even a squirrel, not even a gopher, lots of sunshine, nothing unusual. Second day after sleeping all night he wakes up in the morning and the rain starts to fall on his face. Next day nothing else happened. The third day he may see some little bird and he catches the bird if he's lucky, catch the bird and eat it. When he comes back then they ask him "Well what did you experience?" So he says "Well the second day rain fall on me in my face when I got out of the hole where I was staying." So the Chief says, "Rain in the face," that's your name, that's the first actual tangible experience so from then on he's called "rain in the face." He's not called from capturing the bird because that's a secondary experience for surviving but the first experience that was unusual to everything, that is what he would be called. Now if he saw a grey wolf or a fox and he tried to hunt it down and he was lucky to catch it then he would be named after that or he would learn the ways of the animal. He would study the animals for three days and observe their ways, then he would be called that name. So Chief Grey Wolf, he has found the affinity with the gray wolf and its behavior and he would have the ability to call that wolf to him or any kind of a grey wolf towards him by a certain grunting noise that he had learned and the animal will come to him. Now it won't go to any other body, it will tear the other person up to pieces but it will come to this person because they have formed what is called an alliance or a unity with life. They didn't go out to kill the animal, they came to find an alliance, a unity with life, and they only killed to eat to survive and they pray before they kill and after they kill they pray for the life of the creature that they have to take. So it's

a naming ceremony in itself and it's an alliance principle or a reverence for life so that that creature that they are named or take the name from, they have a bond with. Now you take the Algoma Indians, most of them have a name that represents the rattler so some are called aglomachi or chialgoma or chichialgoma. Chi is the snake you see or rattler so all the Indians will dance and you can take rattlesnakes and throw them down on the ground and many Indians will dance but they dare not pick up the rattler and the Algoma Indian will come along and even say aglomachi or algomochichichi are all different ways of saying this "chi" and the snake would look and hiss and then he will go and pick up the snake, wrap him around his neck and dance but no other one can do it because anyone does it, the snake will bite them. The snake and the Algoma Indian, the boy from when he was growing up, had made an alliance together and the sounds that they make that they are friends, they are allies, they are not killing each other, and he can reach up that deadly rattler and pick him up and wrap him all around and dance and then put him down. Now I've seen this in sometimes these shows, the rodeos, these Algoma Indians will come out and they snake dance and they would have other Indians which would say "Oh there's nothing to this Algoma dance" and the lads are half Cherokees and half Choctaws who says "You gotta love the creature, you gotta have faith." Phooey, many of them get bit by the snake and sometimes very tragic too when you begin to see they try to pick up the rattler and the rattler will strike at them. Yet the Algoma Indian would come along and chant this particular sound and the rattler will calm itself and look at him as if they are blood brothers and he'll just stretch up his head, he wouldn't strike, he'd pick it up, put it over his neck and dance and then put it back down. So we know that the Indians in their own way they had different ways of establishing a unity with the creation or the life forms and therefore they took their names after that form to which they had the alliance with. Now the Hindu Indians, they took their names in terms of the qualities in their nature, in terms like a charity, love, wisdom, or faith, compassion from the quality to which they felt attuned to, they took that name. Now in the catholic church they do have a similar thing, they always have a name taken after Mary or Joseph or one of the Saints, they have some other name to that and then they call them brother and sister but the naming is very good because it does establish some kind of a relationship. Well I have a friend of mine who has two children, two boys, and the first boy he called me and asked me what should he call his son when his son was born and I said call him Sadananda. Sadananda means "disciplined one," somebody who follows discipline, the sadhana you see? For sure, very disciplined this boy, he's got all the makings of a good student who will discipline his mind but the second son he dreams, two nights before he ever had a relationship with his wife, that is going to have a son and the son appears in this dream and tells him his name and he says "Now I'm coming in as your son now." So he tells his wife that they're gonna have a child, it's gonna be a boy. She says, "Come on, you're kidding." He says "You'll see and when he's born I'm gonna tell you his name." So she got pregnant and before he was born, he told her the name, and when the boy was born as a baby boy, they give him the name right away and baby "Waaaal!" and he shakes his hands, both hands he shook and he held onto her and he never cried after that. Audience: I've been told that the incarnating Soul does impress upon the mother often what the name should be. Adano: If it's evolved enough, it will tell them what they should call it because it knows its true name and it knows its purpose in life and it comes back. You see that was the same with Jesus, he was supposed to have been called Emmanuel but they never called him Emmanuel because he didn't believe it at the time. So they had a problem naming him and many three wise men came in, they were busy debating either to call him Abe, Sammy, or Ike (laughter) but just then Balthazar, the big tall one, bumped his head on the cross beam of the manger and he says "Jesus Christ... this has a good name!" (Laughter). He should have been calling Emmanuel, that was his real name, because that's what the angel told Mary to call him but you see she didn't call him that and now he ends up with a name that has got everybody confused because Jesus is not a Jewish name you see, it's actually a non-Jew name. The only thing that came close to the word Jesus was the word Esau which was not fully Jewish. Isa would be a truly Jewish "I-s-a" or Hebrew but the word Jesus was not and that's why many people contest the fact if he was a real man or if he actually lived because it doesn't fit the Jewish pattern of naming a child. 1:00 And again the word Joseph is an abbreviation because really Jewish people never name the children Joseph, it's Yossi, you see it's got to be

something or Solomon or some other way of saying the name, it never really comes out the way we pronounce it in english so that uh makes it a little difficult for most Jewish people to accept the belief that Jesus ever really did live, let alone come from their lineage. This is brought on strictly because of the Greek translators who could not translate fully from Hebrew into Greek into Latin let alone down into English the changing of its original tone began and Christ again was the Greek word for “anointed” or “God in Man” you see and therefore again that threw off a great deal of misunderstanding for the Jewish people to comprehend or accept Jesus as a realized Master but those who live in the orient and understand the Guru/disciple relationship and understand the Krishna principle or the Christ principle, those Orientals accept Jesus as a Christ-realized Master. He was the first of the lineage in the genes of the Jews to ever have that experience of fully Christ realized in that genetics lineage in the Middle East. Because they've had other realized Masters in the Far East but he was the first of his lineage in that environment therefore they said he was the first of the vine, the first fruit of the vine of that particular lineage. The Christ intelligence is the universal principle or personal Godhead which everyone strives to realize in order to become fully God-realized, we have to get to that state first you see. We have to go from the ego level to the Christ level and then once we're in the Christ level then we can be fully God realized. So Jesus was in that state, that's why he asked Peter “Who do men say that I am well?” Now the other disciples couldn't recognize it because they didn't have the inner experience but Peter raised his mind by being steady or calm and looked at his teacher and said, “Thou art Christ” but then he said “I didn't tell you that.” What Peter meant by using the word Christos, in the Greek translation meant “Thou are the anointed” or “Thou art the enlightened” because his Christ intelligence or his enlightenment was perceiving the full enlightenment embodied in the man Jesus. That's why Jesus told him “I didn't tell you that but the Father which is in you” that's the vital power which is in you, “reveal it to you,” brought your consciousness up to the point where your brain could perceive it flowing in me as Jesus, fully flowing. Then he says “Upon this rock,” upon this concrete experience, “I will build my church,” which is a temple “I'll let you start a lineage of Christ-realized people” who would be able to raise their consciousness to look upon their own Christ-nature but later on he realized that Peter was not fully evolved in that state therefore he told him that he would betray. People thought he would betray the Master because he was afraid to admit that he knew Jesus, Jesus was not referring to that betrayal, he was referring to the experience that Peter had that when he was challenged in his own nature of fear, he would doubt that he ever had such an experience because he was never confirmed from any other source except the man Jesus who said to him... (gap in tape) ...experience and if he did have this kind of experience, how come he couldn't block the Romans. You see why would the teacher stop him from raising the sword and cutting off the other guy's ears. You see he did that and he realized that all these things might have been mental hallucinations, that he really wasn't that evolved or the experiences were not genuine so in his own fear he withdrew and went into a sort of mental dilemma or depression. You see we all go through that, we all live through the Peter consciousness, we live through the Judas consciousness, we live through the Thomas consciousness, we live through the John consciousness, and all the other disciples. We live out what is called the 12 levels of behavior of a disciple, which is the 12 signs of the zodiac, we live that out in viewing the inner nature. Audience: Are you implying in what you just said that each of the 12 disciples was most closely associated with a particular sign of zodiac? Adano: Yeah you see the Master to select them, remember “I chose you, didn't choose me” you know. He being the central sun, a representation of the cosmic light in the body, that's why he said “I am the light of the world while I'm in the world” so his major disciples who would play the drama would have to be drawn from the 12 signs of the zodiac, every aspect has to be fulfilled, he can't condemn or tear down, he has to fulfill them in many subtle ways and therefore we only have 12 type of behaviors in the 12 classifications of men from their 12 signs of the zodiac and each one had to relate and behave a certain way in union with the Divine Light or the Christ principle so he drew them onto him and each one was a representation by their behavior of that particular quality. Now we have that same thing in the chakras, we have six chakras below the seventh one, which is the Christ chakra, and this is six in polarity meaning a downward pull and an upward pull which is the twelve disciples. So the downward pull means they move this way and the upward pull means they are pulled up this way.

Now downward didn't mean bad and upward didn't mean better, it meant that the movements were making it a cyclic pattern inside the body around this central sun and as they were pulled down, they would be the first ones to deny the possibility of ever having the experience and they would be the ones that would never have the experience first, they would have the experience last. Those who were pulling up, those would be the ones who would have the experience first in order and they would be coming closer to the light. So Peter was the one closest to the light in the movement of the inner bodies so he was the first one to recognize it in the Master Jesus in the 12 movements and they came in that order. First it was Peter then John then James and then Philip, all around in that movement as their ignorance faded away from their consciousness in that inner movement, they were able to perceive the Christ's intelligence in themselves. So one can see which disciples were the most advanced disciples, the ones who were closest to the Christ nature in themselves. In the case of John he was called a beloved because he was able to perceive the chakras better and clearer, intimately more than the rest therefore he was allowed to write about the chakra in the Book of Revelations, The science of the Soul. Simply because he, not polluted by the thought patterns of the environment, he was more in alliance and he was the youngest so the Master poured more into him and he was a student of more devotion than all of the rest. That's why when he was leaving the body, he singled him out to say "Mother behold your son, son behold your mother." In other words the bond was so great in devotion that Jesus couldn't find anyone in the 12 to equal the devotion of loving God as mother in creation. See we don't have Father Nature, it's Mother Nature and the son would have to go on to the Father and leave the mother aspect of manifestation but they'd have to replace some tangible symbol for consolation. So in his twelve disciples with the highest devotion, John was the outstanding one. Peter was outstanding in volition, in willpower, and initiating action but very very haphazard in discipline because he never stuck to his discipline. Whereas John was very devoted and out of the devotion, John was then say "son behold your mother, mother behold you son," the two of you now will act as one, laying the foundation for the rest to relate to. That's why he could never call his mother, "mother" you see because it was God in human form in the female aspect so he called her woman, his only love was the Father which was outside of the creation knowing this he went on to his own higher self and then transferred the allegiance to the next disciple in line with the most devotion so John the beloved, as he was called, was given the custody of that commitment or relationship and the mother was able to relate to it now, she could see the bond that he was just as spiritually tuned as her true son in the flesh that he would go further to have the writings of the knowledge and put it down on paper. 1:10 Audience: I wonder if you could say something about duty. In reading many of the books that I've been reading since you were here last it talks about though you are on the path and on your way home, you must still while here do your duty and there seem to be implications that this means that your duty is still what it has always been and you must keep doing what you always have done and yet one seems to have desires to change what he is doing. For example get out of the rat race and get into something more peaceful and something that is now more enjoyable but the book seems to give the feeling that you shouldn't do this, that you must stay with what you were doing before and stay in the rat race or whatever the situation may be and continue on. Adano: Sanatana Dharma, that's the term they use in Sanskrit or "Thine allotted task." Krishna said to Arjuna, "Do thine allotted task, perform the duty," Sanatana Dharma or the eternal action. Jesus call it "He that doeth the Will of the Lord is my brother and my sister," duty is Divine Will. Now Divine Will helps us to live through every situation in our environment without negating it or praising it because Divine Will is simply this type of behavior, to accept where you are as the right place the right time and that the experience you're encountering is neither good or bad, it's just the opportunity to test your attitude and this is duty personified in essence. Therefore you don't have no thought of recrimination or guilt anymore, you act it out because it's Divine Law and it's unimportant what the job is, the important thing is how you behave while you're doing it and this is truly what duty is. Now for instance if a governor or a president commands you to go into battlefield and do your duty, he carries the karma not you, you're only fulfilling his particular desire nature to correct a certain principle in the environment. You, having no desire to kill, you go into the battle and leave the Divine Law of God to take care of you, to bring you out without a scar. If you have a desire to kill and you went in simply

because you're commanded to go and you're vindictive in consciousness, then you might be killed but if you don't have a desire to kill and the duty requires that you go in because you're born within a certain environment for a certain national karmic relationship because of certain internal unfulfilled thought patterns, you will go through that experience without being hurt and come out. You see you have a national duty and an individual duty so it's environmental and individual. Now I've had many student friends of mine who had gone through the same situation, one day a young man went to Yogananda when Yogananda was in the body and he said to him, "I don't want to go to Korea because I want to be a conscientious objective" and Yogananda said to him "I can't stop the American government from fighting the Korean government, neither I can't stop the Korean government from fighting the Americans but you go in and do your duty as an American since you're born in this karmic makeup and see what God will do for you, if you have any desire to kill or if you have no desire to kill, you go in, do your duty." The boy says "I have no desire to kill," he says "Okay go in, face the situation of going through the process." He went in through his basic training and lo and behold he never left the shores of California for Korea because he was made a Signal Corps and stuck out in San Francisco for the duration of the time. What the God force will do for you in your own personal karma is more important than the fear of the collective karma to which you are going to find yourself in but you must face the situation to find out if your karma is involved with taking life or your karma is merely to pass through as an innocent bystander, an observer in the process of the motion and those who have to actually kill or be killed, they must go on to complete their own karma. (Gap in tape). Now the consciousness of the outside world suddenly begins to dissipate, diminish, and we find now all our desire nature, all our attachments, all our so called hangups falling off bit by bit, evolution is speeded up for the first time, you begin to experience a sense of unity, a sense of oneness, a sense of Beingness. Meditation is a daily process of freeing the body from these tensions that build up through the consciousness, the various shocks that impose upon the body by the environment in the form of disease. We're supposed to be living in an inner harmony, an inner peace, and if we do that, that is when your conscious is lined up, health flows normally, naturally. If we are not, then our consciousness is in the state of agitation and it's carrying over all the thoughts from our environment and from our parents and we think we are living our own life, we believe we are living in own lives (inaudible) ... the suppressed thought patterns of the parents in many subtle ways. (Inaudible) and we still have to work it out before we can actually balance it out. The inner harmony of the conscience is health, you never hear the word guilty consciousness, you always hear the word guilty conscience, a person suffering from a guilt conscience, not a guilty consciousness. Because consciousness is dualistic, it flows out, it flows in, it's not concerned with stability, it's more concerned with accomplishment. It's only in the conscience you can find the stability or reality but since we don't know too much of our conscience, that is the consciousness is not fully aware of the conscience and how it operates, then the consciousness lives in the spirit of semi-fear, semi-anxiety, because it is not secure. 1:20 If the consciousness was secured by virtue of any type of (inaudible), it will stop the conscience but because it doesn't have kind of training, that kind of encouragement from the environment (inaudible), it doesn't stop the conscience. Therefore it tries to separate itself by making itself important in terms of behavior then we find that you're in dire conflict with our own conscience (inaudible). The Master Jesus said "As many as received him, to them gave he the power to become the Sons of God." In essence he was saying as many individuals whose consciousness will let's go of the environment and accept their conscience, when that conscience is accepted as the sole reality, the bridge between the being and the God-self, the Divine Life, he would automatically transcend (inaudible). In some people it comes on instantly, it's dramatic, in others it comes on gradually but however it comes on from the conscience, there is that glow, there is that joy, that luminosity, that love and that internal freedom of life, a sense of being. By meditation we can prepare the mind to withstand the shock of the release of the conscience and in meditation there are time when you conscience lets go and work out all the negative thoughts and suddenly you find yourself wanting to cry, wanting to groan, wanting to yawn, wanting to stretch (inaudible). These are all indications that the conscience is finally being recognized as the sole bridge between the being and the God-self, between the individual and the higher (inaudible). Since we don't have a Soul and we are Soul, then

conscience is the real guide, it's the real bridge, that helps us to accept the reality of our nature and to what level we are ascending inside. Our conscience helps us to ascend the first level of internal experience, which is Matter acting on Matter and we begin to hear the Audible Life Current inside of ourselves, it varies for each one of us as to the degree of the receptivity. Sometimes you'll hear the bee, the harp, the conch shell, the drum beat, the thunderclap, and finally you may hear the bagpipes playing and all of it is gradually becoming a symphony. As this symphony begins to play inside of you in that conscience, you are becoming realized, you're stepping out of the pull of your consciousness. When Jesus was in the body he said "I saw Satan's fall from heaven like a light," that is to say the conscience perceives consciousness emanating out from the God-self as a light energy and Satan is a part of light, consciousness is dualistic, phenomenal. This light energy is absorbed and observed in our environment as a dualistic principle, it can be measured as a wave and it can be measured as a particle and therefore there is no permanency and reality in light and God is not light, God is Sound. Therefore the Christ intelligence, or the conscience, is indicating that we can't (inaudible). We use the consciousness through our five senses to guide ourselves around in our environment, created out of light, congealed from light, congealed in the form of matter which is light and this is a direct opposition to Satan which means adversary, in direct opposition to the Sound Current which commands, corrects, dominates, and regulates our universe and gives us inner peace. As our conscience becomes steady and centered on the ultrasonic frequencies within our being, then we are completely aligned with (inaudible) and we are liberated. We are liberated from assumptive nature, the desire nature that tends to tear us down as we look outside to the five senses (inaudible). The more we meditate and go inside and relate to the conscience, the more the conscience will guide us with the need of the five senses. So when Jesus said "If the Son of Man be lifted up, I draw all Men unto me," consciousness which is dualistic, which is the result of the procreative act or ego nature, is raised up to the conscience, then the conscience will (inaudible) into the God-self, the pure Audible Life Stream and the basis of our meditation is to bring this about that this consciousness can line itself up to the conscience so it can synchronize with Audible Life Current within the mechanism and the experience is illumination, enlightenment, oneness and we are all connected in life, only in the consciousness separation exists and at best consciousness is only good to the point when you are sound asleep and don't know who you are. (Inaudible) ...there's no something for nothing in this universe (inaudible). That's what God really is, loving to love, the insecurity and being secure with it, the insecurity of security. You've got no guarantee that He's gonna do anything for you until you live it and when you live it, you gotta follow your conscience and not your consciousness. Any action you make in this world of manifestation will be judged upon your conscience and not your consciousness therefore there is no condemnation in the Creative Principle. (Inaudible) ...and judgment is not punishment, condemnation is not separateness. Since there is no condemnation in the Audible Life Stream then we cannot be separated (inaudible) in spite of our ridiculous behavior through our consciousness and our conscience is going to judge us but our conscience is not going to penalize us. It's only our consciousness is going to penalize us, the very same thing that creates the problem because consciousness is going to make you come back to face it and that is what reincarnation is all about. (Inaudible) Children who fail to pass their grade go home and mumble to daddy or mommy, mommy and daddy may get upset and give them a good scolding. (Inaudible).

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Adano73\_10\_26RocklandMassQ2 - ...and the oneness with the spirit you have to hear it because it's the audible life stream within the body. The mind wanders all the time and the mind thinks in its own level that it knows and it can assume and recognize what God is and the mind tries to describe to itself what it feels God can be from its own outward education and from its outward acceptance of life but that's dualistic, that is the phenomenal part of the mind, that is the conscious part that is functioning, that's your consciousness. It's only your conscience which is the realistic part of you, the real part of you, the survival part of you, the part that continues from life form to life form gathering experiences, that part stays in the background observing the masquerade of the consciousness, observing how the

consciousness is going through all types of evasions and questions and answers. Eventually that conscience comes to the decision "there really is nothing out there or inside," it's a peculiar game how this conscience comes to this decision because we don't see anything, we don't hear anything, and nothing dramatic has happened so right away the conscience suddenly gives the impression to the consciousness "See you're wasting your time, there is really nothing here but me, conscience." How many of us have not arrived at that state or have arrived at state? Most of us have arrived at that state but that's where the journey really begins because when you break through that level by trusting the conscience to be receptive and let loose, turn loose this inner peace, then we begin to get the inner experience of the Life Principle flowing with us and the first experience we do have is the disassociation of the body and the sense of oneness with the Spirit. When this comes we can't live with the experience because we usually see ourselves inside of ourselves and outside of ourselves and that's a shock to the brain that God has become you, this Life Principle has become you. Therefore it recedes from that level and comes down back to the consciousness level and tries to pick up activity as a means of survival, as a means of importance, it tends to relate to the outside world because the inside world doesn't go any further than the oneness of the Spirit. The outside world now seems to be more attractive, the craving and the desire nature to expend energy as being important. Its importance is only temporary in terms of our breeding, in terms of our commitments and our responsibilities but that's where we get our so-called ego drive because we feel that we've got to be doing something outside in order to make waves in the ocean of life and then we will become important individuals and we stand out like a sore thumb in society, either we are accepted or rejected by it. We live with the illusion that action on the outside is realization. Action on the outside is not realization, action in the outside is merely fulfilling desires for lack of comprehension with your conscience and your consciousness. When you shut down in sleep your consciousness can't help you, it doesn't even tell if you're a man or a woman and if you don't wake up tomorrow morning, you have no other comprehension beyond that point because who are you gonna tell it to? So all the actions that you perform outwardly as making waves in the ocean of life, where does it go, what does it add up to, who are you gonna tell? Conscience comes back again as the probing force field in our being, it's that part which makes us question what are we, why are we caught up in this dualistic pull, what makes us reach out, why are we so torn up between an outward and an inward life? The inward life is tranquility, serenity, conservation centered on the conscience. The outward life is expression, centrifugal energy projecting itself constantly, caught up in the addiction of repetition. We need both because we are living in a dualistic environment, we need outward action as well as inward action. Outward action is only centered upon our occupation in terms of survival and centered upon the individuals in which we relate to. At best we can only carry them in our memory when we shut down and when we shut down if we believe they will really follow us someplace inside of ourselves, we're mistaken, the outside world can't follow us inside. It's like a man can't eat the food that's in your mouth, you have to eat your own food. He can't sleep for you, at best you can only think of the possibilities of being satisfied by eating or relating to it. It is when you go inside and line up now the conscience with the consciousness then we have for the first time a breakthrough into the inner reality, there is where the Sound Currents become magnified and it's the Sound Currents that we have to listen for constantly more and more that enhances the peace. It is not so much what you see because there are only certain things you can see inside that are of value, the rest are all assumptive late nature, the Creator made it that way, He made this world to entertain himself and we the Soul have to go through life in a state of humility. At best our ego doesn't help us because the ego is concerned with the outside, it's concerned with the attachment, it is concern with the sense of responsibility, the sense of grief, the sense of fear, sense of rejection, sense of importance, and all the ideas that would use up the energy of life to imply that it knows all there is to know about the creation. 0:10 Conscience is a subtle force inside, which is our pure being, it permits our consciousness to make all these waves yet when any action is to be performed, any action that is of worthwhile consideration, that's going to really call upon us to measure up in any sense of the word, our consciousness lets us down and we find out we have to fall back on our conscience and the decision is finally reached and executed by the conscience. So if conscience inside of us is the

determining principle for our life existence and our behavior, then we have to learn to live in peace with it, we have to learn to trust it before it will relieve us of any fear and transfer to us any extrasensory ability. That is what is meant by "Who is in this temple." In that chant it says "who is in this temple" who is within this mechanism, "all the doors open by themselves" that's the centers, the chakras, the endocrines counterpart. "They open by themselves," that means they are set into motion from within by the conscience and "the lights go on by themselves," vibratory nature, the inner peace is also released by that conscience and "darkness" which is the desire level or the craving for reaching out through the consciousness into the outside world, suddenly begins to dissipate, diminish, and we find now all our desire nature, all our attachments, all our so-called hang-ups falling off bit by bit and our evolution is speeded up for the first time. We begin to experience a sense of unity, a sense of oneness, a sense of beingness. Meditation is a daily process of freeing the body from these tensions that build up through the consciousness, the various shocks that imposed upon the body by the environment in the form of disease. We're supposed to be living in an inner harmony, an inner peace, and if we do that, that is when the conscience is lined up, health flows normally, naturally. If we are not then our consciousness is in a state of agitation and it's carrying over all the thought impressions from our environment and from our parents and we think we are living our own lives, we believe we're living our own lives but so few live their own lives, most of us are living the unfinished thought patterns, the suppressed thought patterns of the parents in many subtle ways and activities from inside. Some of it are removed at a certain point but there are certain residues that often return and we still have to work it out, clear it up, before we can actually balance it out. The inner harmony of your conscience is health, you never hear the words guilty consciousness, you always hear the words guilty conscience, a person is suffering from a guilty conscience, not from a guilty consciousness because consciousness is dualistic, it flows out, it flows in, it's not concerned with the stability, it's more concerned with assumptive nature. It's only in the conscience we can find the stability, the reality, but since we don't know too much of our conscience, that is the consciousness not fully aware of the conscience and how it operates, then the consciousness lives in a state of semi-fear, semi-anxiety, because it is not secure. If the consciousness was secure by virtue of any type of training, it would trust the conscience but because it doesn't have that kind of training or that type of encouragement from the environment or from its own programming or education, it doesn't trust the conscience therefore it tries to set itself apart, it tries to separate itself by making itself important in terms of behavior. Then we find that we're in dire conflict with our own conscience and then the conscience would not turn loose its power and give us that state of illumination that we're looking for. When the Master Jesus said "As many as received him to them gave he the power to become the Sons of God," in essence he was saying "as many individuals whose consciousness would let go of the environment and accept their conscience, which is the Him in themselves or the vital spark, the eternal principle of nature, when that conscience is accepted as your sole (Soul?) reality, the bridge between the being and the God-self, the Divine Life, we would automatically transcend or become Sons of Light or illumined, we would feel the sense of enlightenment and there would be a sudden internal change for harmony, balance, and health and that balance, that flow would come on instantaneously." In some people it comes on so instantaneous that it's dramatic, in others it comes on gradual but however it comes on from the conscience, there is that blow, there's that joy, there's that luminosity, that love, and that internal freedom of light, a sense of being. We can bring this about by speeding it up too through certain internal approaches. By meditation we can prepare the mind to withstand the shock of the release from the conscience and in meditation there are times when your conscience let go and wash out all the negative thought residues from your consciousness and suddenly you find yourself wanting to cry, wanting to groan, wanting to yawn, wanting to scratch twist or turn, and suddenly you find yourself in a state of release. These are all indications that the conscience is finally being recognized as the Soul (sole?) bridge between the being and the God-self, between the individual and his higher nature. Since we don't have a Soul and we ARE Soul, then conscience is the real guide, it's the real bridge that helps us to accept the reality of our nature and to what level we're ascending inside. 0:20 Our conscience helps us to ascend the first level of internal experience which is a Matter acting on Matter and we begin to hear the Audible Life Currents

inside of ourselves, they vary for each one of us as to the degree of the receptivity. Sometimes you will hear the bee or the flute, the harp, trumpet, the conch shell, the drum beat, the bells, the roar of the ocean, the thunderclap and finally you may hear the bagpipes blowing and all of it will gradually become a symphony. As this symphony begins to play inside of you, in that conscience you are becoming realized, you are stepping out of the pull of your consciousness. When Jesus was in the body he said "I saw Satan fall from heaven like a light," that is to say the conscience perceive consciousness emanating out from the God-self as a light energy and "Satan is the father of lies," consciousness is dualistic, phenomenal. This light energy is absorbed and observed in our environment as a dualistic principle, it can be measured as a wave and it can be measured as a corpuscle and therefore there is no permanency and reality in light and God is not light, for God is sound. Therefore the Christ intelligence or the conscience is indicating that we can't trust our consciousness which determines its existence by light. We use the consciousness through our five senses to guide ourselves around in our environment created out of light, congealed as light, congealed in the form of matter which is light and this is a direct opposition, Satan means adversary, the word means adversary, direct opposition to the Sound Currents which commands, corrects, dominates, and regulates our universe and gives us the inner peace. As our conscience becomes steady and centered on the ultrasonic frequencies within our being, then we are completely aligned with the Spirit and we are liberated. We are liberated from the assumptive nature, the desire nature that tends to tear us down as we look outside through the five senses into the world of objectivity. The more we meditate and look inside and relate to the conscience, the more the conscience will guide us without the need of the five senses. So when Jesus said "If the Son of Man be lifted up, I draw all Men unto me," if the consciousness which is dualistic, which is the result of the procreative act or ego nature, is raised up to the conscience then the conscience will draw it back into the God-self, the pure Audible Life Stream. And basis of our meditation is to bring this about, that this consciousness can line itself up with the conscience so it can synchronize with the Audible Life Current within the mechanism and the experience is illumination, enlightenment, or oneness and we are all connected in life, there is no such thing that we are separated, only in the consciousness separation exists and at best consciousness is only good to the point when you're sound asleep and you don't know who you are, that is the best it can ever be but conscience will always be with you even when you leave this frame because that is what you have actually done with yourself and no one is going to lay blame for it and you can't blame no one for having done anything to you, you can only blame yourself, it's a funny principle, there's no something for nothing in this universe yet you gotta love it. That's what God really is, learning to love the insecurity and being secure in it, He is the insecure security. You got no guarantee that He's gonna do anything for you until you live it and when you live it, you've got to follow your conscience and not your consciousness. Any action you make in this world of manifestation will be judged upon your conscience and not your consciousness. Therefore there is no condemnation, the Creative Principle God cannot condemn you in your actions. Only unto the Son, the bridge, the conscience, there is judgment and judgment is not punishment, condemnation is not separation. Since there is no condemnation in the Audible Life Stream then we can't be separated from Him, we are connected to Him all through eternity in spite of our ridiculous behavior through our consciousness. And our conscience is going to judge us but our conscience is not going to penalize us, it's only our consciousness is going to penalize us, the very same thing that created the problem, your consciousness is going to make you come back to face it and that's what the reincarnation is all about, you're brought back to face your consciousness. Children who fail to pass their grades go home and mumble to daddy or mommy, mommy and daddy may get upset and give them a good scolding, the school is not going to change their policy. You didn't pass the grade and you know you didn't do it but your consciousness says to come back and do it next term and that is the real inner struggle: consciousness, conscience, Audible Life Stream, the trinity. In a simple way you could ever live with it, you can also call it Father, Son, and Holy Spirit or the Creative Intelligence, the Christ-self, or the opposition Satan. There is no Satan though, it's just the dualistic consciousness. God is not light, God is Sound. "In the beginning was the Word and the Word was with God and the Word IS God or was God and the Word was made flesh and dwelt in Man," but "Let there be light" and out of light came a

creation, a dualistic principle, Maya, illusion, the Hindu terminology for our world in which we live in. Jesus merely called it Satan, the adversary, the centrifugal energy that flows out from the source of Being. Everything has to go back by centripetal energy and going back is the love for the conscience or the Christ in you, you have to make the distinction between consciousness and conscience. At best the Masters can only come down who are individuals who have learned to line up their consciousness with their conscience and live in the world with us to show that the dualistic nature of the consciousness does not control their existence but it is conscience that controls them or the moralistic behavior of their life that makes them function in society. 0:30 When we accept that and don't try to make it too complicated then we will develop simplicity, a self-innocence, and non-guile, and the bodily cells will begin to take that on but you can see it in fully realized people. The softness, the tenderness, the naturalness of them all, they're like children amidst it all simply because their conscience is free, liberated but the consciousness can get bogged down and clogged up. You see in creation, the creative function of creation is to keep us here and the highest bonus it will ever offer in the human mind is the ability to invent the ever-new model. Once you invent something with your consciousness, the next thing that comes up in your mind is to create a new model of it because you can never be satisfied with your consciousness and as long as you're going to keep creating a new model of it then you're addicted and then you're back here in creation again, you're here to entertain instead of be free. We will be creating more and more, there's nothing wrong in creation, it's designed for us to recognize and to function in it and some of us are going to create and keep on creating, other of us are going to recognize the purpose and just step out of it. Now inner peace can be experienced on three levels: in the act of creation but then there is the feeling of improvement in the act of creation because you'll never be satisfied with what you've created, you're always going to want to make better model of it. Even the great Creator Himself is not finished with us, we have to become perfect you see, He too had to leave it right there and we are taking up the unfinished job of trying to prove to Him we're going to be better. We can find inner peace by conservation of our forces by going in and centering ourselves on the conscience and living with our inner nature and not wasting the energy, appreciating the value of living. The third way we can find the inner peace is in the alliance or unity with the Sound Currents, they are eternal, they are the ones that lift us out of the dualistic existence and that is the peace that the Master Jesus meant when he said "The peace I give, the world don't give." Consciousness cannot give you the real peace because you'll want to keep improving, keep renewing, and remodeling. Conscience gives you the conservation, the Audible Life Current gives you the unity. It is a conservation and the unity that we are all seeking inside of ourselves, how to conserve our energies and then to unite with life as a whole. In the conservation and in the unity we develop devotion. In the functioning of the consciousness and the outward analysis and trying to express creativity by improving upon it every time, we acquire only knowledge. And devotion is called the Tree of Life in us and it stems from our conscience by centering it upon the Audible Life Current in the body and the Tree of Knowledge is the consciousness focusing outwardly with the various desires craving to constantly make new models of the creativity. So all in all when we begin to meditate, we are very fortunate to come to come to the realization that we can face ourselves and withdraw from the pull of the desire nature locked up in the consciousness and center it upon the conscience that gives us the inner peace and unifies us with these audible currents inside of our being. Scientists are now admitting that the human body is one big orchestra and you begin to hear it inside, you don't need nothing from the outside because it's all music and it's called the Holy Comforter, the whole thing is comforting to you because music really comes from inside, it's the Soul nature playing and once I asked the question "What is music?" And at best everybody agreed that music is organized noise so if the body is organized from within by the Audible Life Stream then the best music is yet to be heard and it's inside of you. The various levels of creation mentioned in the scriptures are only conditions of nature. The first level is Matter acting on Matter. The second level is Energy acting on Matter, they have Sanskrit names for them. The third level is Consciousness acting on Matter. As far as Man's creation has come, he's just in the field of Energy acting on Matter and he's just discovering a little of Consciousness acting on Matter. And then the fourth level up is Energy acting on Energy which is the world of manifestation or time, Kal or Adeno, the

Lord of Creation. Then the next four up because the universe is an octave of eight, music is an octave, the Word is music you see, the Cosmic is a musical principle. The next four up or the fifth level which they call the Master level, that is Consciousness now acting on Energy. For the first time we have energy that the universe is sustained by, controlled by a consciousness, the power to run it, the Master level. So we say a Master from the fifth realm, an ability to regulate the environment through the manifestation of desire. The sixth realm up is Consciousness acting on Consciousness. The seventh is Beingness acting on Consciousness and finally the full octave is Beingness acting on Beingness. 0:40 The last four is the unmanifested universe, there is no light in that universe, it's all Sound Currents, it's called the world of the unknowable or the unmanifest, Agan Lok, the unnameable. It's the unmanifested universe because Consciousness regulates it and Beingness controls Consciousness. Since there is no light, only the realized individual can take us up into it and therefore when we begin to meditate, our journey is centered on our conscience and not our consciousness and the conscience will take us all the way up because conscience is Beingness, conscience is God too. You see God cannot escape his own conscience because He is the conscience itself, He is the principle that sustains us from within, He is the Soul (sole?) reality of our nature so when we do meditate, we are brought face to face with our conscience. So you see God is not too far from us, He is the actual mirror within our own makeup in the form of the conscience. You know that little story "Mirror mirror on the wall, who is the fairest of them all?" It really means "conscious conscious, running in my mind, what kind of dirty thoughts am I carrying on now? Am I free from negative thought patterns?" See and that's the Satch Khand we have to come to face, the abode of God, conscience, we are lifted out into that state to face the true conscience or the pure conscience. It's freedom from the sensory world, freedom from the world of manifestation, and we can free ourselves immediately and not wait for a long series of progression activity, that's why meditation is a speeding up process, it helps us to come to grips with our conscience right away. That is the true Master in all of us. Human forms are never really Masters, at best they all have a disease in their body. The true Master in the human being is conscience because you have to live with it, you have to confront it, and you can't even give it a name. You know you can't even name the conscience, what would you call it? You know it's in you, you know it's the one thing that you can trust or one thing you're afraid of, but you can't name it. Peculiar? How your consciousness will try every way possible to make the resolution but it can't, the consciousness has to surrender to the conscience, it has to let the conscience run it, regulate it. Yet the sense of trust comes from another level, it doesn't come from your consciousness, neither does it come from the conscience, it comes from the vital principle, life itself in you, that subtle part of you which is life, the Audible Life Stream gives you the sense of trust in your conscience. Anytime you're going to make a decision and have to live it out on a factual physical level, you're going to do what your conscience tells you to do. You see how close you are to the reality of the God-self? It's not somewhere out there in space, it's right in this little cranium of ours. Every moment we are making decisions with our life energy and our consciousness and it has to act them out and conscience is the determining factor by which we live it out. So by essence of that you can see Divine Will is immediately applied, it is not something that we have to go and say "Please dear God give it to me, show me what to do." "Please dear God" is your conscience already telling you how to do it by acting it and that wherever you are it's the right place, it's the right time, and the experience is right for you, it's neither good nor bad, it's just that opportunity to test your behavior, how you will act with your conscience. Conscience brings us face to face with the reality of ourselves. We can give these forces within ourselves various names but when we come down to live it in the actual living of the basic feelings, we find that we are really dealing with our consciousness and our conscience and our life stream. That does not detract or take away from its importance or its magnitude or cosmology. No, in fact it simplifies our cosmology for us and gives us a deeper sense of respect for the nature in which we are formed. We can see how this Creative Intelligence had taken a complex situation, reduce it to a simple process, and at the same time magnified it to the point of infinity that there is no end to it. And in the outward life we have to meet human beings on the same level because they have to live on the same behavior pattern. We can't love our neighbors until we learn to love ourselves and if we learn to love ourselves, we are confronted with consciousness, conscience, and life current and what is your

neighbor? Only a replica or a carbon copy of the same Principle with a different variation of externalization of the body. We are like bulbs and each bulb may be distinct from the other and we may vary in wattage and luminosity of expression but we all have to be plugged into a socket and be lit up and it's only that particular one (gap in tape) ...then we discover that because in its simplicity now we can live life wherever we are, we don't have to run away to mountains, caves, forests, or penthouses. The living of the spiritual life is here and now in the physical body in your environment with your fellow Man because it's the dynamics of existence, you are free for the first time for life, you're not freed from life. To be free from life is evasion, to be freed FOR life is liberation because more life will flow into you, more life will present opportunities to make decisions without condemnation. So consciousness is the only a barrier when applied negatively but when applied positive it's an asset, it's an asset to the conscience, it's an asset to the Life Stream. In a negative way it's the craving for domination from the environment or the enslavement to the environment. We have to use our consciousness to guide us around externally but we can't depend on it to give decisions or make decisions or live out decisions, we have to depend on our conscience to do that. Any decision that's going to be lived up to or any transaction or commitment that is going to be experienced or lived up to, it has to be done from the conscience level. 0:50 For example, you see a beautiful suit in the showcase and you want it. Your conscience will tell you "do you have enough money" or you have to commit yourself to it. Whatever the decision is made towards that object, conscience has to fulfill it. You see conscience runs our inner levels, consciousness runs the outer level, and consciousness on the outer level is only capable of making choices but not capable of fulfilling them, it's conscience that must fulfill all decisions, all choice made by the consciousness. So to a certain extent we can't really trust our consciousness, we have to train it to cooperate with conscience and this is what a meditative life does for you. The daily meditation is that process that tends to bring it into unity so it can work for the first time to your advantage. And "to your advantage" only means in alliance with the Life Spirit, the Life Currents in your body. Any questions? Audience: This higher self within ourselves, you said that when we reach God realization, you see our higher self. Well there's two people and when you die, you have one person that steps out and what about your higher self, where's your highest self? Adano: The energy that feeds that thing that stepped out. Audience: Is it a form? Adano: No, it's energy. God is energy. He is life, creative life. He's is the Audible Life Current, a vibratory force field. Audience: When you're on the other side, we all look like light bulbs to one another? Adano: We don't look like nothing, we only look in relation to what we think we're supposed to look and that's consciousness that does that for us. You see consciousness keeps repeating the light image of the memory of the association with the physical form. At best it can only carry what it's supposed to look like, it really doesn't have any form, it's all light, radiance, luminosity. Even a Master inside, after a while he disappears into luminous light, he really has no form. We carry the form by association, by attachment, by commitment, these are mental functions of the consciousness not the conscience. Pure conscience is life energy, love, pure essence, it has no form, it flows within us and in everything. Audience: But what about in the dream state? Adano: The dream state again is your consciousness that is making the associations. You dream that you look like something because you've already accepted what you're supposed to look like. Therefore your consciousness is determining that already, you expect that. Consciousness is assumptive, it assumes that it has to look like you with blonde hair, five feet eight, a female. At best when we go on the other side, are we naked or do we wear clothes? Audience: Anyway you want it. Adano: But that's consciousness doing that, any way you want it would be consciousness not conscience. You see energy has no sex or anything. Audience: So if our higher self is supposed to know better and there's God within us then how come we're not God-realized when we step into the other side? Adano: We are God-realized when we step into the other side when we take away all the images of it. "Thou shalt have no graven image before Me." You see, "I am thy Lord, thy God, thou shalt have no other Gods." No other form or graven image, that means impressed from your consciousness. Don't carry your consciousness in there because it can't do a single thing for you in there. At best it will only confuse and make more images and the Me, which is the real essence or real conscience, don't have a form. It's a bridge between the conscious world and the life energy within you so that conscience is really the

connecting bridge but it has no form, it doesn't even have a name, it just really relates to something that holds on to keep us in balance, it's called the nameless and the formless but the mind has to have something to satisfy because it does not want to let go of its independence and become united with it. The sense of unity is a very hard thing to acquire, the sense of separateness is a very easy thing to live with and is the very source of our fears, the sense of separateness yet it is the one thing you hold on to the most. How many of us are willing to unite with God, ask yourself the question? We talk about wanting to know God, do you really want to know Him truly in the sense of unity or in the sense of separateness? Audience: Everybody is afraid. Adano: Yeah because your separateness gives you independence that you can talk back to Him. Audience: All right and another question, if God made Souls and we are supposed to be God then how do we ever get made? Adano: Here is a notion, what makes waves come up on the ocean, where do they come from? There is the ocean right there, take away the waves, what would you call it? The largest swimming pool in the world. Give it waves then you call it an ocean. What causes waves to come out of the ocean, what makes the wave different from the ocean, is the wave separated from the ocean, individual from the ocean? Audience: Then why do they talk about God making Souls? Adano: It's the same thing I'm showing you, the same thing, they are using this particular semantic way of describing what the the Ocean of Life is. God is the Audible Life Stream, the whole ocean of life, and out of it comes up waves of existing forms called Soul so how does a wave come out of the ocean? You've been to the ocean many times, how does the wave come out of it, how does it form itself, by what force does it form itself? The wind forced the waves to have an appearance on the surface of the water otherwise there is no wave. Now what is that wind? The breath, "God breathed into Man the breath of life and Man became a living Soul." Because He made Man out of energy, "Come and let Us make Man in our own image and likeness." Two things: energy which is the atom having no shape nor form or reality more than the fact that it's light and that is dualistic and "likeness" which is conscious vibration or acceleration. In this dualistic world we appear to have an existence by the breath that is put into us, the wind that is blowing across the ocean, the big swimming pool called an ocean and now appears to have waves. No wind, no waves. No Breath of Life, no you. Life is an empty dream and we are merely actors where we have our entrances and our exits and at best we only know nothing but it's the game to satisfy and entertain the Creative Intelligence because He loves us so much, He wants to be entertained by it. So He allows the wind to blow across the whole force field to make waves to give it an importance. Why did you refer to your mind as waves? It's always going back and forth, you see? The ocean of the mind, it is always referred to water and it's the biggest part of your whole existence in your body, you have five forces inside of you and they come and go all the time. Out of the one river of paradise which is ether, the Sound Current, flow the four rivers that form the universe: earth, water, fire, air. 1:00 These are the five forces of the universe: earth, water, fire, air, ether. That is to say solid which is earth, liquid which is water, fire which is thermal, air which is gaseous or plastic, and ether which is sound. Now light appears to have some kind of a possibility of existence in this ether but light is a dualistic, it's a Jekyll and Hyde therefore it's a father of lies. A lie is a dualistic principle, it's not a permanent principle, you can't rely on light, the only thing you can actually rely on is sound. When we come back to ourselves in essence and look at ourselves objectively and start clearing out all the cobwebs of the so-called metaphysical semantics, we are facing for the first time a reality of universal life streams flowing all the time and it's centered on conscience and conscience can only judge, it can't punish and life can only supply, it cannot condemn. The game is not in the conscience and the game is not in the Life Stream, the game is in the consciousness which is the light. "Let there be light" and if there was no light, there'd be no universe, it's all darkness which is sound. Sound has no light, it's all the darkness, the whole cosmos is sound but anytime that that Sound decides to say to itself "Let us make light," Sound has to say it you see, light can't say it to itself because it doesn't know what to say. So we call the light Satan, the adversary, the centrifugal energy that flows out, that drops down, that comes down. Down don't mean bad, it comes out from the unmanifested level into the manifested states of appearance which is retinal photography, the five senses, Maya, illusion. Audience: Do you meditate on the other side? Adano: No you live in the other side because there is no other side. Have you ever stood up at a door and look at this and ask which

side is in or out? It's in because you're in one side boxed in, it's out because you're denied going in the other side right? So there really is no in and out, it's only in relative relationship so in and out inside of this being, this is being, this is a miniature universe, this is a miniature expression of the whole thing so where is in and out in the whole thing in the first place? There is nothing as far as the consciousness is concerned and I'm not saying conscience the consciousness is concerned, that is real and that's why the Yogis start out with saying "To seek God practice algebra." Now you ever practice algebra? All right if you want to find quantity X in an equation what do you first have to do?  $36 X + 25 Y$  in a little cup like, multiplied by  $46 X - 3 Y$  in another little cup, divided by  $30 X +$  so many Y over 450 and you want to say now "find what X is equal to" what are you gonna do? And you go through the whole thing, not this, not this, not this, not this, and before you know it you have to work the whole thing down to come out to find out what X equals to and that's the same thing you're doing in meditation when you're trying to realize God. God is not this, not this, not this, not this, He's none of these things. At best you can only end up after the final reduction between your consciousness and your conscience and the energy that flows through you, that's what the trinity is all about, that's why it's a trinity. It's positive, negative, and neutral and negative has nothing to do with bad, there's no bad in this universe, this universe is all flow, that's what the universe is all about flow, f-l-o-w and flow is unity. Therefore when you feel peace, what do you feel? You feel a flow of unity in your being and you have to live with it, you have to let the consciousness accept that as the essence of you because the conscience already accepted it and the life energy already accepted that but the consciousness can't, the consciousness is busy making games, busy trying to play games with itself and that is why realized teachers come back into the world of flow to lift us up from the conflict of the flow, to show us that there is nothing to be in a state of frenzy about, just look at yourself and the very fact of looking at yourself you will discover that the whole thing is caused by your consciousness because you have to analyze the experiences that you're feeling or encountering by your consciousness. In fact you're using your consciousness more to do all the evaluations so your consciousness is like a stick you know. How many ends does a stick have? Audience: Two. Adano: All right you're sure, everybody's positive, you're positive? Push the ends in, what you got? To the middle. Audience: One. Adano: How come you get one? You don't have no ends when you push them in together. Your mind will tell you you think you have one because you can use your mind to ascertain geometrically now from when it was pulled out. And if you push it in then you have a dot, does a dot have ends? Audience: You make it sound so simple. Adano: It just that what it really is. You take this stick here and reduce it down to itself by mere compression, by the principle of compression pushing the ends back into themselves, a stick is only an extension, an extension of a point in beingness. Audience: All right if you don't feel guilty about doing something when you're alive and then you die you shouldn't feel guilty about it either then how do you judge yourself? I mean how do you punish yourself? Adano: In God, which is life there, is no condemnation, in the conscience it's only judgment but no penalty. In consciousness there is penalty so your consciousness is your hell, you yourself is heaven and hell. Your heaven is your conscience and your Life Stream and your hell is your consciousness because it has the conflicts of going back and forth and questioning the possibility of the rights and wrongs and the comparisons of not measuring up so where you're going to get the hell from? It's right in your consciousness. "I sent my Soul out into the invisible," Omar Khayyam once said, "a letter of the afterlife to spell and by and by the Soul came back and said I myself am heaven and hell." Nobody, no place, there is no such place because a Soul is a integrated principle of consciousness, conscious, and energy. It's so integrated that there's no way for it to go and come back so it actually didn't go no place, it was there all the time looking at itself and by looking at itself here in the eternal now-ness, it realized that it created its own heaven and hell by its own consciousness. Audience: In other words if you die and you feel that you're all right and you don't feel that you've done anything wrong and then you have to be thrown back into the Life Stream, don't the Gods decide how your whole life... I mean don't they bring everybody together for you and rearrange things and they decide the karma that you have to pay? Do you understand? 1:10 Adano: I understand you very clearly but you see if you backtrack to what you've just said, these are all the various games of consciousness not conscience and not life. Is the waves on the Pacific Ocean bigger than the waves on the Atlantic Ocean

and bigger than the waves on the Indian Ocean? It's only the velocity of the wind that gives you size of a wave. You mean to tell me when you go to Hawaii and see if the big Mauna Loa winds blowing or whatever the big waves, the big surfers coming in, and they call the big five or the big three, it's wind that does that, you have to have the wind to create it. So the winds of desire blows across our consciousness and makes us either praise or condemn ourselves or punish ourselves but not the conscience and not the life energy. The life energy cannot condemn because the life energy is neutral. The conscience is positive therefore it can only judge but it cannot punish. The consciousness is negative therefore it has to punish itself by virtue of internal action, it negates its own existence therefore it's dualistic and so it must generate desire to do it and only by desire, which you call the breath principle, the incoming/outgoing function, is this thing possible otherwise it's not possible and a Master is a person who is in total polarity, showing you the whole thing working within himself, helping you to gain this polarity and that is what God realization is, the realization of the Life Current, the conscience, and the consciousness acting as one but we don't have it acting as one therefore we are caught up in the tug of wars of it. So who are gonna punish when you die? Audience: Yourself? Adano: Right, you are your own heaven, you are your own hell. The first portion of the so-called hell would be the manifested universe, we're in a hell already, this world in which we live in is already a conflict world because it's manifested out of light and when we get out of it, it's a reservoir or a haven, therefore there's no more conflicts in it, we become the alphabet in the alphabet soup. Audience: In other words everybody loves everybody else on the other side. Adano: Yes, not always true though. We're supposed to love everybody on the other side but we don't always do it because you may see somebody you don't like you know and you say "What you're doing over here, you have no right to be up here?" Audience: And they have schools on the other side to teach you this? Adano: Well again we designed this to suit ourselves because we are very very inhibited to the idea that we can become one energy so we are carrying our separateness from the association with the manifested universe into the unmanifested universe. Let me show you something, is honey a liquid? Audience: No. Adano: What is it? You throw the honey in the hot water and look at them for a while what happens? For the first time you drop the honey in the water, the honey still keeps its shape right? It doesn't amalgamate or unify itself with the water. All right, you can drink off the water, it may get a slight taste of the honey but the honey will still be down in the bottom of the container, right? Before you put them in together they are individuals but in your mind honey will melt if it's heated up so you are gonna put it in boiling water right? So what it should do? They should melt and get together because the water is boiling and if you put honey in there or anything that's hot it will melt it. How come they don't get together even when the water is boiling? So they don't get together and for a brief moment you start to say to yourself they don't associate, they keep their individuality so the honey has to learn now how to live by itself in that hot water. You are saying the same thing, that when you die you're going on the other side and you don't integrate with the other side so you're going to go to school and keep your individuality. I'll show you something that is gonna to happen, you take a spoon and stir it up, what happened in the glass with the honey and the hot water? You can't separate the honey from the water no more, they're all together as one, there is no differentiation. Life on the other side is not static like throwing a spoon full of honey into a glass of hot water and let it sit there, it's swirling Life Force, it's not dead force. So everything that returns back to the reservoir is automatically re-blended as a pure Life Stream so we all become one because that's the unmanifested universe, there is no separateness in it but then we are sent out back again and how would you take the honey out of the hot water? Think. Cool it down and freeze it, the honey will start separating from the water because one is thicker than the other. Same thing when you're thrown back into the manifested world, the density of your karma will separate you from your fellow Man. Each one of us clogged up our particular Life Stream with certain thought patterns and the density of those thought patterns will differentiate us again, we will start breaking out into different fields of expression. So we would give this universe some degree of distinctness or separateness otherwise this universe would have not nothing to differentiate, it would be like the other side, you see? Now on the other side everything is one, on this side everything is separate so when we're in the separate state what do we pray for? Unity. And when we're in the unity state what do we pray for? Separateness. Do

you see how you can never be satisfied with yourself? Audience: When you cool down the liquid and the honey drops out, the honey is the same honey that you originally put in When we're thrown into the other side and we're get all mixed together or before we're thrown on the other side, while we're here, there at least appears to be a uniqueness about each of us, this is one of our hang-ups. We each appear to ourselves to be unique and separate and we're thrown into the other side and mixed up but when we're brought back over here and separate out again, is it the same unique thing that was here before or is it not, is it different? Adano: (Laughing). No, it's the same unique thing, it's the law of conservation of energy. You can't make anything new out of what he hasn't got you know but the mind again has to play the dualistic role of forgetfulness lest you become bored with the game. You see the game is to continue with the ever-newness of improvement otherwise you will not play the game, stagnation is not a game. 1:20 It's like when you play chess, the two major moves in chess are what? Audience: Check and checkmate. Adano: But that's no more a game right? So if there is not going to be a game then those two would be imposed upon right at the start. If there's going to be a game then we don't impose that we make the game go. The game is to go on you see. That's why the poet he said this statement "Mine is not to reason why, mine is to do and die" but he's not using the word die in the sense of cessation of activity, he's using the word die in relation to ideas of existence. He wants to do wherever he is and let go or die from old ideas of behavior and existence. So Jesus said to the man "Let the dead bury the dead," "let those who have old ideas or old concepts of existence continue with their concept of existence, you follow me, you do the action." Consciousness is a dying principle, it's not a sustaining principle, it is subject to negation, subject to diminishing. It is conscience that sustains, conscience is the living principle. You can always have a change of consciousness but still again whenever you change that consciousness, it is conscience that has to make the action and consciousness has got to live with it again. You see the print is always made on the conscience, if it was not for that we couldn't recycle a person, it would be absolutely a useless science, recycling a person if it wasn't for that, that the thing is registered in the conscience levels not in the conscious level. You see not too long ago I met a doctor who was a surgeon in pain research and is very trained in neurosurgery and he has training in psychiatry and with all his research and his colleagues, they couldn't get rid of three pains that appears in his body at three different intervals in the year and in three different parts of the body. One is just by the thigh, another was on the chest, and another was in the throat. They did every type of research from conscious alpha wave levels using different machines and could never find the real cause to eradicate it. He happened to meet some friends from Virginia Beach who I've worked on in recycling and they had spoken to him and he was interested to find out this technique and what it's all about. Last time I was in Chicago, he came to see me just for one day and in the conversation I said to him "We are in mutual agreement that 90% of the disease is psychosomatic, just about 10% is pathological or physical." He says "Yes" and they have done so much research that they are in total agreement that it is all psychological but where psychological? In the conscious level or in the conscience level? He was the first man that used the term "conscience level." I said "How come you arrive at that term 'conscience level' because I only know Yogis use that term." He says "We're getting there, we've got a couple of Yogis we're working on and they're already using the term." So they're getting to use the term conscience level. I said "Good, now in your conscience level have you found out where the pain is reacting in your body?" He says "No, I've tried everything, I've tried regression, I've tried hypnosis, I've tried all our psychiatric techniques even drug therapy to get back to the cause of the three pains but I can't get to the real cause, there's no way I can get rid of what has been bothering me." He invented a machine called a pain control machine which he attaches to his spine and he regulates like a hearing aid, whenever the pain gets intense, he regulates the electrical charge and sends impulses into the area and deadens the pain for the duration of the time that the pain will come up, that's the best that he's got. 1:25 You can imagine a person walking with a unit like that, they have them now because he's the inventor of it. Anyway he says "That's not a practical solution either, this is only a temporary thing. If I can find a way to get deep down inside then I wouldn't need the machine. All right I'll make some money on it but that's not helping the patient. The only other thing you can rely on is the drugs and that's not going to be any good because you can get tolerance levels. The

next thing you can go to is destructive surgery where you cut out an organ and this again you have side effects because you incapacitate a person from a part of his anatomy that he needs." Every time you take away a portion of his anatomy, you're taking away from the creative pattern and the creative pattern was not designed to be diminished, it was designed to remain as is if you can find the right cause and function back as it's supposed to. So we talked for a while I says "Well okay my technique is a little different, the only way we're going to prove it to you, it may not sound like anything, where do you feel the first pain?" He says, "Right about here." I says "Can you remember when this pain came up?" "No, there's absolutely no memory of it. We've tried regression, we've tried methods to go back in hypnosis and they didn't work out." I said "Okay, I don't want you to tell me any more about your pain, all I want to ask is one simple question what color comes to your mind when you think of the pain." He looks at me, "It's funny" he says "I think of red, I don't know why." I says, "That's a threat to your lifestyle." He said "What do you mean?" I said "Well before you got married the girl that you were going with wanted to have extra marital intercourse." He look at me like if I'd read the man's whole life, like if I had exposed him. He said "Wow, you know I hate to admit this but it's true what you're saying. I was a junior in medical college and the girl that I admire is not the girl that I went out with and the girl that I went out for the first time this was the situation and I was brought up as a Lutheran and could not give in to the idea of premarital sex and never got married. It was exactly three weeks, I felt this pain right in this area, it comes at a certain time of the year just in June and it's always June, that particular time of the year and that particular place." But he could never relate it was that, that the pain would come as a repetitive pattern. I says "Now you recognize the cause of the pain and where it comes from but we're not performing any therapy because I don't have time to perform the therapy on it but I'm giving you the indication where the thing is in your conscience bank, not in your consciousness bank, but in your conscience bank where this thing is locked up." The second pain is in the heart area so I said to him "Don't let's go too far because you don't have much time, you gotta catch a plane. Let's take them as they come along, can you remember what time of the year?" "November, the pain comes on." "You have no recollection of why it comes on?" "No." I says "Well okay tell me what color comes again to you when you think of the pain in your chest?" So he said "Green, but I don't know why I'm saying green because I'm a type of guy, you see what kind of clothes I wear, very drab clothes." I says "Yeah, rejection." He looked at me he said "Wow" then he looks to the host and he says "You know I think I've met the best psychiatrist I've ever met because how many people can pin down your problem so fast? This is a fantastic type of diagnosis, I've never heard anything like this. I am rejecting something and I know it was in November three years ago that they did at the college of surgeons that I proposed and was turned down. I have never thought of associating it or being hurt by it because I felt offended but never thought the impact would be this deep." I said to him, "Your conscience will always carry every insult, injury, or shock and your consciousness will carry every type of evasion to hide it or avoid it but your conscience has to carry it." 1:30 So we pinned down the one in his chest. Then the final one was in the throat so he says "You don't have to ask me, I can tell you what's coming in my mind, blue!" He could anticipate the question, he says "It was the funniest thing, I just wanted to say it, I didn't know why, it was blue, did that blow the whole thing?" I said "Yeah you blew the whole thing" and that's what it really was, a resentment pattern. "Oh wow," he says "I really learned something about psychiatry today. It's true I did resent it, the way I was treated in certain things in a certain work." He never got the credit or recognition in a certain program he took part in and he resented the fact. Anyway he couldn't spend much time, he had to catch his plane so he bid me goodbye that day and he went. It was that afternoon and the host told me what he had said when she had driven him to the airport. He said to tell me that he realized the technique is so unique that no one can do it to himself, even though he discovered it and where he'd attempt to work it on itself, it will be fouled up because you couldn't time it and even if you tried to time it from your own personal experience in your conscience, you would block the actual release. A person would have to be with another person who can time the biological symptoms to release that pressure but he was very happy to know that the three major causes were pinned down and in a strange way there's a sense of relief of the tension but it's not gone, it's relief from the consciousness but not from the conscience as yet and he's hoping to see me when I get back

again to work it out on a permanent basis but to tell me that on the conscious level, not on the conscience level, there has been a degree of release. So we're coming back to this situation when you're facing yourself, otherwise recycling would be a useless science to go back to what really causes these things to happen inside of us.

1973 October 27 - Channing Hall

Adano73\_10\_27ChanningHallQ3 - (Group chanting "My Master's Love for Me"). Adano: Thank you. Tonight I'll be talking on devotion, it's the key to realization. Years ago when I started off on the spiritual path, the word devotion had some fanatical facts and especially born and growing up as a Catholic you have to attend the morning devotions, got pretty turned off because didn't know what it really meant. Well I followed the routine of getting up in the morning and doing the prayers but it seemed so lifeless, didn't seem to have any value, and when I asked the spiritual teacher at that time "What is really devotion that we are so forced to be engulfed in it, it's supposed to give us all this great glory and wonderment and unfoldment and I feel so empty inside." He said "Nonsense young man, devotion is like a man paddling a canoe down the river." I started to think "What does he mean, devotion is like a man paddling a canoe down the river?" He didn't say anything else. Days went by and I'm trying to figure it out, all I can think of is the river, the canoe, and the paddle up and down. Then it really dawned on me that devotion is the action we perform here and now, not tomorrow, not yesterday but here and now, the very act of lifting the paddle and lowering it, lifting it and lowering it, and keeping your mind on the destination so that the canoe doesn't crash into the rocks. But that seems very monotonous too because lifting the paddle and putting it in the water, lifting it and putting it down you get tired but if you keep your mind on the destination, you notice that the scenery is changing and you're getting closer and closer to the goal but it may take many days before you actually reach your destination and you may look back and say "Well it's a far distance I've come and I have a far distance to go, is it really worth it?" But then you lift the paddle, put it down, lift the paddle, put it down and keep going and every day you're getting closer and closer to the destination then one day you arrive at your goal and you say "Ha, what's the difference on this side of the road and the other side of the river? All I did was change banks" but you know I learned something, by changing banks I got my muscles strong, I'm not afraid to go back up the river. Devotion suddenly came to mean "the strength of action," the strength you develop in action because emotion is a form of action that tends to dissipate you, tends to drain you, and leave you tired and you really have no realization when you're tired, you're drained out, you don't go anywhere. Sooner or later you find you're fatigued and you wish you didn't get out because all the energies going out through the five senses into the outer world, getting involved, and for the wrong reasons. Not that energy shouldn't go out of the human being in the outer world and be involved, it should go out in the outer world and be involved but it should have the right reasons of being involved. If we had the right reasons for energy going out of us into the outer world and being involved, we have realization and when we can take that same energy and bring it back inside internally now and center it on the source of our being where that energy really flows from, we have now devotion, it's a return to the source. Devotion does not question, devotion acts and accepts. Since it does not question, devotion is a powerful force in its own right. We are asked by the great teacher Jesus to love the Lord with all our mind, now you know that's a very different thing to do, to love the Lord with all of your mind because when you're asleep you can't know Him. Think of it, sound asleep you don't even know who you are, if you're a man or a woman, can you really love Him when you're sound asleep? Then you're only loving Him part of the time and when you're dreaming, you're not loving Him, and when your mind is wandering you're not loving Him because this is devotion going inward to the source. Then he goes on to say "to love the Lord with all of your heart," and you know you have a heart that beats blood, pumps it through, "is he really meaning this physical heart or some other kind of a psychological heart or some spiritual heart, what kind of heart is he talking about?" The heart gives out sometime but it's the only organ that seems to be pumping 24 hours a day in spite of the fact that we go to sleep at night and don't remember who we are, let alone cannot carry on the condition of loving God, this heart seems to go on pumping just the same, there must be something in this heart pumping all the time and though

we don't remember it, this heart don't seem to shut off, it's still goes on pumping. The next morning you wake up and you say "Ha, I'm a man or a woman. Okay Lord I love the game. You've been very faithful to me heart." Then we start wandering all over the place and he says "to love the Lord with all your strength" and you know if you don't breathe, you don't have no strength. Just think of it, the important fact about this physical body is the fact that you do breathe and because you take the breath in, you have vitality. 0:10 Now years ago I didn't believe that the breath had a lot to do with vitality and strength until I was studying the martial arts, you know today it's so popular in this country now on TV, Kung Fu and all these things, but you can't really demonstrate these feats of strength if you don't know how to breathe and scientists are relating this phenomena and hooking it up to physical motion. They say a monkey breathes about 32 times in one minute and Man breathes about 14 to 16 times in one minute and the turtle breathes about four times at one minute and the length of life is predetermined by the amount of breaths we take in per minute and if the length is predetermined then that tells us how much strength we have in this mechanism, how much vitality that mechanism is going to utilize. So right away we begin to realize that if we breathe very fast, we can't be loving God because we're going to get in a state of tension. If we start breathing slow then the mind will get calm and a peculiar thing happens, the heart slows down. Once the heart slows down, more love begins to flow. Now when you love someone you're not excited, you're calm and collected and you really glow and flow with that person because you mean it, it's very sincere, very intense. In fact when love is intense, mind does not wander, seldom beats that heart, and the breath seldom comes in and go out and you're so deeply intense in love. In fact it seems that you enter another dimension of behavior, your whole nature, your whole Soul comes into focus, your exterior world seems to shut down, you become excluded from it, you don't seem to be identified with it for a while. If some doctor saw you in that state, he'd say you're neurotic and some ministers see you in that state, you're having a spiritual experience, and if your family sees it, you'd better be put away in the madhouse. Everybody has a label for your experience but you may not have a label for it, all you may have is the fact that you want to identify with this inner feeling and suddenly find yourself in that state. Love can create this peculiar phenomenon of devotion and lock us up inside the body and execute this altered state of consciousness. When we try to make devotion a daily routine in order to relate to the environment, it becomes difficult because devotion like everything else has its own peculiarities, it has ups and downs, it has periods of boredom, periods of doubts. You know you ever went through the stage where you take a daisy, "He loves me, he loves me not..." The same thing, you go through the moments of that deep devotion, either you know what God is inside or you feel it or you don't feel it and you're constantly going back and forth inside. Outside is more appealing, inside seems to be, outside, and back and forth. Devotion can be very very difficult to live with, some mornings you get up you take a deep breath, "Ummmm, this is the day I'm really going to be devoted," you run around and you're all perked up you know and nothing goes wrong that day and you realize "the Lord is smiling on me, the grace of God is with me, I'm really doing this devotion." Boom, before the night time comes around, dark clouds coming down, all gone. Next day, "Oh I don't feel like getting up, (inaudible)" and then everything seems to fall into place and then at the end of the day you says, "It's not such a bad day you know, God is really great." You start off wrong and end up good and the day before you start off right the end of wrong. Devotion now has got you all twist and turned inside, where is this principle going, where is it taking you? Some moments you may have a deep sense of the presence of the great Master and you can't go wrong, other moments there is no feeling, like if you're in a state of oblivion. Then you have to go to some spiritual person and ask them "How do you really make devotion work?" Because by yourself it doesn't seem to bring out more than just ups and downs and yet in a spiritual person, he seems to ride the crest all the time going evenly through life and he seems to have to key to devotion, he seems to realize himself. Then from the very lips of the spiritual person, he tells you the very same thing you've experienced, he tells you of the ups and downs, the coming and the going, and the different problems that he's gone through, he doesn't seem to give you no other information. So you say, "Why did I come to you the first place if it's the same thing I'm going to learn?" And then he smiles and says, "That's all there is friend, you have lived it, since you have lived it, you know what it is. Now you can share it." Maybe there's more to living devotion than talking devotion,

maybe there is more to the actual day-to-day moment-to-moment confrontation in one's own physical self, one's own mental attitudes, one's universal outlook because the devotion is suddenly pressed out from all these problems, from all these confrontations, you seem to squeeze out a state of feeling, a sense of being that seems to give you strength and you wouldn't trade it for anything else in the world because you seem to be able to live with it for the first time, you are living for the first time in the insecurity-security. God, the Divine Love, is the cosmic insecurity but you have found how to be secure in it by all the confrontations in your daily devotion, in your daily living. You don't want to trade it now because you can walk out in the midst of the streets and see people who are caught up in the fear of trying to be secure and there is no security to come from their security and yet God, who is the eternal insecurity which is life flowing all the time, is offering them security by the very confrontations they are experiencing, by the very process in which they are living and they can't seem to relate to it or express it or even squeeze out or extract the strength from it. It doesn't take long for a businessman to learn devotion, he opens his store, fills it with stock, and in walks in the first customer and asks him for something he hasn't got, he's got every other thing but that one thing. He learns pretty fast but with all his conscious mind having all the things prepared, here comes some individual who wants what he doesn't have. After a while, (inaudible) he'll buy everything the customer comes and asks for which he doesn't have, before you know it he's not selling anything but he has to take the chance that the store is open and they're going to be customers who will come in to buy the merchandise and then he can book the order. To show you again how devotion works, devotion doesn't necessarily mean that I bow down on my knees or kneel down in front of some statue and pray all day, devotion is a process, it's the inward movement of yourself that makes realization of life tangible and workable. When I was working every day, like everybody else you look at the clock "how soon you want to go home" so this becomes the routine of devotion, figure out when you get out at five o'clock, "two more minutes before the clock boys" and this is the usual routine for you is to go on like that, putting out energy and trying to conserve it before the clock goes off. After a while you'll find out that you're living according to the clock, you're not living from inside. So every day you say to yourself "I wish I owned my own business, I wouldn't be putting up with all this nonsense. I'm gonna punch the clock and get all this back wash from this boss" and all you try to do for them and they give you nothing but in your mind you're constantly thinking "I'm going to be my own boss." In the meantime you're collecting your paycheck faithfully every weekend but you've got to trust him that he's going to have that paycheck there because when you went to work, he didn't say he was going to pay you. 0:20 He says "You're going to work for me, good, I'll give you so much a week" but he didn't say when but have to take him and trust. So you're devoted, you put in all your effort into it and yet in the process you're hating the job as well. You get out of the job, you open your own business. Now you're not looking at the clock, your eyes are on the door. (Laughter). "When is the next customer coming in, I gotta pay the rent, I got bills to pay." So there is the devotion changing now, waiting, how to make this movement. In the meantime the inward power, the God-self in you, is allowing you to wake up that if you trust this principle within and center your mind daily, it will gradually bring into manifestation the things you need. Now years ago if somebody said to me that in business for yourself you could really live the spiritual life, I'd say you're crazy, I'd say "only a monk who has renounced the world can really live a spiritual life" because he would know how to generate real devotion to the Spirit but to be involved in business how can that generate devotion, where would that be possible? You're too tied down in mundane things but you know I've never seen any church that didn't run on money, they all operate on a financial basis but here's the interesting thing, a business has commitments and the scriptural life is that if you don't make a commitment, you can't have more. There's a parable in which a man was given a certain amount of "talents" by the Lord and he went out and doubled it and then another one was given another number and he went out and doubled it and then the third one took his and hid it and the Lord took it back. Here we have a very important lesson in devotion because it is teaching us how to trust, how to venture forth in the Divine Life and move from within our nature and gain the strength by living it moment-to-moment. Many years have passed and in our own work with the Fellowship we have seen the demonstration of this devotion, work. We have our commitments at a certain time of the year, every three months, and you know we don't have the money

in the bank to pay it three days before. So everybody is uptight, are they praying hard enough, because they're worried about it being not on time. All I do, I write the check, date it, and put it in the envelope and tell the secretary "now you mail it on that date" and say "Lord don't make it a hot check." (Laughter). I get through by devotion, "I love You, everybody here loves You, it's up to You to do the rest." In a strange way over the years we've come to call the devotional life photo finish, everyone has had this particular experience now and you can see how they have been living the spiritual life and did not recognize it. Photo finish right at the last minute and then it gets pretty hair raising because you don't have a penny to pay the bank charges but then you tell the Lord, "Look Lord I don't mind having photo finish experiences from You because this is really the devotional life but how about a little to spare and to share." Nobody rides his car without a spare tire because that's another form of security, another form of expression of devotional love so if the Divine Intelligence can bring about manifestation in our lives, photo finish, then it can bring it about photo finish with spare and a little to share, why shouldn't I do it? No farmer plants his soil and reaps the whole harvest and sells the whole thing and has nothing to start next year so you have two examples to tell the Lord, "As it is in heaven so it is on Earth," you're got Him over the barrel. Well naturally, He's a very understanding person and since He made us, anything that we would try to do here, He already wanted us to do it but He don't want to take the credit. You see Oriental people like to talk to their Lord on a man-to-man basis and when they get good scolding, they walk away like little children, that's how they get the devotion going in it. That's why they're often accused of being fanatical at times or tend to be over in the direction that is excluding the environment but they are not excluding the environment, they are really learning to reach that trust from a process within themselves and work with it. They're devoting their whole lives instead part of their life, they're making their whole entire inner workings centered on life, God, and there is no moment in the life that is excluded from this process. Now in the Book of Psalms in the second verse it tells us that Man should meditate on the right law. You know some people came to me one time and says "the bible doesn't talk about meditation, how come you're talking about it? And all the Oriental teachers that come to this part of the world, they talk about meditation?" I says, "Oh? How about the Book of Psalms?" "Oh that's very old." "Older than the Maharishi that came over here?" "Well read what the Book of Psalms says." So they're going to take it out and there it is "Meditate the right law" and then they don't read any further. I says, "What happened?" "Oh it says day and night. Well you see 24 hours." You've got to be meditating 24 hours, your whole life has got to be centered and meditation is not just sitting down and closing your eyes, it's the process of bringing this devotional nature up that all action is devotion, all action tends to relate to life as a whole and it's the key that releases you when you center all your consciousness on this particular principle. Business is the same, that's a form of devotion, the church is the same, that's a form of devotion. Any type of activity in which you're centering your whole nature on is a form of devotion. The only difference between the spiritual and the non-spiritual is that the goal of the activity is centered on God, the Supreme Giver of Life. We don't center it on the mere business, we don't center it on the mere fact that we are human beings or we have commitments and responsibilities, we center it on the Principle of Life itself, God the force that flows through things and if we center it there, then we begin to experience what is called the fatigue-less state. Now I used to work from eight to five and in between the day I need to brush up the seven-up and so forth. By the time five o'clock comes around, I'm heading for the highway and back home and all sweaty and irritable but getting really nowhere until the next morning, start the whole process over again. When I got into business, my eyes are glued to the door, I'm looking for the next customer and I wouldn't close up too soon because I don't have enough in the cashbox to account for the day's activities. So I was working for less money, longer hours, all because I wanted to be in business, my goal orientation was the business and when I was working less hours but my orientation with the time of the clock, how much time I'm giving to the other man. This began to show me that when you have the wrong orientation or goal inside, you can't really function properly and true devotion or true dedication of action for life must be centered on life. 0:30 As I got into the spiritual work, I realized that there is where the dedication begins, centering it on God itself the mainspring of all activities. From that day on the fatigue-less state began to occur in my body, a state which I never experienced before. I would push myself years ago to try to do things and

get exhausted and then when dedicating my whole consciousness internally and outwardly towards the real mainspring of life, the fatigue-less state began to appear, this is the fruit of the devotional life now. Life abundantly was what the Master said "I have come that you may have life more abundantly." He didn't mean material objects though that will come by virtue of magnetic relationship or effort but he meant a flow of life force, a flow of life energy in the body that would seem to lift you out of the norm of behavior in an altered state of awareness that for the first time you can function without being impeded by fatigue, tiredness, restlessness, and anxiety, this fatigue-less state begins to appear. So someone will say to you "You are blessed," I don't say you're blessed. I said the first time I ever discovered how to be humble because the orientation of my mind is to the Divine Principle and not myself and not on the other person who I'm going to do some work for and feel that he's cheating me therefore I'm going to do less for him. No, I'm centering my whole being for the first time on the Divine Principle then in the words of the Master again "He who would lose his life for my sake will have it back." You see he is talking of life, effort, the output of energy. If you sway and throw your whole nature into that particular orientation point, goal, objective for the Divine Principle itself, it will come back, that same quantum will come back to you and double and the evidence would have to be a fatigue-less state, a more acute sensitive state, a more aware state for the first time, the things that were not obvious to you begin to become very apparent, realization begins to occur in your nature. On a formal level of developing devotion some of us may not be aware of how to soften the nature of ourselves because we have a harsh exterior, certain environments don't seem to appeal to us therefore it becomes difficult for us to relate in terms of devotion. When we go to a church the environment is designed for devotion because there's a sense of beingness there and attitude that we maintain there. You walk in the church and there's an altar and it makes you aware that this is dedicated to some purpose but you may not feel devotion, you may just walk in and sit down like everybody else or you may feel devoted and you may have some abeyance to it in consciousness. Then all of a sudden the choir would sing, you'll get up, you'll take part in it but you don't feel elation and you look around in the crowd and you see people highly elated in what they're saying and doing then you say to yourself "How come they can feel so elated, what is it, am I more intellectual than them or am I that dead in sensitivity that I can't relate, maybe I'm more intellectual, maybe I'm dead sensitively and that still I can't relate? If I can partake and feel this joyous moment that these people are feeling in this environment then there is something that is working from inside me, that is bringing out life, bringing out more of life, that I can really devote myself." When the minister gets up or the priest gets up to give the sermon, some people are enraptured by it, others are not, "I've heard it before, heard it again, same old story, he ain't telling me anything new." All right, he ain't telling you anything new but to others it's very new because it's the first time they'll be hearing it. Yet those who are hearing it for the first time and they say "Well that's a different twist than the last time" or the person who's doing it so many times may find different ways to look at it. As far as devotion is concerned, the first time or many times are you feeling any joy inside, are you feeling any sense of balance, peace? If you are, then it's working inside. Now the minister comes down or the priest comes off the podium and then the pastor plays around and there again you go into a mental tantrum, "Same old story, they're all the same, they talk all about heaven and hell and everything and this pastor plays around and nobody seems to be happy" and you're all torn up inside and some are happy because they want to give. Then you look around and you're asking yourself "What is it all about?" Then at the end of the whole ceremony, the minister is at the door greeting you then you're walking up and you want to tell him a piece of your mind, you want to ask him a question but you don't know which to do. Ask him the question why is it you're wasting your time here, is there anything here for me that I can find peace, is there any logical shortcut way that I can find peace? But you don't do anything, you just shake his hand and you walk on. Well when you begin to reflect that devotion is not involved in telling the priest off or the minister off or to asking for some shortcuts, devotion is involved in living, the attitude that you take to the experience and that the experience is to bring out in you a sense of love, that's all it's supposed to do and this is where the devotion gets its strength from, the sense of love. So the next time you go back to that church with that particular attitude in mind, it doesn't matter if they're singing Rock of Ages or Glory Glory Hallelujah, the sense of love is

to sing because Man wants to sing somewhere and there's no better place than to sing in the church if he can't sing in the opera. (Laughter). Let it out, release it, don't feel inhibited, don't feel shut down or shut off from life itself, life is for living, life is for experiencing, life is the devotional glow, it's the joy of existence and this is the real devotion that comes, that opens the door for you to be yourself. You come in and sing with the choir and the congregation and you feel that emotion suddenly dripping down and then devotion rising up, there is a sense of belonging, a sense of unity, a sense of togetherness is occurring. Then as you listen to the sermon, you're not listening just because he knows more or he knows less or it's the same old sermon, you're listening now for the first time to a human being that is a temple of the Creator and this Creative Principle is passing through him, that is the Sound Principle, the voice, the ideas that make up a language that are put together to mean something in that frame of reference, these things are passing through, you're trying to make it relate as a nature to which you can be one with. So you are looking at this particular process and you'll find the priest or the minister will be saying "I of myself can do nothing but the Father which is in me doeth everything" and if you really look at yourself and ask yourself that same question, "Who can really do anything if he doesn't have life working inside of him?" Can you move your hand if you don't have life, can you blink your eyes if you don't have life, can you say something to me or to yourself if you don't have the life to do it, the vital power? The realization will come now and it's by this internal observation regardless of what the priest or the minister is saying or the rabbi is saying, the joy to see a human being effectively projecting life force, God, relating. You can see the same thing at the business meeting or you can see it with the PTA. Any place where you see the human being is relating, you are seeing the devotional life working too not merely in the church, it's in every aspect of it, it begins to widen your whole existence. 0:40 Now when it comes down to the holy ceremonies in the church like communion, for some people it's just another ritual, for others it's a mystical experience, for the man who is doing it, it might be a chore too, "take the bottle put it here," it's like a chore after awhile but again it is how you are relating. If the devotional feeling of love is strong and centered, the Holy Communion now becomes not just a ritual or a type of chore for the person who is performing it but it becomes the first tangible experience of an altered state of consciousness for a person who is devoted. He can have the experience of an altered state of consciousness, something that will uniquely expand his sense of feeling and joy in him because he is partaking in a principle that is vitally alive from the very moment it was presented to mankind all through time and the aliveness is in the participation, the aliveness is in the renewal of the bond, that's where the aliveness is because the moment you renew that bond, you are lifted up again, you are enlarged, you are altered out from the restriction of your own thinking into another dimension, and if you are very very humble you can have the extra sensory experience of receiving the angelic beings that stand over the altar while the ceremony or the ritual is being performed, you can see that Divine Life poured into that chalice, you can see the Christ-self permeating the whole room, these are the blessings that come from the intense devotional heart to perceive this. Mystics who have spent their lives in deep meditation and devotional activity... (gap in tape) ...human beings must make the contact, it's the basis which we must generate our own devotion from. Without that physical expression or physical contact, we don't have a way to generate devotion, we will always be generating more emotion, more anxiety, more tension, these rituals will appear in time and disappear in time and come back. Why they come back is because those who are devoted inside, those who can retain the bond, the covenant, make it live. "I will make it live for anyone who is sincere" because he can see the altered states, he can see those levels for the first time. Devotion to the Lord begins by accepting the principle of God in all things. If we accept this principle of God in all things, then we automatically get the glow and the light, the flowing, and the love starts to move. The mind now does not fall asleep, it does not go into states of forgetfulness. When you close your eyes to pray or meditate or contemplate, there is no more drifting away because it's centered for the first time, the glow is coming up, the inner warmth is coming up, the body is relating for the first time. Consciously, subconsciously, and super consciously that means on an intuitive level, it begins to perceive in an altered state. That is why a great teacher said, Master Jesus said, "Those who have eyes to see let them see and ears to hear let them hear." They were granted the opportunity of an altered state via the eyes and via the ears, their intenseness

was being centered upon him or the Divine Principle allowed devotion to flow through them and they were able now to relate and experience something that (inaudible) passing through his body and even the disciples when they partook of the various rituals, they had altered states to perceive what was going on. Today we are getting more and more involved in altered states of the mind, all the universities, the research centers are doing tremendous research inquiring into the consciousness of Man and as we inquire more and more, we will find sooner or later that we will have to come back to a devotional life because the evidence is mounting up, the evidence is piling up so fast from all levels of research that the devotional life is the only real life left for Man to follow. The emotional life will tear him down and finally destroy him and degenerate him yet the devotional life will revitalize him, it will give him a sense of unity with the whole and build back his spirituality. In the East this has often been accepted as the way of life but even there they also get clouded up in their own ideas. Now in the West we are also reaching for that particular experience and more and more as we reach for the experience, it will begin to open up for us. We are coming into a period of the year in which we are going to celebrate a very wonderful holiday and when I was a little boy I used to call it "eating the buzzard," Thanksgiving. Thanksgiving is a very devotional experience which the whole world let alone this nation or Man himself finds himself involved, the art of giving thanks. It doesn't have to be one day in the year, neither does it have to be one particular group of people merely performing some type of holiday. The art of giving thanks is the highest expression of devotion that a human being can apply itself to. If you have no other concept of what devotion to God is or relate to any of His marvelous expressions in Creation, the art of giving thanks would take precedence over all of them. When Yogananda, the great Yogi that lived in this country was alive, he was often asked "What is the greatest devotion Man can give to God, what behavior Man can really offer to God who he can't see, who he must take on the faith of others' intuitive awareness and the writings of men who have passed on, what we as laymen can do?" And after a long while he said, "The highest art of devotion of God is giving thanks," he says "nothing else takes precedence over that." He says "You can spend many hours of praying and meditating, it will still not take precedence over the art of giving thanks" because God created us all, God is embodied in all of us and the art of giving thanks is accepting the reality of His existence in us and this devotion is a living devotion, it has no creed behind it, no philosophy, no dogma but it takes precedence over every creed or dogma or idea because it is Man to Man, Man to Creation, Man to the whole, living for the first time on a conscious level in a simple manner as a child and young adult. A child says "thanks" and we are elevated, we say thanks to another fellow Man and we elevate it and they are elevated. This common bond is the highest form of devotion in action, if we take that bond and unite ourselves in harmony with our fellow Man, then we erase all the anguish that is generated from inside. Well you pick up your paycheck, how many times do you say thanks to the boss? And then your customer comes in, how many times you say "thanks, come back again." You see by virtue of this behavior, we are expressing the highest aspect of devotion to God. Even when we pray, you know as a good Catholic I wanted something, I went and prayed in front of this particular Saint and ask him for something or her for something, they helped me get through my needs but when I don't say thanks, I don't get it and every time I say thanks, it happens. 0:50 When you're learning you don't know how to relate, when you reach a certain state in your spiritual understanding and then a spiritual teacher places what I call "the full stop over the 'I' or dotting the I." In other words giving it significance in your life, then you begin to see the truth of the purpose of giving thanks to all things. Giving thanks is acceptance of things happening before it even happens, it is the acceptance of a miracle to become a miracle, giving thanks is accepting the Lord and His abundance before He even showers it on you because the thankful heart is the true devotional heart and there is no one left out who is fully thankful. So the scriptures will say "Sing and give praise to the Lord," sing His joy sing, sing His glory, be thankful, have the thankful heart. The thankful heart is the highest devotional behavior a human being can bring out of himself. Thank you. (Applause). Audience: There will be a five minute break and then there'll be a question and answer and following the question and answer period for those who wish to remain, we will have some more chanting and a short meditation. Adano: (Gap in tape). Now initiation is the ancient baptism that Jesus went to John for and asked him to baptize him and John says "No you baptize me"

and Jesus says "No you baptize me" and then picture for one moment two adults trying to throw water on each other's head. (Laughter). The word means "to introduce," introducing you back to the Audible Life Current in your own being and in all religious ideas we have to be introduced to our own nature at some point at an adult level. It was intended in the early church that the Godfather performed that particular introduction to the child when it came of age but then it lost its true significance because we never did pursue it. There are only five basic disciplines that one follows in the spiritual life as an initiate because the five forces that binds us to this creation are water which is liquid, earth which is crystallizing or solid, fire which is thermal, air which is gaseous, and ether which is Sound, our nature is tied up in these five forces and the five deadly sins mentioned in the scriptures are locked up in those five forces. Greed is the earth force, lust is the water force, anger is the fire force, and attachment is the air force, and the ego is ether. The great Guru Nanak who was the founder of the Sikh religion when he was alive he said "I can conquer the wild beast, I can materialize anything I would like to eat or wish, I can do many things in my consciousness but where is he who would deliver me from the five deadly sins, where is he who would give me the discipline to control these forces within my nature: greed, lust, anger, attachment, and ego. The discipline is involved in initiation, introducing you back to yourself how these forces are resolved and therefore at initiation we are told how to resolve the forces and Jesus by virtue of the same thing had to go to John to ask him for that same principle and when John blessed him, John perceived the Holy Spirit descending on him. That is what initiation involves, it's a ritual that came down all through the centuries involving connecting us back to the God-self. Christianity is not new, it is a very old religious science and more and more it's becoming aware and people are recognizing that there's more to Christianity as a science than just mere lip service we give it. Audience: (Inaudible). Adano: Jesus gave a very simple answer for that when he was asked "Teach us to pray." You know if you ask a person to teach you to pray then you really didn't understand the purpose of his existence or his ministry because his ministry would be meditation, his whole life would be telling you of a process of how to arrive at realization and then all of a sudden to ask him how to pray, then it betrays the ignorance of the individual who does not understand what the teacher is offering them. He is giving them a whole process of living 24 hours and then they turn around and ask him "teach us to pray" but he tricks them and he makes them work for their realization by giving them certain principles to adhere to and the second verse is one of the most unique principles that he gave them "Hallowed be Thy name." Now certainly God's name is not God and "Don't take the name of the Lord thy God in vain," that is the second commandment too. So if His name is not God or if His name is God then God God God but hallowing has a lot to do, that means you have to be centering your mind on some particular Sound or name. You have a name, I have a name, everybody has a name, some particular thing to which we relate to. The Sound Currents mentioned in the holy scriptures is often termed "the Word." "In the beginning was the Word," in the very onset of creation Audible Life Current was present. "And the Word was with God" the Audible Life Current is in the Creative Principle. "And the Word WAS God," the evidence is centered upon the Word itself, the Audible Principle, the Audible Life is God, it's called the Shabd or the Naam by the Indian mystics. In the West it is called the Word or the Divine Audible Life Stream. Now once you relate to that level then you have to hallow it, that means you have to be constantly thinking of it, the right law means to think of it, rotate it in your mind, let it go on in the mind so that the mind doesn't scatter itself, it gathers itself together. We have that process in the West here by the practice of the rosary, you can say the Hail Mary, the Our Father, or anyone providing you are repetitiously doing it, it's in the repetition that the evidence of this force is working. For those who have done research on the brain and observed how the brain is functioning under repeating the rosary or repeating any mantra in the Eastern thinking, they have seen that the brain leaves the beta level and enters the alpha level. Now if it doesn't do that and just merely once in a while thinks of something, it fluctuates all the time so the mind is scattered and the energy is not really going anywhere. So hallowing the Name of the Lord is a form of spiritual practice and it's one of the techniques of meditation to help the individual to center. Audience: (Inaudible). Adano: Yes it's timeless, awareness. 1:00 Audience: Who were the first Christians baptized? Adano: The disciples of Jesus. Well when you say Christian baptism, let us clear up what we are saying. Isn't it "In the name of the Father, Son, and the Holy Ghost that I

baptized you" is that what you're referring to? Audience: No, my question is what race used this Christian baptizing first? Adano: Well the race would not be involved in a principle like that because this principle came down through time right into the middle Eastern countries, baptism is an Eastern word it's not an English word. It's not the Hebrew people that used it first, it was brought to them by John the Baptist, they were not the first people to use it. The idea was brought to them from the Far East, you have to trace Man back into time and Man has been on this planet for over 2 million years they say so as far as who brought it, there is no evidence to link it up. The oldest writings we have of a baptismal practice is in the Vedas, the book of the Vedas is the oldest writings in the world and they were practicing that initiation. Now it came down as far as we know it from the organized church, bless the child and put the water on its head but this was taken off from John the Baptist, carried over but John the Baptist said "I baptized by water but there comes one who will baptize by spirit." As far as nation or nationality, we can't say the Hebrew people were the first because this principle came down through time, we have no evidence where it started, all we have is the recorded fact that the Baptist, John, was going about doing this particular ritual, he would have the originator of the ritual. So we really don't have any recorded history of which nation began it, all we can have of the idea of baptism occurring in Man's writings dates back to the Vedas. Now the word baptism really means initiation way back in time. Audience: (Inaudible). Adano: If the three wise men didn't follow a star, how would they get there? (Laughter). You have to follow something and the star led them, did they follow a UFO? But you see the man Herod made a remark that these are not only wise men that came in search of Jesus, they were also kings in their own right, in their own kingdom, and a king does not get off his throne to go visit no other individual that easily unless there is some higher understanding at work. These kings came from a far country, further than Palestine, they came from the Far East, they would have to know some type of knowledge besides astrology to guide them to that point and they would have to have some purpose of bringing him specific type of gifts and anyone who would receive a gift, I don't know who would not question the origin of it or the donor of it or the giver of it. If you're a little child growing up and your mother says "These gifts were brought by three kings," what would your imagination do, would you not want to go look for them? It's the most natural thing for a human being to want to find out where these gifts come from. The years of the Master Jesus from 12 to 18 is not in our present written scriptures but they have found manuscripts today but he had to be someplace and those who have read the Aquarian Gospel by Levi who gives this account from another altered state of consciousness tells you where Master Jesus was during this period but on a human level if I was a human being and I'd been told by my parents that these gifts were brought by some individuals from the foreign country, it would fire my imagination to want to go and see them because we all got the Huck Finn in us or the Tom Sawyer and we've got to take off and go find out for sure. Audience: (Inaudible). Adano: Well initiation or baptism does not really eradicate anything, it prepares you to face yourself, it prepares you to face yourself. "God created Man in His own image and likeness, male and female created He them and gave them the power of dominion of the universe" and God took off (Laughter). As far as becoming invalids or sick in this world, it's all our fault not His, we can't blame Him for a single thing in this environment or any injustice imposed upon us, "what we sow, we reap" and we are the motor of our own destiny and thinking, "as we think, that is what we are." It's very hard to accept but it's the cold facts about life. Audience: (Inaudible). Adano: "Father forgive them for they know not what they do" but you see there is no condemnation in God and only to the Son is given the power to judge, not penalized. Only the Son can judge but he doesn't penalize us either and the Father doesn't condemn us so what do we have left? We have to be thankful that since the Son does not penalize us, he can only judge us or point out to us our misdeeds and the Creator Himself does not condemn us, then by virtue of our own behavior we are going to pay the price, we pay the price through our own behavior, this is the penalty, you reap what you sow. Audience: (Inaudible). Adano: If a devotional person do what? Audience: (Inaudible). Adano: Yes they can. For instance when Jesus met John, he addressed John by telling the crowd that he was not born by the will of the flesh. 1:10 That means there was no craving in the form of the flesh that caused him to be born, there was no condition in that flesh form that caused him to be born, he had no personality craving, there was nothing to which he was owing from a past account. Nor was he born

by the will of his parents, the parents couldn't know what John the Baptist would look like, even if they wished for one or craved for one. He couldn't crave to be born by any misdeeds performed by his body but he was born by the Will of the Lord, it was God's craving or God's desire that John come back into the body, that is this Principle or person who is called John be born and therefore he is taking on certain responsibilities by taking on that condition. Audience: (Inaudible). Adano: We must first establish if you have a Soul or if you ARE Soul before you can say it enters the body. Do you have a Soul or are you Soul? All right then your scriptures are totally wrong, "God breathed the breath of life into Man and Man became a living donkey, a living tree" but it doesn't say that, he became a living what? Audience: Soul. Adano: So he doesn't have it, he is. Man has a physical body but he doesn't have a Soul, Man is Soul, Soul is a composite. It's a composite of a physical body of 16 elements, an electrical body of 19 elements, a causalational body of 35 elements, and they're all in the atmosphere right here, I'll show you what I mean. If I take flour, raisin, shortening, water, and bake it what would you call it? Audience: Bread. Adano: What is bread now, is it the raisin, is it the bread, is it the flour, is it the wheat, is it the shortening? It's a label for something that is concocted there by the heat, here is a concoction by the Creative Principle, He made us in His own image and likeness and infused it with life and the life is what gives it this peculiar movement or dynamism and call it Soul. We call the finished product a name, bread, this finished product is called Soul. So man IS Soul, he doesn't have a Soul, the finished product is bread but is bread flour, is bread water, is bread the shortening, is bread the raisins inside? It's neither one, they're just the ingredients that make up that particular name. This is the same thing, we are a 16 chemical mechanism, an electrical mechanism of 19 elements, and a causalational mechanism of 35 elements. If you take the flour, the water, the raisin, and the shortening and cook it and you call it bread and keep it on the shelf, you still call it bread. The day you buy it and eat it, where has the bread gone? It didn't go no place because it was always there, it was only the flour and the water and the raisins amalgamated together now breaking down inside your intestinal tract. Would you would say the bread is gone someplace? The bread can't go nowhere, it was always there in the first place because you classified that particular object as bread. We are an image, God made us in His own image on likeness, male and female created He them too, no woman's liberation has to come into the picture but he breathed into Man, this mechanism, the breath of life and Man became a living Soul. Research is being carried on right now to prove what they call Soul and what is called Spirit and we are coming to the realization that we don't have a Soul, we are Soul, we are the label but the force field that enters the body or leaves the body is measurable. For the first time we can measure a diminutional loss at death when the person ceases to breathe, the body seems to weigh three and a half ounces less when you stop breathing at death. Now the scientist who made this discovery after many of his experiments classified that diminishing loss to be Soul, that's what he called it until his colleague said "You can't call it Soul because you don't know if there's a three and a half ounce expansion when the baby was born when you cut the cord. You have to go cut the cord first and before you cut the cord take the whole baby and put it on the scale and see how much it weighs, cut the cord and then see how much it weighs after. If it's three and a half ounces then we can call that power that goes in is something but we can't call it Soul even then. So when he did this, there was a definite increase of three and a half ounces when the cord was cut so he doesn't call it Soul no more, he calls it the breath of life or spirit. So here we have the situation now if this particular increase in weight occurs when the cord is cut from the child then people begin to think now "Have I really kill anyone if I commit abortion?" There is no increase in weight when the object is taken out of the mother until the cord is cut then there's an increase of three and a half ounces and when it ceases to breathe, it has to breathe, they have found oxygen flowing inside and it appears to be breathing but still when you cut it and separate it distinctly from the mother, it weighs three and a half ounces. Whatever is that force that enters there to give it three and a half ounces, that is it is deciding factor today or will be the deciding factor in the future as to whether Man is committing a homicidal act of abortion before or after. Before the baby is born in the womb or when it's actually born that there's some force that enters there to give it its own importance. Now when it dies, there is a definite loss of three and a half ounces so to say that is Soul coming in and going out, you can't say "yes," we know this is not the Soul because the Soul is a composite force, it's

this particular force field that holds the whole thing. It's like you say bread is the name for all the parts that you put together: flour, water, raisin, shortening. Now when you mix the whole thing your flour, your water, your raisin, and your shortening, it may weigh one pound. Put it in the oven for about 45 minutes and take it out and then there's a loss of a few ounces, you don't get a whole pound back, something has gone out of it, the moisture. Equally true in this mechanism when they cut the cord there's an entrance of energy from the nostrils into the lungs that gives it an exact three and a half ounce over from the weight that they extracted from the mother and when they stop breathing at so-called clinical death, this is not cosmic death, clinical death, clinical death from the standpoint of the physician measuring pathological measurements, the body weighs three and a half ounces less. See cosmic death is an entirely different thing, cosmic death is mentioned in the bible by the Master Jesus when he heard of Lazarus being dead you know, he said "That's not a death unto the death," that is only a pathological condition existing in Lazarus, the real death hasn't occurred yet. We appear to go through pathological changes, physiological changes at death where three and a half ounces is dissipated from the body and then it breaks down. The whole matrix is a temple, the matrix is the temple, the matrix is comprised of a chemical body of 16 elements, an electrical body of 19 elements, a causational body of 35 elements, this matrix is the temple of God that holds these forces together.

1973 October 28 - Butterfly

Adano73\_10\_28ButterflyQ3 - Audience: Adano has studied (inaudible) and as Swami Nityananda, initiated Swami in the Saraswati order of Yogis. It is my pleasure tonight to bring to you Swami Nityananda. Adano: Thank you Bob. For your information, Bob means Father in Sanskrit, most people don't know that you see, it's not B-O-B, it's B-A-B, and "Ji" means revered father, Baba-ji. So normally we always refer to the male as "Bab." Those who attended last night we spoke about the Origin and the Involvement of Man and his consciousness, tonight we're going to bring him to the point of Emergence and where he is right now and what is he supposed to be doing with his consciousness. Our consciousness is at the point where we are striving to finally realize ourselves and most of us are asking those type of questions in our minds, "What are we really doing?" We go to work, we use our minds, we rationalize, we try to control our environment, and then we look forward to a happy peaceful retirement if we could get it. Some of us the dreams are there and then all of a sudden the dreams are pulled out from under us and then the happy retirement is gone and for others they may chuck in the towel and say "well life is too hard to bear, might as well lay down and die" and that's where the consciousness is finally tapering off. It's trying to learn from past mistakes and holds no other inspiration to exist, after a while the consciousness suddenly shuts off and really have we used it, have we discovered it, have we realized it, have we actually tapped what is really possible for the consciousness? All the scriptures tell us what is possible for the consciousness but they don't come out in a literal way to help us to understand it simply because the term "mystic" is a very peculiar term. When I was a boy trying to study to become a Benedictine monk, I asked a very foolish question to my mentor, I said "How can we talk about the life of Jesus and we don't do the works of Jesus?" He said "Young man, you'll never be a priest, you're a mystic" and that was the first time I heard the word mystic. Now I never became a priest but it took me a long time to find out what a mystic is and I don't tell you it's an easy journey, the journey of the mystic is an inward journey, it's a journey in which you emerge out of your cocoon of your ego. If we think of a butterfly and try to analyze its makeup, we will find that a butterfly originally started out as a caterpillar but when you saw the caterpillar, you could never think that that caterpillar will ever be a butterfly. I could put myself in this place of the caterpillar when I started out to be involved with religion years ago and as that caterpillar I wormed my way along the ground, that means trying to rationalize for my existence using my five senses to make the outward environment fit and when I couldn't rationalize it sufficiently because there are too many injustices, I came to a deadlock realizing that every night the deadlock occurred within me and that's the time when I went to sleep and when I went to sleep, I had to tell myself I gotta wake up again for the next morning. Now if I didn't tell myself to wake up, I don't know if I'll ever wake up. In those days I was not really convinced that life existed after Man passed away, I had no real way to prove it. It took many years to

find out if there is actually life when Man passes away and studying the caterpillar we see the caterpillar comes to a deadlock too, it doesn't know what will happen to it when it passes away but in a strange way the caterpillar spins a cocoon around its own self and shuts down. The caterpillar does it willingly, unknowingly. Equally true in my own self, the shutting down process had to start someplace, sleep is one way but when you're asleep you're unconscious. You may dream but you have no proof that the dreams are real, that they're really actually transforming you. They may give you some indication as to how you're behaving outwardly, they may tell you that you've mis-filed a lot of nonsensical data in your brain and you could jump to a lot of crazy conclusions as to why your environment behaves a certain way or why you're reacting a certain way but that's not evidence that it's really doing something for you and transforming you and giving you the reality of your nature. When we go back to the caterpillar we find that the caterpillar is not dreaming when it's shut down, the caterpillar is actually going through a phase of transformation, a form of death, and when it comes out of that cocoon it doesn't come out looking a better caterpillar, in a strange way it comes out a different creature. Prior to that period, the caterpillar cannot fly and looks pretty ugly because it has one color, sometimes they are gray or brown or green, and normally if you kill one, they will rot and decompose, ants may eat them, vermin, termites will eat them up or bugs will eat them up, birds may eat them up. 0:10 But as soon as it goes through that change internally when it shuts down and emerges as a different creature, there is definitely a law working in that caterpillar's mechanism, it's emerging, emerging into a different level of awareness. It can fly and you call it what, a butterfly or a moth? Yet there is nothing that flies out of all the creatures that fly, there is nothing more beautiful, more geometrically laid out than that butterfly and you have never seen a rotten butterfly. When they go into their phase of shutting down, their bodies never decomposed. Here we have for the first time God's laws pertaining to cell life, the mystic life, the true mystic life of Man, the true Soul life locked up in the cellular form. As we said last night, scientifically when we analyze John's first verse he says "In the beginning was the Word," that means the vibratory conscious energy or Sonics which this whole universe is all about and even a dark hole in space that blocks out light cannot prevent Sonic waves from passing through, which is sound waves, "and the Word was with God" that means the Word is existing in consciousness already. We are aware of it, we can be attuned to it, it's existing, we can't shut it out therefore it's there. "And the Word was God," literally WAS God, that Sonic principle is God, life itself, holding this whole universe up. "And the Word was made flesh," that vibratory principle has become cell life from atomic nature right down to cell life and when we look around at the different types of cell life or flesh life, we have Man, we have animal. Then John says "God dwelt" or "the word dwelt in Man," the vibratory principle selected of all the cell lives or type of cell lives to lock itself into permanently and that is a one called Man. That doesn't say it is not carrying on its laws of creation on all the other forms around it as a reminder, Man is going to learn that from his environment, he learns from his environment, more so he learns from inside. The butterfly is that particular principle of Emergence in where we see a definite transformation that occurs when we learn to shut down inside of ourselves. When we go to the life of Jesus we see such a principle at work. Jesus was in the Garden of Gethsemane and he looked into his own consciousness and within his own consciousness he saw his own death, it's like a form of dreaming, some people dream of their death but most people who dream of it usually fall asleep and then they wake up telling "I dreamt how I'll die" but to literally sit down or kneel down or in any position and close the eyes and slow the brain down and observe within the structure how one's death occurs from the environment, this is not impossible, it's within the range of every human being but in the case of Jesus he did it in the Garden with his disciples and he observed inside and he was making the decision between the ego and his own intuitive nature or Christ nature, "Father remove this cup" that means Divine Principle of Life free this mechanism from this experience of dying on a cross in such a hard way. The pain alone would be fantastic for the brain to rationalize or the body to experience "Why should I die such a horribly way, what have I done?" And yet possessing all the power of visualization and the ability to marshal the energy from his own brain and this is an interesting phenomenon. In the East it is said that the human brain is the only mechanism designed to trigger atomic energy by thinking. Now think of that before we go any further trying to analyze Jesus in the Garden of Gethsemane. The human brain is the only

organism designed to trigger atomic energy by thinking, imagine how we are selling ourselves short? He could trigger the atomic energy within his own mechanism because he did it before he came to the Garden of Gethsemane, many times he triggered it with his brain to satisfy the feedback patterns of his disciples or people who were in need or their karmic patterns, their mistake patterns, he could have triggered it. Uri Geller does it and people Uri Geller on TV and they do it too, little kids do it, they bend objects. So we know that if he wanted on his own ego drive, he could stop the encounter of dying on the cross but his higher self tells him that this is already set up as a part of this cellular life, no matter how hard that it appears, don't interfere with it, go through it and see if the real Creative Principle, which we call the Father, does not have a purpose behind His creation, why we must encounter these different difficulties in our lives. There is a value and there is an elevation and there is a transmutation, there is an Emergence, something that we emerged out of never to return back to, it's a different consciousness altogether. Not the earthly consciousness, it's the true mystic consciousness. So he said "Not my will," not my conscious ego makeup, not within this mechanism from the mind's level "but Thy Will be done," the creative Will, the creative drive for transformation of the cellular form. So this is the surrender of the ego will, the ego consciousness to the mystic consciousness but he doesn't know yet until he comes out from that shutdown principle, he's still got to live it. 0:20 It's all good and fine, some of us can dream "I'll be lifted up, open my eyes," we all can imagine but out there the soldiers are still waiting and the nails are waiting and the hammers are waiting and the journey is waiting, you still gotta walk that gangplank they say and that is exactly where the final experience comes between the consciousness that is centered on rational thinking and the consciousness that centers on the mystical experience. Here your scientific data and mechanical makeup can't help you no more, the environment is no asset no more. Either you trust in an unseen principle and you know it's unseen because he said "The son declares the Father," he didn't say "the son has seen the Father," "the son declares the Father" and the son says "I and the Father are one, you see me you see the Father," that's the trust you've got to have now because the son ain't saying he is seeing anything, there's no guarantee that you say when you enter the mystic consciousness, you did see somebody sitting, beaming at you, and saying "Ha boy, I'm glad you found me," no such deal you know but you're gonna change so drastically that there is no doubt in your mind anymore that there is a power that has lifted you from one level to the next. You have emerged but you still gotta live true then, there are a lot of things that you must go through to indicate there is a transmutation occurring in the cellular makeup. It's like the oil being squeezed out of the seed or a nut of a fruit, you don't see the oil when you take the nut and look at it, you suspect there's oil there and you have to pulverize the fruit and pulverize the stone and everything till you have nothing to show and then a little oil will come out, you see, but that's more precious and that's more expensive, more valuable, equally true in the tissues. Jesus finally comes out of the garden knowing fully well just walk that last mile or what you call "the journey to the end." It's a different journey than a man who confined to be executed 12 o'clock tonight. He's walking and people are crying then he says to them "Be of good cheer for I have overcome the world." "My ego mind is no longer centered on this cellular mass, my internal experiences of surrendering to this internal truth is my freedom, I overcome it. I know from the mystic consciousness now there is a great change occurring, I have to live out the experience now to have that occur in the body." So he's not teaching us reincarnation, most people would have the concept or belief that Eastern people are teaching reincarnation and that's all they want to talk about, very erroneous concept. But Jesus was an Oriental born in the Middle East, it would be highly impossible for him not to be exposed to the concept of reincarnation because reincarnation antedated his birth but he didn't come to tear down reincarnation or to point it out as the ideal of life, he came to show that there was something greater than reincarnation. Reincarnation would only imply that a person has failed to do something and they have to do it all over again, basically that is all it implies. If you go to school would your teacher put you in the next classroom? They you back to do what? To do it over again and until you do it over sufficiently enough till you pass and when you don't do it anymore, it's over. Equally true cell life, the caterpillar and the butterfly, when the caterpillar ceases to be acting like a caterpillar and then takes on the reality of becoming a butterfly, it's free. Equally true here in this body, this cell body, when we cease to let the ego guides us in our

consciousness and determine through the five senses our behavior then we would transcend, emerge, we would resurrect. It's not an easy journey yet every time you're in the body that's the opportunity, it can't be done when you're dead, no dead man resurrects if he didn't master it when he was alive. See, you have to master it when you're in the body then you can resurrect, you have to go through that art, you have to go through that process, you have to be conscious of the fact that in the body to make it change. It is not something that is given to us because we are good, it is something that we earn "To him that overcometh" and this is a challenge and this is a responsibility and this is a great deal of personal work. In the Eastern countries we call it the Sadhana, the disciplines that molds the Soul while working through the human form to raise it to the level of Divine Sonship, that's the Sadhana, it's called ethical living. "To him that overcometh," overcome what? Death, the breakdown of the tissues, "I will not send forth a second time," let him experience a second death, "but I will make him a pillar in the house of the Lord." Now a pillar, you look at it, see that's a pillar in this structure, if you pull it out from under that walkway what would happen to this building? It will collapse so a pillar is a reliable structure right? It's something that is there to stand out, it has achieved its position to maintain the structure. Equally true when the body is transmuted by the Soul principle in the life we live consciously and rises above this principle called death, then we are free, we don't go forth no more, we are truly a part of the creation. Why he says "to him that overcometh, I'll not send forth a second time," involving death because he says "death is our last enemy," it's not our first enemy, it's our last enemy. Now you know what an enemy is, who do you call enemy? It's very specific when he said "death is your last enemy," what is an enemy? Somebody who wants to take your life or challenge you but more so your enemy always wants to hurt you or kill in some form, deprive you of your well-being and death is that (inaudible) then we have to master it, we have to master our enemies and he gives us a way how to master our enemies, how should we master our enemies? 0:30 Audience: (Inaudible). Adano: Right, we should love our enemies then if our last enemy is death what must we do now to master death? Love death, you must learn how to die consciously, you can't really die and master it if you're unconscious, if you hate it, if you fear it because you never know where you're going and every time you hate it and fear it, you'll run from inside of yourself and shut down and pull the lids over your head and the spiritual man never dies that way, every spiritual man or mystic conscious-minded individual who has applied the mystic consciousness, leaves this body fully conscious. Up to the last minute when he leaves, he's fully conscious in the mystic consciousness that there is no death, it's all birthing, there never was a death and never will be a death to the mystic consciousness but there will always be birthing, the eternal birthing, the eternal now-ness, it's only then you know for sure that you are immortal, until that time, you're guessing, you're imagining you see. The Soul is immortal, it was never born, it will never die but it goes through the process of birthing in forms to please the Creator who is the Eternal Life itself. He alone can grant many things to that form and that's what we call the grace. The Father can grant to the body non-decay, "When this body has thrown off corruption and take on not corruption," this body can suddenly stay after death in a non-decaying state, that's one of the graces. Or He could if He wants that you take the body with you and don't leave no body you see and then the body is gone and everybody will wonder if somebody stole a dead man's body. Or He you could pull off what we call Star Trek on us, you beam down beam out you know. One moment you'll here, one moment you dematerialize yourself, that's all within the Will of the Lord. However He wants to satisfy the transmutation of that law, He does it to us. There's a lot of evidence of this among us, that we know that Man is moving scientifically, philosophically, mystically to this end, Emergence into Spirit by conscious awareness and conscious application of the mind over the atomic energy. When he was given the power to go out and have dominion over the universe, this was a tremendous gift, but not to own it, we can't own it, we can only have the right to run it or take care of it and if we overcome the pull of the five senses in which we find ourselves trapped in and achieve the mystic consciousness, we are emerging. Now Emergence has a lot of problems in it and at the same time it has lots of benefits in it because if a person has emerged, you wouldn't know if they have emerged and since it's one of those unusual phenomena in life, it makes us tend to... (gap in tape) ...trees, they look like me, all colors, dogs they all look the same, my face is imposed on them, the horses, people, my face is in it. Now I said "Well if

this is death, this is beautiful. Well I'd like to stay here." Then all of a sudden a voice says "No, you have to go back into the body, your work is not finished," you can't argue with the mystic consciousness. Mystic consciousness tells you right away, you have to go back in and you try to stay out and see what happens, you learn pretty fast that God's Will is never broken, you obey or you're put into that particular situation where you realize there's nothing better than to obey. It becomes easier for you to obey from that level, in a physical way it seems sometimes you offer a lot of mental resistance with your ego but at that level, you feel it's okay, you know it's okay to go back into the body. Well I went back into the body and the body felt strange to me, I tried to get up, the hand would not take the weight, the foot wouldn't take the weight. In the meantime my friend was coming down from 30 feet, all this has gone on, he hasn't come downstairs yet. You can imagine how long, it seems like eternity in and out of this universe and to say that I see Jesus and all the Great Ones, they're all there but they're not doing a single thing, they're not bothering to interfere. Because why should they interfere? They can chew the food for you, you have to live through the experience. You know one thing is they have done it and they long for you to do it, they long for you to masticate that bread and swallow it and gain strength, they long for you to go through the process. So they don't interfere, that's why they're your brother's keeper, you begin to appreciate their life as the example, that they've placed their life on that scaffold of truth to make it worthwhile accepting it. So here I am, my friend comes down and I said to him, "I think I've broken something, I can't move." He says "Okay, let's call the ambulance" and it so happens that he's a lawyer and his brother is a lawyer and in Canada it's one of the peculiar phenomenas, if you call the ambulance, you have to call the police department so it's better to call the police department, the police department brings the ambulance and there are the two doctors ready and in the meantime my whole body has become numb and I know I'm dying all up to my face and something tells me now inside, "if the numbness gets past your eyes, you're dead so don't let it get past your eyes." I can't feel my foot, everything is numb and the numbness is already going here and this part of the brain is telling me inside "if it gets past the eyes, it's over." So I start thinking now what should I do to prevent the numbness from going up into the brain. The only thing that comes to my mind is take your hand and put it in your mouth and bite. 0:40 Do you ever try to bite when your teeth are under Novocain? I'm biting and biting until I felt pain, when I felt the first sensation of pain in the body, the numbness stopped and it started descending back down and it descended and stopped right at the heart, never went any further than that, never came any higher than that but I had my finger in my mouth and I kept biting and there I'm holding this condition and the consciousness is saying inside "now you're going to prove all that you learned in the physical body while you're ill so enjoy it." All right the doctors came they picked me up and they can't move me because they don't know what position I'm in so I'm on a big blanket and they just slide me over to make a stretcher, put me in the ambulance, and they're taking me to the hospital and I'll tell you this, when a siren is blowing it will kill you faster than anything else when you were in that state. The sound of that siren drove the numbness almost past eyes, I had to bite hard enough to keep it down because the sound was so fantastic, what it did to the numbness was pushing it back up but I just kept on biting. In the meantime one of the doctors is looking and he sees the bone sticking through the skin, he was literally trying to tie it up and I'm looking but I said to him "Could they stop that siren man? I'm gonna die with that thing blowing." He says, "We'll turn it down but you have to keep your people out of the way so you can get to the hospital." All right, got to the hospital and this is what you call a comedy now because how Divine Consciousness, the Mystic Consciousness is working. I arrive and they take me to the emergency ward, out comes a nurse with pen, well starched uniform, "What's your name, where are you born, how much money you have, what's wrong with you?" (Laughter). In the meantime my friend is there and the two doctors are looking and I look at them, how can I answer, if I take my finger out of my mouth the numbness will go up into the brain so I can't answer. The doctor looked at my predicament, he said "Nurse this man is dying, let's get him to the emergency table then you can take all the information after." So they rush me in onto the table and the young fellas they're working their best to stop the bleeding and pull the bones back in. In the meantime I'm looking and I can feel now that this consciousness that runs the universe, that is functioning in me as life, is working all the conditions out, the ridiculousness of the nurse and all the things are working

out. So I'm lying there on the table and I'm looking in the big white walls in the hospital then all of a sudden the elevator door opens and around there are a lot of young interns working and out steps the doctor and I can see he's an elderly man and he looks over and he says to the men, "This man is dying" and so he took away the scalpel from the young man and he stuck it up right into my rib and it's like letting air out like a balloon and in that way, he deflated me then he said to me he said "Young man, normally I don't come down this elevator but it was strange thing tonight as soon as I finished, I was going down the regular elevator it wouldn't work and this is the only one that was available to come down and here I am" and I said to myself "Yeah Father, I know how you're working already." This mystic consciousness works in a strange way, not to fight death but to try and go through it and see how far this mystic consciousness or inner awareness takes care in minute details. Of all the nights you mean to tell me the elevator got to stop at that particular time? The timing is too fantastic, too mathematical for it to happen and there he was. All right assume that happened then later he took the hypodermic and he said "Now young man I'm going to give you an injection and I want to go to sleep and we may have to do some surgery but I think things should be all right." I said okay so he gives me a hypodermic and in my mind now I have no concept of the danger and the injury of my body in the meantime I'm only living on the illusion from the fall and the impact of the fall that I must have broken a bone or two and therefore everything will be all right. So I have a business to look after, I have people to take care of, they depend on me so I'm saying in myself now, this is about 12 o'clock at night already, I'm closing my eyes and starts to visualize it, I says "Well tomorrow I must wake up at 7 o'clock and I have to be in my business to take care of it." So now he gives me a hypothermic I know that's going to make me fall asleep but I must program my mind so I'll wake up. So I'm looking inside of my head here, I'm seeing a clock, long hand at 12 and short hand at 7 and I keep impressing it that at seven o'clock I gotta wake up, my own mental alarm clock. Well after a while my finger is out of my mouth and I've fallen asleep. A little while during that whole session all I can hear in my head "Bang bang bang bang bang bang 7 o'clock, wake up! bang bang bang bang!"

1973 October 29 - Satsanga Massachusetts

Adano73\_10\_29SatsangaMassQ3 - Audience: We'd like a chant to come out of meditation. Adano: That's alright but actually when you come out of meditation you should come out in silence. See because if you come out in silence then the person can carry the silence and the peace or you can you end up with "It's love, it's love that makes the world go round," that's a chant for finalizing the evening, that's the last chant you want to sing before you go. Audience: Adano what is the best bodily position to get a good meditation? Adano: Sitting down, just sit down like this and keep the spine straight, the important thing is to keep the spine straight and the mind here. These here are necessary in the early stages of growth to get the mind to relate but the energy goes inside and we're not too concerned with the bodily energy, we are concerned with the energy in here. See this energy here is only working like this all the time, the one in here is working like this. Audience: When you're supposed to keep your hands over your eyes, how long are you supposed to do it? Adano: Thirty minutes, prop your hand up on a cushion or a pillow, it would be easy to do it. Enjoy it (laughter), that's the purpose of the meditation, to enjoy. (Short meditation). See the presence is always around when you pull in consciousness, try to feel it more and listen because we are constantly in unity or communication from inside. This why you listen more and the more you listen the more you will get the answers to your questions that are coming through your consciousness because it's telegraphed by the love and sometimes you don't need any answers for no questions because what is more important is that you feel love. See we don't have enough love flowing to us in 24 hours, we don't even generate enough of it and when you can feel it and generate it, then your whole body is transformed gradually that's the purpose of Darshan or Banderas or various contact with spiritual guide, to help you to feel more love. See it's "love the Lord all the time with all your heart, mind, and Soul" so you begin to have the loving thankful nature which is pure devotion that everything is being taken care of and you're just trust in this Principle of Love to take care of it and you will be given the guidance to act. Things fall into place, people come along and before you know it if you're alert and aware you're seeing it's happening in the

environment already to what you're looking for and what you need. So it's more of a photo finish existence, this is the purpose of the spiritual life because what is a miracle? Just a photofinish experience but it happens all the time so expect the miracle and it's always going to be there. See learning to feel love, feel peace, we don't do much of this in our daily lives and we don't have many organizations centered upon that type of thinking, that you sit down and try to incorporate peace into your nature. You have to make it you know, "blessed are the peacemakers," you've got to make this peace, you've got to manufacture it from within yourself by being conscious of it, "for theirs is the kingdom of heaven." For they are always at the very center of the reservoir of a being as you try to bring yourself more into peace, you are always staying in that reservoir, you don't go out of the reservoir, you move in the reservoir of peace and this insulates you against the environment, it strengthens you against the environmental pull, the tension of the environment, the repercussions from the environment as you stay within the center of the peace and it's feeling more than thinking, you have to feel. See we hear but we seldom listen and meditation is one of listening not hearing, it's one of feeling. The more you listen and feel, the more you become engulfed in the unity of the joy, you begin to glow in your own being and then the mind don't wander as much, the mind doesn't become restless or irritable, it begins to experience the calmness. Then when the mind is calm then you can direct it on anything you want to do without getting uptight or fatigue or in a state of frustration, you can really concentrate then. See you can't concentrate if you relax, you first got to be tense then relax then concentrate, you first got to create a condition to relax from it in order to focus but to just start off relaxing to concentrate, it don't work that way. That's why you go through the periods of anxiety, tension, restlessness, then you begin to relax from that state. After you relax from the tension, the anxiety, then the mind is calm then it can focus. It's a three-fold movement first tension, relaxation, concentration or centering or being but you gotta have first the resistance, the anxiety to relax from, to let go from in order to flow or center. So just close the eyes and enjoy peace, enjoy the harmony of being. (Gap in tape). 0:10 The roses represent God realization and the blessings of the Masters in all their ceremonies and if you keep some of the petals where you meditate or in a locket, it carries the vibration of Their presence all the time and it helps you in your meditation. It's another form of Prashad, instead of just being something that you eat now, it's the contact point with the vibration of the initiation. It helps you to relive the experience of initiation every time and expand your consciousness out more. Audience: Is it alright to give a few petals to someone? Adano: Yes it's all right to give a few petals to someone, it helps them to raise their consciousness but there are some things that are given to initiates that are for the initiate's own use then they should keep it, it has a special blessing for their own personal development. Do you have any extra Prasad that we can bless for that? Audience: Yes. Adano: So that this would be for each individual person's own spiritual development, he uses it himself. Audience: (Inaudible). Adano: Well if you break it up we'll share it with everyone. Audience: Adano you said the petals are magnetized, what does that mean? Adano: They have the vibration of the Master, I didn't say magnetized. They carry the vibration of the Masters and the blessings and can be used in your meditation. It helps to raise your vibration in meditation. You can add some more to it but that would be just for your own personal use, you don't share that with nobody. Audience: Adano how does Prashad work? Adano: Eat it, that's the answer the Master gave. How does the food in my mouth taste in yours? We cannot share the experience of Prashad inside with others, this is something you have to discover for yourself. All right, I'll give you a couple examples and then maybe you'll understand Prasad. You're hungry, you're thirsty, you just had an enema but you're told by the doctor don't eat because you're gonna get constipation yet the odor of the food seems to give you strength. Wherever you walk, the odor of food gives you strength, you understand Prasad now? Audience: Sustenance from just from the fragrance of the food. Adano: See doctor said "don't eat, you'll have constipation, you just have an enema" so what's inside of you? Audience: Nothing. Adano: But if the odor of food gives you strength what have you got now? See? That's as far as I can describe Prashad how it works. I'll describe Darshan now. Audience: It's very mystical. Adano: Some people asked the grandfather of the present teacher, Charan Singh, what is Darshan? And He said "go to the village, you're gonna meet two people who'll tell you what it is." So they went to the village, they spent a whole month and all this saw

was two crows and they came back and said "Sir, we went to the village, we didn't see anybody but all we saw was two crows." he said "I'm sorry, maybe next month they'll be there, go back." So they went back the second time, they saw two swans, nobody in the village, they came back and they said, "Sir, we didn't see anything but we saw two swans." He said "Oh I'm sorry, I don't know, they got to be there, I would not be lying to you, go back this trip one more time just try, you're gonna see somebody that will tell you what Darshan is." They went the third time and saw two people there so they said "Oh you're the people that will tell us about Darshan" and the two people says "Oh you're the two people that came and saw us the first time when we were two crows, second time you came back we were two swans, now you come back and see us we're two human beings, we're glad you saw a Master." Darshan is like Prashad, how are you going to explain Prashad now? See you just had an enema, you're told don't eat you'll get constipated and everything you inhale makes you strong. Audience: I wish you'd repeat again about the keys to the kingdom, that's the Audible Life? Adano: The keys to the kingdom are the Audible Life Stream, the technique of doing the Holy Breath, the techniques of repeating the Holy Name, and the technique of listening to the Current inside the brain and seeing the light, these three techniques are the keys of the kingdom. The Kingdom of Heaven is within you you see, the upward current pulls up your consciousness and the downward current burns out the karma. Audience: And that's what Jesus taught? Adano: In the Aquarian Gospel it's mentioned there, the Holy Breath. See we breathe it already so we didn't make it up, it exists in us, he has got to be introduced to it then to experience it on a conscious level, which is love. You see the other Prashad that you get at initiation, the food you give away it raises the love of those people, they don't know why their love is suddenly increased but their love is increased. This prashad is different, this has to do with you not eating but being nourished. The only way I can describe it is you just had an enema, clean out your entire stomach, you've just been told by the doctor you can't eat you're gonna get constipated, then everywhere you walk around everything you inhale you're nourished by it, it's a kind of a paradox, there's no way to explain what is going on inside but if you do realize what is going on inside then you understand what it's doing inside of you, it's for your own personal growth. 0:20 There's another way of saying it, I can't share what I have in my mouth with you and what you have in your mouth you can't share with me so each man has to sever his own food and digest it, this type of Prasad is that type of experience. Your own growth, your own inner experiences that come to you will be yours for what you need to grow on. You can't grow by books and you can't grow by sitting down every day crying out to meditate, you grow by grace and it's always the contact that brings the grace and you don't get it every day. There are times when the grace is given, the time and the elevation of consciousness is given, and there are times when you must suffer the pangs of anxiety and all the trials of grief to get strong to appreciate the growth, you have to have to go through the periods of forgiveness in your own self for the mistakes you make. The growth is not a steady straight line, it is handed out by grace, by a conscious level from that higher being. The disciple is only a channel for this transference, it's your whole life and there is no end to it, where you are in the growth inside whatever you need will come to you. You see you don't know what you need and how can you say you're asking God what you need and when He gives it to you, you don't recognize it. So it comes when you are ready and whenever it is given, it's always something better than you had before and since He's the exhaustible giver of gifts, we could never really pin Him down. He can give your cosmic consciousness so you may not even recognize it, a lot of us have had it but don't even recognize they had it until somebody come and tell them they had it then they wake up and say "Oh my gosh is that what it was?" There are lots of things you're getting inside. The literal translation for prasad is consecrated food, what it actually does that's the mystery of it. There are two types, one type is for sharing with others to help them to raise their love nature, increase their love nature. Then there's a second type which your own personal growth comes by grace just as much as Darshan. There are two types of Darshan, sitting in the presence, feasting, listening or sitting in the presence and being elevated. So there's no lectures, every time it's Darshan but there are two types even in the general public, it is Darshan, there can be no other way. The spiritual life is not something you put on and put off when you're in that state, it's every moment but it takes a long time to transform you into that state that you become that state, you flow with that state, you understand that state, it

works through you in spite of yourself. It's like the flower, once the flower is opened up from the bud, it just radiates, there's no end to the awareness inside, it's always flowing and it's not in books but all books become like a simple theme that you begin to understand them all for what they're all saying because the mystic thread is tied into it, you can read the mystic lines between the books, the bibles. It's a journey of love so you are not floundering, you're gaining strength every moment in this Divine Process of insecurity. The more we become aware that God is an intangible principle and our security comes from relying on trusting in the insecurity of His existence because the existence is relative, that this existence is not permanent, it changes. Only by learning to trust in it, in this principle, are we free, our freedom is based on that trust. See because the only important thing in it all is the attitude when you're ready to leave the frame. What He wants to do with the frame, that's His prerogative or priority. If He wants to decompose it, He'll decompose it, if He wants to keep it around as a souvenir for people in a museum He can do that, if He wants you to take it with you He'll let you do that, if he wants you to simply dematerialize and come back to Him He'll let you do that, that's His priority, His prerogative. We just simply got to accept and trust on the grace that flows down to us and that's very difficult when you don't have much tangible experiences from within to reinforce you but you see "Blessed are they who have not seen and believe" or trust, more than those who see and trust, this is it. Because one is blessed and elevated by grace and the other is brought along by compassion and I'd rather go by grace than by compassion. Any development that comes by compassion, you force the issues, and if it comes by grace you wait, you "meekly wait and murmur not" and it comes to you at the time you least expect it, that is to keep us humble, and no two times of exposure are going to be the same, every time it's going to be something new simply because it's not designed for us to get into a routine, spiritual life is a routineless routine. It goes from the chaotic to the organized but it comes back into what is called an apparent organized chaos, it has its own particular behavior pattern. That is to free us from the feeling that we're going to be always walking some kind of a straight line, the growth is not a straight line, the growth is to test, that means it's up and down, spinning out more and more, wider and wider, further away from the center yet always at the center. So how much control are you gaining? So you begin to realize that you have to trust in every inch of the growth, to trust the Divine Principle within you. It's different than churchianity, churchianity is very stable, very direct, very methodical and you know where you're going and you're positive that when you get there it's gonna be harps and honey and milk. Spirituality don't offer you no such deal, spirituality offers the adventuresome nature of the Spirit and the Soul. 0:30 "Nothing ventured, nothing gained," that's spirituality, the eternal adventure, the eternal exploration of the infinite nature of the Creator. If He made his nature very crystalline, very maintaining self-control sooner or later you'll get bored with it, by the virtue of the mind you'll think you've arrived but no such deal. He himself is infinity so how can you arrive? You see you're constantly expanding (gap in tape then duplicated section) 0:34 and working with the energies and by virtue that, you are being a channel for Him, "Greater thing shall you do. The things I do you shall do also and greater things shall you do" therefore it means that there is no limitation, there is no finality in the spiritual life. The spiritual life doesn't come to termination by ending up in heaven or being neglected in hell since there is no heavens and hells anyhow. The spiritual life is Beingness all the time, more and more Beingness but beingness is not isolation nor is it a consolidation to the exclusion of anything, Beingness is incorporative, an incorporation of all things flowing within itself in a continuous state. It has to flow all the time so the only experience that is valid for Beingness is "flowing with the glow" that glow within your being, that vibrancy, that buoyancy what more you want, (inaudible). Good, He's playing it, He's telling us to listen to the Audible Life Current, it's eternal, that's the eternal secret, the Audible Life Current. the Eternal Secret. You know we could never really track down the Life Current in our test tubes because that's why they call it the Eternal Secret. One time Ramakrishna was sitting in the ashram so normally they never love cats or animals in an ashram because a Master's presence or a spiritual teacher's presence would be too much compassion for the creature will be involved. So anyway the would feed the cat outside but never let it get in, anyway one day when everybody was meditating somebody inadvertently left the door ajar and the compound cat got in and pushed his way in, ran past everybody, and everybody woke up and looked and tried to catch the cat and he jumped

right up into Krishna's lap. So you can imagine the consternation of all the disciples and tradition broken and everything in the ashram. So Ramakrishna says "No no you can't throw him outside no more, he's made it to God realization, he's got to be a human being in his next incarnation so you might as well leave him here and feed him. So they fed him and everybody was happy that Ramakrishna's cat, they were proud to see the cat there being accepted and fed by Ramakrishna. He lived three days and died. So they said that means in three more life spans he would be a human being. They're the only animals that have survived through the eons of time in their original shape and have been worshipped by Man in the temple and they are very aware of the vibratory frequencies of meditation more than other animals. Another thing, you never own a cat, it owns you. That's the lesson you have to learn, the cat owns us, we don't own the cat. 0:40 Yogananda had a cat in the ashram, I saw it when I went there, a six toed cat and it ate no meat, caught no birds, ate no mice, and simply ate vegetarian food, it was interesting and if he didn't like you, he never came to you so people knew that once he liked you, he would come to you. Since the Master used to pet him, he seldom meant to anybody because he could kind of look at your vibrations and size you up and there were only two people in the whole ashram, the one that fed him besides the Master, that he will go to and he would never go to nobody else and he was very standoffish. So I didn't know when I went there, I saw this little grey cat coming along so normally I don't bother with cats, either they seek me out or that's it. If they seek me out good and fine but I ignore them because they don't own me and I don't own them, you get too friendly they own you. So I ignored the cat and the cat stopped so I paid no attention. So my friend says "What's happening, the cat is walking around you in a circle?" I says, "Yes, I don't want to have nothing to do with him." After a while we're standing up and I felt the cat scratching my pants. He said "That's odd, the cat never did that before." So I reach down and I look at him, he looks up at me and rubs his head again, I tickled him behind his ears, that's the spot they love, to rub their ears, and before you know it he was purring and he runs off. So I learned something, you want a cat to like you, ignore it. You have any things brother you want to say to the group? Audience: I hope you'll be back very very soon. Adano: Yeah I hope so, Divine Mother willing. Audience: I personally want to thank everybody, all the help they've been here. I never would have believed we could have turned this house into an ashram for four days but it happened and it was great.

1973 - Emergence

Adano73\_EmergenceQ1NW1 - Duplicate of 1972 October Part 3 - Emergence

1973 - Nutrition Therapy

Adano73\_NutritionTherapyQ4NW1 - Now it may sound strange, why should the air be the lungs (poor quality recording, will be transcribed at a later date).

1973 - Stresspoints Color Energy Recycling

Adano73\_StresspointsColorEnergyRecyclingQ2 - Duplicate of 1973 February 21 - Meditation for Western Man

1974 - Householder Retreat

Adano74\_00HouseholderRetreatQ3 - Duplicate of 1972 September Part 8 - Householder

1974 Part 1 - Easter

Adano74\_1EasterQ1NW4 - Everybody enters the alpha level but not everybody can stay in the alpha level let alone recognize the alpha level. It takes many years to develop but once we know the mechanics of the brain and once we can recognize how it functions then we can enter that level very easily. Four weeks ago I was up in Wisconsin, I was at the pain research center and I was strapped up to a unit for checking the brain and helping in some research. I was asked to raise my temperature of my blood two degrees and to see how long it will take to raise the temperature. Normally it takes in the

average individual between an hour to two hours to raise the temperature one or two degrees, at best two, but you don't stay very long and in a few seconds you're out of it, it drops back down. While I was strapped to the machine I wanted to prove if scriptural truth and yoga were identical and if entering these states could be achieved what would be the simplest technique, in 12 minutes I raised my body temperature 9 degrees. The technique I used after sorting out from my brain a whole host of different concepts being presented to the general public on yoga boil down to one simple thing that has been handed down to us by Jesus, "hallowed be Thy name." By mentally repeating the Holy Name, the mere repetition I was already raising my temperature one degree practically every two minutes so in exactly 12 minutes the technician was watching the machine and seeing the degrees of the temperature going up. Now how fast can the person go into the alpha level and stay in the alpha level which is a persistent constancy of the brain. Under the normal training it takes about a day, sometimes eight to ten hours to get you into that level but you don't stay too long, you come out. In six minutes I was in the alpha level and I stayed in it until the technician turned off the machine, that was over about 15-20 minutes and then the question came up "How did I get into alpha level that fast?" I tried many techniques in the matter of six minutes and boiled it down to one simple technique, the Holy Breath. The scriptures teach us that God in the form of Jesus when he returned to his disciples from the grave, breathed upon them the Holy Breath. The technique of the Holy Breath automatically set me into the alpha level and for the first time I demonstrated on the machine the ability to drop the temperature down. Normally the temperature of the human body rises when you relax, even when you're in the alpha level the temperature goes up, it does not go down. So even when you're relaxed, at best your temperature will be rising, how now can the brain revert and change the temperature ratio and send it back and in those six minutes I dropped the temperature down to four degrees. When I came out from the machine not knowing the measurements accrued or checked or collected by the technician I said to him "pretty average, I guess you get a lot of this measurements every day" and he looked at me and says "no we've never seen measurements like these before." In my own mind I thought he was just joking then the surgeon walked in and I said to him "oh I did very average" and he said "what do you mean average?" So the technician said "well he raised his temperature nine degrees in 12 minutes, was an alpha in six, and lowered the temperature four degrees in the six minutes." Then the neurosurgeon said "but I expected it of him" so I said "what do you mean, you expected it of me?" These measurements are not everyday measurements of the human brain but expecting it of me is because he realized that I practiced these techniques of calming the brain that I could enter these levels and I made a remark and I said to him "everyone can enter these levels if given the right information and it does not require a length of time to enter these states." Once you know what to do, you can do it, but when you don't know what to do then it's hit and miss and it will take many hours, many months to enter these levels, those who are initiates have already been given these techniques. For my own personal satisfaction I wanted to test them with electrical instrumentation to be certain that these techniques that were handed down from the great teachers of truth were not just ideas that would psychologically satisfy our makeup but that these techniques are valid and they are scientifically accurate and do put us in those states when we apply them. One, repetition, it does not matter what you repeat, the principle is simply repetition. Krishnamurti once said "the words you repeat are not important as long as you repeat them you will enter a state of calmness so pick a word and repeat it" and he gave an example by saying "coca-cola coca-cola coca-cola. mercedes-benz mercedes-benz mercedes-benz, volkswagen volkswagen volkswagen." The word was not important but because he was repeating it, he was able to go into those states. For my own satisfaction, I proved under the machine that repetition, specifically repeating over and over in a short space of time, puts the brain in that level. Now what is the brain doing in that level, how can we utilize that level, that's the next important thing. What can we do when the brain is in that level? We can correct sensory problems by our autonomic nervous system now in that level, we can switch off or switch on any area of sensation in the human body, we can control the therapeutic effects of the cells from that level, we can validate the thought or concept "physician heal yourself, Man know yourself, Man direct yourself, Man as you think that is what you are" we can actually demonstrate this now from that level, we can actually cause physical changes to occur within the cellular structure.

Many of us are going to experience these levels faster, oftener than the many Yogis or teachers who sit down in caves and try to practice for years and years to enter those states and their teachers only giving them a hint here and then when they prove themselves worthy to know that they're in those states. 0:10 We don't have the time to waste for a person to sit down for long hours in a cave trying to enter alpha states or states of inner peace just to be satisfied and be told he's doing something good is worthy enough to have the next go at it. We want the information, we want to know how to get into it, and we want to utilize it. You've already got the techniques. From my own exposure the techniques work, this is your guarantee. If you take the test at any of these pain research centers or whenever these machines are available, you will prove that these techniques do the job. They're handed down for centuries, they're not new, they're built into the structure of the human body, it's how to recognize you're in that state and how to utilize it that's all important now. "No man take my life from me, I have the power to lay down and pick it up," this is the truth you'll discover when you're in that state and you're able to apply it and not wait for long hours, years and months, trying to discover if you're in there or not and it's not a sudden illumination of knowing the all the secrets of creation that will make you a realized Master. A realized Master doesn't even know one single secret of creation but he knows when he's in that state of complete unity and he knows when he leaves that state because he can tell the subtle changes in the body. So when you're in that state, you can work from that state, when you're out of that state you can't work it and we don't stay in that state all the time simply because we're not disciplined to stay in that state all the time but that's not so important. What is important is that we can go into that state when we need to go into that state and work from that state to suit the problems that we're facing. If we want to go into that state permanently, then the degree of discipline is important, the time spent is important but the wrong motive of entering that state would be detrimental. You want to enter the state for correction of certain problems in your body or in your environment or take the bull by your horn which is your own thought processes, your own tendencies and correct them, but you have to know when you're in that state and you have to know when you can alter and shift those states and you have certain symptoms that tell you are in that state. Even if you don't have a machine strapped to your brain, you can know that those states are being experienced. One, if you're repeating the Name, in a matter of few minutes you will notice that the breathing slows down and that the body seems to be coming more and more relaxed, you are in that state when the breathing becomes very deep. How long you stay in that state is determined by your sense awareness, by the motive in the mind of why you're in that state. Now since we don't have enough motivation to stay in that state to develop devotion, then we have to use that state as fast as we can get in and get out of it so we have to find motives for staying in that state. If the motive is for unity or oneness with God as a motivation, then to stay in that state would be longer. If the motive is to enter the state and to recognize it and merely to feel the suspension in the body, then we have to get in and get out as quick as we can while we're in that state and utilize it as fast as we can. Now if we have an ache or a pain or a deficiency in the physical frame, as soon as we enter that state we have to make the switch over and direct that condition of peace to that motive and let it occur inside and voluntarily see the change over in the body. So we have what is known now as a feedback, the survival processes of the body are feeding back information or experiences to the life force, we then can utilize this condition, we can then bring about definite changes in the body. If we don't have that type of motivation then entering the state must be entered on another level of devotion which is now an all-inclusive oneness with Spirit, the need for oneness with life. That's why Jesus said "you see me, you see the Father. I and my Father are one," that type of motivation becomes the highest motivation in that state. Eastern mystics strive for that motivation above every other type of motivation therefore they don't strive to heal themselves, though they know how to heal themselves and they can correct the problems in the body but they're not motivated to enter that state to do that. If they can enter this state by the motivation to feel oneness, by virtue of the oneness in that state these problems will automatically take care of themselves from the basic cause that triggered them which would have to do with our desire nature. Our own desire nature will reconcile itself and spontaneously release the life force to heal the body of its particular condition. So we can enter that state objectively and recognize it once we have the technique to do it. You've already got the

techniques, now it's the recognition in those states that you're looking for, you've got the repetition and you have the Holy Breath. Now the Holy Breath definitely lowers the temperature and lowering the temperature has a lot to do with what this whole weekend is involved with in the life of the man Jesus. Master Jesus is known to have resurrected from the dead, as far as we're concerned we know very little of that process. Our scriptures say he did not die on the cross, he merely gave up the ghost and if we check it out thoroughly, scientifically, there is no mention that Jesus died on the cross, there is no clinical proof in clinical terms that he died on the cross, he gave up the ghost by saying "into Your hands I commend my Spirit." What occurred within the physical frame is something that Yogis have often been doing for centuries known as Samadha or suspended animation by conscious voluntary control of the autonomic nervous system. Now when in that state there is no sensation of pain but numbness, numbness is induced to the extent that there is no outwards sensation of life activity, it's a form of conscious anesthesia on the body. You can induce that by lowering the temperature, as you lower your temperature the body anesthetizes itself. The Holy Breath is a way in which we induce this sensation and this sensation is recognized in the human body as a goose pimple sensation when the breath is lowered. When you play music, you get this sensation once in a while and it feels elated, it feels good to you this nice chilly feeling but it's not a chill that is irritable or unbearable, it's a type of chill that gives you elation and it makes you very sentimental. What has happened at that particular instant is that you've entered the state and you have made a biological change in the body, a sort of internal refrigeration of the cells. Now after you recognize it, how to use it? 0:20 The yogis have recognized this state and induce it constantly in a form of cellular hibernation like a bear and therefore they can go into these levels and stay in these levels as long as they want and certain symptoms will indicate they're in these levels but we as individuals living with it would not be able to use it at that level, we have to use it at a level which we are competent and would need it for our benefit. We work, we drive a car, get involved with a lot of things and therefore we get tired very fast and we don't know how to recharge the body and we can't take advantage of it so we become dependent on chemicals. Now here we have a way to switch in to this reservoir of power and turn it on and use it by feeling the goose pimple sensation and trying to direct it by the motive of healing the body or letting the body change from a rough skin texture to a smooth skin texture, the skin is your first change over, the physical cells are the first changeover. In the outer world if you have a piece of meat and you want to preserve it you have a choice, either to dry it or to freeze it so you have temperature ratio, drying is heat, freezing is cold. In the human mechanism we want to extend the range of the life cells, the vitality of the cells, how to modify it properly, utilize it, we can induce from that inner experience of the Holy Breath that self-refrigeration of the cells and cause physical changes to occur. Now one would say, "what value has that in terms of my pleasures?" Well if your body is getting weak as you continue to live, you can't enjoy your life pleasures too long, you'll have the craving for pleasure but nobody to enjoy it with but if you can retard the deterioration of the cells and carry on the motivation to enjoy the pleasure in the cells in the body then you are controlled, you have now the key to control and extend the life principle so that the body does not break down prematurely and the pleasure of enjoying it is more lasting. This self-refrigeration of the cells is the key to resurrection, it has a lot to do with subtle laws of nature that we don't know too much on a physical level yet in the lab but it's the basis where resurrection is involved. If you take a caterpillar and see it spin its own cocoon and perform what is called the art of conscious death by cellular refrigeration and then the internal changes will occur and gradually the caterpillar will come out from that cocoon a butterfly, a total different creature whose composition came out from the process of cellular transmutation. Now the butterfly is doing something within its own mechanism consciously, we are not aware of it but it does happen to us occasionally that we enter into it. Those who can control it and enter into it have at their command for the first time the ability to transmute the bodily cells. Scriptural truth is not fiction nor the mere whim of a creative force singling out some individual to make it unique, scriptural truth is the result of law and principle brought into manifestation by conscious application. Modern science with its instrumentation will validate scriptural truth more and more because we are dealing with the laws of creation. Sooner or later we will discover that this human body is truly the reservoir of dynamic wisdom and can be controlled from within but until we can

recognize what to look for in the body, we don't know when we are in these states, we don't know what to expect from these states, how we can benefit from these states. If we can spend the time to observe ourselves now internally, we can now take advantage of these peculiar symptoms and extend the life principle in ourselves and at the same time we can bring to the surface more inner peace. This is the type of peace that passes all understanding because no one can give you peace, only you can release peace from within yourself, only you can unblock the mental pattern that interferes with peace that is locked up in yourself (your cells?) but if you can recognize what it is that blocks it and if you can recognize what is needed to maintain the situation while you're in it, then peace is at your control and it's not something that you merely wish for, it's something that you can turn on and turn off like a TV set and your brain does signal to you in a conscious way when you are in these levels but you yourself not being trained to recognize it would not know when you're in these levels therefore you miss it and then you write and tell me "Adano, I'm not making progress in my meditation" and I write and tell you "you're doing good." You have the techniques and I repeat them again because I put it to the test myself: repetition, it doesn't matter what word you use as long as you repeat the brain will enter that state and the feelings that occur in the body will tell you're in that state then what is your motive for being in that state and how to direct it to what you need it for automatically will occur in the body and it's miraculous. In some cases instantaneous, in other cases it takes a little longer but it happens just the same. You have the Holy Breath and the symptoms of the Holy Breath is a goose pimple sensation, you can induce it by music that's why they say "In the beginning was the Word and the Word was with God and the Word was God and the Word was made flesh and dwelt in Man," ultrasonics is the basis of our universe and ultrasonics is the key to super cold, super refrigeration. So if we can understand the principle of ultrasonics working in our bodies, we can understand now what the word means in the bible, we can understand how to trigger now ultrasonic reactions in the cells by relating to the sensations occurring in the cells. When we're in that state, we can use it, whatever the motive that puts us in that state that will be corrected instantly when we lock into it. Now ultrasonic relationship has many sounds, they tend to imitate musical instruments like a drum, a flute, bell, sound of bees, harp, thunder, the roar of the ocean, and the clanging of a thunderclap and finally it sounds like a bagpipe blowing. These are actually your nerves unwinding in ultrasonic frequencies and you're becoming aware of it for the first time how your internal mechanics are vibrating. This internal music of your own internal mechanism, how it behaves and reacts, occur when you are in that state of relaxation and it doesn't take long hours to get in there to know that you are there, as soon as you can recognize the goose pimple sensation in the body, you are there. 0:30 How attentive, how acute you can listen, these particular sounds will start appearing normally just as much as certain odors will appear normally, they are only natural results of acute audition and smell and also of taste. In the smell it will be like roses, sandalwood, jasmine. In taste it would be like honey or nectar or peppermint, these are subtle levels of your own internal mechanism and if you can stay in those states and if the motivation is correct then you have your own built-in B-O (body odor), you don't need Right Guard no more and you don't need Leonard Bernstein to entertain you, also you don't need food from the cafeteria, your own internal forces come to work for the first time but I don't say it will stay for you very long because you're not disciplined to stay in that state. There is a certain amount of basic discipline required to stay in those states longer and longer and there is a certain amount of attitudes required to stay longer, these are natural requirements. The early teachers of truth made these natural requirements into the form of commandments or ethical laws of behavior simply to give us a sense of direction that we can stay longer in these levels and the longer you're in these levels, you discover that the animosity of the animal structure to which we have used as models for our existence begins to diminish in us. For instance models like these, you say to your friend "he eats like a p-i-g," you use an animal model for that person's behavior of eating and in turn you have incorporated into your own thought process the p-i-g and if you're going to stay long in those levels, you're going to discover a strange phenomena of that particular p-i-g ability, you will find yourself grunting like a p-i-g in those alpha levels and don't know why. You will start imitating animal models of every animal condition that you call your fellow Man, the instrumentation is going to wake us up that the reality is "judge not, let's you be judged" and "call no

man fool." You will find this will flip back as a feedback into your own mechanism and you will see how many times you have used these models for individuals to describe their behavior and how it is coming out through your own mechanism while you are in these levels. So at best we have to watch what we think of our fellow man because we are calling him something lower than ourselves. The machine is our first physical confrontation with the reality of these laws and how these laws are constructed so we have something now to guide us. Before we can say "scriptural truths do exist, some people dedicate their lives to it and sacrifice their lives but it isn't for me," they don't work no more under those conditions as soon as we have instrumentation to prove to us that it is actually happening as it is stated and the semantics just happen to vary from a scriptural level to a scientific level but the experience is basically the same and how long we can stay in it and how much we can utilize it is going to be dependent on our behavior and how we assess ourselves and our fellow man. So we are thrown back to look at the very principles set up by these teachers of truth and learn to use them now for the first time objectively. We want to enter these states, we crave these states in a strange way because we're not satisfied with the other levels of inner peace but we must know what to look for and that's why we have guides or individuals who point it out to us, someone who can indicate what to look for. Repetition or hallowing the Name, these are only semantics for the principle of repetition. Rosary, prayer wheel is just a gesture type behavior for a particular condition of making the brain repetitive to induce and produce the warmth in the cells and the individual enter that level and can feel it and can direct it now towards any problem that is bothering him on a conscious level. The Holy Breath or very easy way if one doesn't understand what the Holy Breath is, one can feel for the pulse beat. Take the left thumb, place it on the right wrist and feel for the pulse beat and feeling for the pulse beat will help you to relate with your breathing, the breathing becomes slow and as it becomes slower, refrigeration of the cells begins to increase, the goose pimple sensation comes on. Now this may sound very technical to most of us but if we play music as John was playing and if we got into the swing of the music, you were already in that state and didn't know it because anyone in the room who felt some kind of a goose pimple sensation from the music entered that state and came out. For that brief moment they felt the goose people sensation and they were in it, how long they stay in it is a matter of discipline, a matter of objective motivation. When we can recognize it, we can stay longer and when we know the right motivation, we can have more profound results. So spirituality is not nebulous or out of the range of the ordinary man, it is within the range of every person and at the same time control is turned over to you now on a conscious level for the first time and no external agent is demanding you to behave, it's an internal agency built into your cellular structure as the criteria of right action that is demanding the utmost of us. How we think of ourselves and how we think of others in relation to ourselves becomes the model, we cannot think of them in terms of animal models no more or we are degrading our fellow man and we are degrading ourselves. We cannot say the man eats like a p-i-g or he walks like a d-u-c-k or he talks like a p-a-r-r-o-t. We have to drop these models and start elevating newer models of thinking so we say the baby smells like a cherub or she sings like an angel, these are not animal models you see, these models are more elevating. We have to find other models now for the behavioral patterns lest we will be exposed on the instrumentation of the patterning that is impressed upon the brain, the very same thing of our own cells (selves?), "Do unto others as they would do unto you" or you do back to yourself and "as you sow, that is why you reap it." We are coming more and more into the actual manipulation of energy by the brain and how it affects us and the host of problems that confront us as disease and passing the the fault to some other agency will be totally erroneous. The fault is not on any other agency outside of ourselves, the fault is in us now as we narrow down the condition of what goes on inside the human body and if we realize it more and more, we will see that churchianity, religion, spirituality, or pure objective thinking are one and the same thing, the art of living is spirituality, the art of living is health. When the semantics are all said and done, we come back to the experience and it's the experience that has to weigh how we will feel and treat each other but we need to know what to look for that will tell us we're in these states and not to feel now that we are never going to experience these states and that somebody somewhere on a mountain top or in a cave is getting better experiences than us, they are not. 0:40 The Sage in the cave is not getting more nor less than you, he's

getting the identical experience but he had spent the time to recognize it and his motivation may be different than yours. His motivation is for unity, your motivation may not be for unity, your motivation may be to correct a problem that you have in the physical body that you can't correct under normal means therefore you will want to go into these states to break it or correct it, nothing wrong with that attitude. The only one thing is this, you can't constantly go into that state to use it to correct problems that you are constantly going to keep making and expect it to correct it all the time. The Creator did not make health to heal nothing, he made health to make healthy living people live healthy so we got to learn to live healthy at the first word go by virtue of thinking healthy. "Go and sin no more," go and don't repeat the process anymore, go and think objectively correct so that life flows in us objectively correct, this is what is being inferred by the writings. So when we can see this and experience it then their motivation for unity which is liberation, liberation from all these pulls of breaking down of the body to correct it, when we are free from this then we stay in that state and we can actively participate in what the Master teacher said "The peace I give the world don't give." The peace that comes from within your nature, that flows up to the surface is a type of peace that no physical object could induce or produce, you would feel this all the time, you would have it all the time. So you can recognize when you're in that state and you can take advantage of it and after you can recognize it, then you have to develop the right motivation for it but you first must experience it to tell you the difference of why you have to be motivated for unity instead of merely dipping into it and use it whenever there's a problem, you must have the experience that you can dip into it and correct the problem but not to be carried away with the concept or the feeling that because you can dip in and correct the problem, you're going to correct all problems, it ain't possible. "What it profit a man to gain the whole world and lose his Soul," it will happen to you right then, you learn it pretty fast and instrumentation will give you the proof that you can't use this energy to correct problems all the time for no particular reason, you can't do it, it's not intended that way. Your own immediate condition can be resolved if you have the wrong motivation, it will give you enough corrections to make you develop the right motivation. Eventually when you develop the right motivation then it flows through you and you begin to see it now that you are living out Divine Will. That means you're living out a cosmic bequeath, not a cosmic dictatorship, they don't use the word Divine Will as somebody dictating to you how you behave, we are using the word Divine Will as something bequeathed to Man as a process of uplifting his divinity and expanding it. So Divine Will is a form of bequeath... (gap in tape) ...involved in living, "To him that overcome it I will not send forth a second time but I'll make him a pillar in the house of the Lord." To the individual that overcomes this flipping out and flipping in condition in the alpha levels, beta levels, theta levels, if you overcome this game playing inside just to correct basic problems of the body and don't use that state for that type of motivation, then with the motivation for unity he will overcome and go forth no more, not a second time or a hundredth times, that means he doesn't have to flip out back and forth with wrong motivations, he would be centralized and directly flow with it "freemen all, Lord of themselves." For the first time they will then begin to have cellular changes in the body, definite transmutation occurring in the cells which leads now to resurrection, that is a distinct pattern of a new body, a new consciousness, a new reality. We have a working model left to us or bequeathed to us by Master Jesus, communion is his will, how we participate in that communion. Many of us take communion and we do it from a dictatorial attitude simply because he said "take this, take that, drink this, drink that" and we do it with the fear that maybe we will get something good, that is not the full realization and the full use of that spiritual law. When we realize that this is a bequeath, that we are a beneficiary of a force that can transmute us with the right motive as we participate in it, no matter what is our heritage or background, and then begin to see how this works within us, then we will understand a greater law at work in the form of communion because the Yogis understand this principle and they call it the art of dying. You see holy communion was performed the night before crucifixion but that was only outward drama, every Yogi or spiritual Master knows in order to enter the highest states of awareness and beingness, he has to learn the art of how to die. Paul puts it another way he says, "I rebuke you in your rejoicing, for I live and die daily in the Lord." He was entering these states and experiencing them. Now when the body gets warm by repetition, that's not the art of dying, that is the art of control of turning it off and turning it on. When the

body is feeling goose pimple sensations which is a form of cellular refrigeration, that is the art of dying and the journey of the art of dying begins from the tip of the big toe and ends at the top of the skull as a total sensation of suspended animation and it's not out of body experiences or astral projections, it's a total awareness of all the cells as to the reality of your nature, this is called God realization. It occurs in every cell and it's transformed via a simple symptom to recognize, that is a cold goose pimple sensation. Now trigger for one moment when you heard the music and that goose pimple sensation made you feel elated and that if this sensation can go on in you now 24 hours a day, 7 days a week, 365 days a year would you trade it for any condition? Who would trade that feeling for anything else? There is no other feeling that will begin to compare with it or take its place but that is a state known as Samadhi or conscious sensory motor organic relaxation known as conscious death and that's the state the body of Jesus was in when he gave up the ghost on the cross and that's the state when the soldier took the spear and pierced the body to find out if it was dead because the Romans did not believe a man can die from crucifixion in a matter of 10 or 12 hours, it's not possible. It's a type of a killing or a process of punishment that does not permit death at such a short space of time so they were doubtful as to the fact that he was dead. So they sent a soldier and that type of a soldier was known in those days to be called a sapper, a person who probes dead bodies to find out if they're faking death on the battlefield and if he grunts, he knows he's not dead and he'll finish the job because the person can get up on from behind and kill a Roman soldier. So in order to avoid that they had these sappers walk around with their spears probing the dead to make sure there were no imitators in the battlefield. So one of those type of soldiers went and probed the body of Jesus to make sure that he was not faking death or imitating death and since the soldier just struck him in the side and he's not a medical man, all he was concerned about was that if he grunted, he'd come back and tell him that he's not dead. 0:50 Since there was no grunt, the body is in a state of anesthesia then he reported that he was dead but he was not conscious of the fact that a person in that state would give off blood and water yet his body gave out blood and water showing that he was not clinically dead, he was in a state that appeared to be dead, he was going through a phase of his own internal mechanism that was shut down. Now if you have a piece of meat and you refrigerate it and you stick a knife into it, don't you see the blood sometimes run out when you cut it? The blood doesn't coagulate. You have the same phenomena if you stick a spear in a person in that state, blood and water will run. So we have the cue to tell us we're in that state, we don't need any more instrumentation to go beyond that because from that we can take the next step into the right motivation for the use of the body, to try and feel these sensations in ourselves. Now I proved to myself on the machine that there is a difference between merely motivating myself in an abstract level from an impersonal relationship versus a personal relationship, what would be the difference in time lapse and what would be the intensity of the feeling in the time lapse. If I kept thinking of the life force strictly as an impersonal condition in the universe having no personality, cold, totally mechanistic, it took very long to make changes in the readings. Also, it left me tired. When I related to the experience on a personal level and made it intimate by giving it a form, God became His creation so He became Man, so I took a man form so whatever form that is human began a personality relationship, a bond of intimacy. So if I took Jesus' form I felt intimacy, I felt a higher surge, a quicker response. If I took any Eastern teacher, Buddha or anyone, I saw the same relationship so it taught me this, "He came onto his own and his own received him not but as many as received him to them gave he the power to become sons of God," the instrument validates intimacy between the energy and form and if you accept any form as a representation of God on a personal level, you have a higher bond and a higher intimacy locked up and you'll get greater results. Now you can't love somebody that you don't see without a form but if you have a picture or some mental form of that person, you will have a greater bond of intimacy. So if you say to a man "I am married" and you don't remember what your wife looked like, you can't have any bond of intimacy with her and if you don't remember what your husband looked like, you can't have any bond of intimacy with him either. Something has got to remind you to establish the bond of intimacy, Man has got to remind himself that the Creative Impulse also works in human form and is at the human level and in the human relationships that this sense of intimacy is strengthened and maintained and induced faster and more profound so the instrument can do that to

indicate to us by giving us the clues. So Jesus was wise when he said "Father," using a form and "I and the Father are one," making the bond of intimacy greater, "You see me you see the Father," leaving you a model of relationship. So scriptural truth and scientific investigation are not in conflict, in fact one is validating the other, one is showing to us what is required to enter these levels and what is maintained at these levels. So if you generate more intimacy towards a Divine Godhead, pick whatever form you feel that is intimate to you and relate to it. Yogananda picked Divine Mother, Jesus picked Heavenly Father, Nitty Gritty picks Mother, Father, Son, he ain't gonna leave one out. (Laughter). You see I don't want to leave out the Father and the Mother because without the two of them I can't have a son. Any one of these forms I will pray to because it has proven to me the bond of intimacy and personality is not idol worshipping so don't let ourselves get carried away that because you may genuflect or perform a sign of the cross in front of some crucifix that you are performing idol worshipping. No, the inner consciousness knows that a bond of intimacy can be established with the Divine Principle easier, more profound and lasting, by taking a form. Let's go into every scripture and we'll see that Man has given his God a name and a form. We are not too concerned with what he called God but the form was important to him to bridge the gap of loneliness and intimacy and separateness. Remember Moses asked God when he had the experience of the inner light "What is your name and who are you?" He couldn't worship the light because he didn't see anything in the light, the burning bush was there, it was his own inner consciousness and he heard a voice saying "Go bring the people out of bondage" but he had to know who he's going to tell these people that told him that, what is the name, some form, some identification, some label and he heard these words and these words made it difficult for him to relate let alone to go and tell it. It's stated "I am that I am" and that was difficult for Moses to accept and to go and tell the people that the "I AM," the true Divine Nature of God commanded him to come down to talk to them, they would not accept that. Well he had to come down and modify it by saying Lord Jehovah, he had to name it, he had to identify it, he have to give some brand of intimacy for it. Now it even goes down further where the word Adonai is used to describe it. The Hindus have the same, they may say Brahma, Vishnu, or Shiva. They all want on human terms to relate simply because the function or the principle of God itself demands this of itself. So it says "When I come unto My own," it doesn't mean Jews, Chinese, it means "I come onto My creation" by virtue of this contact in creation and as many that is in creation capable of comprehending this intimacy, to them is given the ability to perceive it and enter into it and stay with it and those who can't hold it and who cannot perceive it or recognize it, they do not experience it. So we are not talking of a group of people that are selected out to be persecuted. No, it is a principle that has been handed down through time that Man must make an intimate link with his Creative Intelligence and enter into that state and feel it and act it. 1:00 So if you want to be like the Oriental, he likes the quarrel with his God, he likes to tell Him what to do because he considers Him on a human level now. "If you make me and you are going to use me as a human being, we might as well squabble like human beings." So there's nothing wrong with telling God you made a mistake, "why you put my nose in the wrong place today?" Or "you put my eye in the wrong place," human beings have to complain so we are happy when we complain to God, this Creative Principle is peculiar. Under instrumentation I did some mental juggling to find out what would happen if I was complaining to this Divine Energy as my brain was flipping back in the alpha and different levels and I saw some interesting things. Every time I complained to this Intelligent Force of my own brain structure and had a legitimate complaint, there was an upsurge in the feeling of either warmth or goose pimple sensation and if my complaint was not legitimate, there was a drop. Interesting that Man is given the opportunity to argue with the Creative Impulse and that this Creative Impulse works proportionately on balance and justice within His own nature. So when the great teacher said "Love the Lord thy God with all of your mind," he was really inferring the truth, that love brings the most out of it and complaining is a form of love too, otherwise you would not complain, complaining a sense of concern, sense of need, sense of the acceptance. So this brings more love into play and "with all your heart" because things you take to heart you have to speak it out and if you speak it to this Divine Principle, it's the heart principle itself that will have concern so it's also going to respond within you and "with all your strength" because your strength of conviction is important. If you didn't feel strong enough to argue with It, It will not respond

either and the child that cries the most gets the most attention from the mother and the Soul that yells to the Father and tells Him all kinds of things is the one that gets the quickest attention. So complaining is another form of “with all your strength of conviction” and “with your whole Soul.” That is don’t feel no remorse or guilt simply because you complain to the Lord and stamp your feet for the shortcomings of your fellow man or your own shortcomings, don’t back out and say “Well I wish I didn’t do it.” You’ve done it but don’t feel elated or feel dejected, just realize it’s a human relationship that brings intimacy and a bond of deeper feeling between you and the Principle and you will have a higher ratio of spiritual health, you will have a better understanding of your fellow man and yourself. The bond of intimacy is very important, it makes us realize that we are never left out by this Creative Intelligence but we need to know the cues when we are in that state and we need to know the motive that’s important to stay in that state and again I repeat what the cues are and the motive. The cues are one: repetition starts to make the body warm. Two: the goose pimple sensation. However you can induce it, it’s legitimate only one thing, don’t induce it by drugs because the very scripture says “He who does not enter by the door is a thief.” He who uses any other method to enter the state of inner awareness and don’t come by this door, the door of the mind, the door of the Spirit is short changing and stealing from his storehouse of energy, he’s depleting his own life forces, he’s squandering it, that is the meaning behind that. So every spiritual teacher tells us that the body is a 10 door temple, you have 9 visible ones and a single one to make 10 that is invisible and that’s this one here between the eye, this is the door, the door of the mind. Now in the alpha machine, most of us do not know how to enter alpha, how to shift from the sensory level of the nine openings and go to the tenth one. We have nine see? Two, four, six, seven, eight, nine these are nine openings, we don’t know how to shift from that to go to the tenth one and the tenth one is involving alpha. If we don’t go through this door and we go through by any of the other nine, we’re going to deplete this energy in the body, we’re going to injure this body. If we go by this one, the alpha wave can be measured instantly to show we’re in that state. It’s very easy to go into that level by squinting your eyes at a 20 degree angle and that’s the door, we enter that door, and you see it in the pictures of the Saints and their eyes turned upward, lifted up. It’s not cast down with disgust or resentment, it’s lifted up in anticipation. So when the eyes are turned up as a focal point, we are entering the door of consciousness for the first time and you can go into alpha level immediately and measure it and see that you’re in that state and you can stay as long as you’re capable of staying and hold on to the inner peace. Now when you come down from that level, you bring down with you a state of inner peace, a state of inner integration which the other nine openings can’t do for you and as you bring it down, don’t suddenly throw it out, learn to bring it down and appreciate the environment in which you stay, in which you live and move, and see how long you can walk around with that particular attitude and as you keep impressing upon the other nine openings of the body that particular attitude, then you will remain in this particular feeling as long as you want. Sri Yukteswar used to say, he was the teacher of Yogananda, that spiritual development is only measured by the length of time that you can stay in that particular state when you come out of your meditation, when you come down from that door of consciousness and bring down that feeling of the consciousness. Now the Yogis have been saying this for years, instrumentation is validating this as a natural feedback to the body for it to be utilized. So you see modern man is entering these states and will have more opportunities to use it than a host of people who are sitting in the jungles or in the mountains and the caves and are not getting enough of the information, only when the teacher deems it to give it will he get it and they use that as a stick over your head and call it grace. Grace is only those things that come to you which you didn’t ask for and it’s all the good ones, not the bad ones. So if you’re getting information to use to help you to relate objectively and happily around in the environment, this is the grace of the Divine Principle, use it. We don’t have to wait simply because we have to serve somebody and at their whim to bestow upon us an experience. They may be wise to withhold the experience from us simply because we may be undisciplined in our desire nature but if we don’t have some experience to relate to, we’re going to waste a lot of time and never use it and we’re going to become disgusted and bored with it. So they do like Pavlov and his dogs, they give you a little taste of it now and then just to keep you practicing but we don’t want that, we want the individual to know that he can enter the state and not be like a conditioned

animal just because when he opened and close his eyes now and then he gets little reflexes. No, he can enter these states but he is given the information when he enters and why he enters and what he is entering for, then he must make his own decision. 1:10 You are entering the state primarily at first to correct some problems that you may have, that's not the real motive, you're not to enter the states just the correct problems. This is because we don't know how to correct problems, we go there to draw, to correct it but the problems are caused by the wrong motivation in the first place so we're not to go into that level just to correct problems if we don't correct the right the type of motivation that triggers it. Now if we know the motivation and we know why we're going in there then that motivation will correct them all, we're supposed to go into that state to be liberated from the pull of the senses that tends to deteriorate us. So we're entering that state for unity which is called salvation, freedom, Moksha, liberation, these are the terms used by the Orientals. In the western semantics it's called illumination, enlightenment, lifting up yourself for the first time from these levels, becoming cheerful, overcoming your problems with the right motivation so entering it is entering a state of oneness. Now the experience that follows brings certain ethical and physical changes in you and they are very obvious, you come to feel this peace, this love, and you know it's there. There are more Saints waiting to be awakened in America the great Master of Babaji said, He didn't say in India or China, He said in America and in Europe there are a lot of Saints waiting to be awakened simply because the time has come that this knowledge will be common knowledge. Instrumentation is going to validate this knowledge to the point where we have to use it to live an intelligent happy life. Thank you. Why don't we take a break now and then come back for some questions. (Gap in tape). ...but the spiritual bliss that we gathered in the last hour was suddenly blown apart by the conversation around the lunch table and the room has dropped 10 degrees in vibration. We don't have that bliss no more, we have to work back to it again. This is something we have to understand about ourselves, we want to achieve an inner peace but we don't want to be constantly perforating the container and letting the peace go away from us, we want to go away from this retreat enriched and nourished with an inner peace and a memorable type of experience, I'm not criticizing you, I'm just pointing out what is happening to us. Peace is a peculiar phenomenon, you usually see a sign over most of the graveyards "rest in peace" but you never see it in living people. I don't want to wait until I'm in a graveyard or see you in there to know that you are resting in peace, I want to see that you are living in peace while you're alive so the attempt is to help you to gather peace. There is nothing wrong with talking with others but when the noise level and the activity level gets beyond the vibratory rate that you're working to accomplish in a retreat or replenishment of the Spirit then you are defeating the purpose. You want to keep the noise level below the replenishment level, you always want to have the peace level higher than the noise level. (Gap in tape). What we are trying to gather from an association or a Satsang is this inner peace, this inner strength but we don't want to make the noise level higher than the peace level. We're dealing with a peculiar force called life, a great deal of the information is written in religious semantics, very little of it is in common everyday language for the layman to gather or comprehend therefore he's going to be leery of some of the religious semantics. The purpose is to bridge these problems and help you to grasp it in common everyday language so that you can work with it. Now by changing the semantics a little to help ourselves along, we can get quicker results and enjoy this relationship so when you're communicating with someone you're throwing off energy and most of the energy that is thrown off can be thrown off without due respect for the vibratory rates that have been built up. Now we don't want you to walk around Shhh, Shhh, Shhh like that, that is not what we're trying to do, we want you to realize that as you become more aware and sensitive by the association that there is a degree of peace permeating the atmosphere, a degree of silence that impresses some ultrasonic vibratory nature on you. Now you don't want to destroy that umbrella, you want to use that umbrella to stay under it but to stay under it you need to know a certain degree of noise level which is like where you communicate and this noise level has to stay under the umbrella of this piece to give you the balance. It's like your left hand and your right hand, you have to have a noise level and you have to have a peace level but you don't want the noise level and the peace level to be exact then you have nothing in the atmosphere anymore and you don't want all the noise level higher than the peace level, you want the peace level always to act as

an umbrella for the noise level for two reasons. One, the noise level when it gets too high it causes degeneration in the cells, number one. Number two, it causes you to feel tired and you have to work double to get back where you originally started out from, you see? So then in a sense we feel very bored and resentful and don't know why you feel that in an environment in which you're supposed to feel release, feel a sense of buoyancy, this is a form of recycling but it's in a group process to help us to unload a great deal of stresses in a short space of time without having to pay \$50 session at a psychiatric ward. We wanna get results but we don't want to defeat the purpose in getting it so let us relate more objectively and as we bring up the questions that we are going to ask, we're going to try and make it very simple that you know what we're talking about and you can get results and then you can carry this degree of peace within your mechanism and feel it during the period we are involved. Now certain Swamis would not initiate a student until that student lives with them for three days in his particular frame of peace reference, not his frame of noise reference or the student's frame of noise reference, he must live in the peace frame reference of that teacher so that that consciousness can activate the peace that is latent in the student to come to the surface for the first time and have an experience of illumination. We are going to be involved with initiation at some point of this whole program, we want to carry an umbrella of peace in the atmosphere and working from levels of noise into levels of receptivity so that if we do involve ourselves with the initiation, we will get the maximum experience that should be drawn from that association. 1:20 So you're going to be involved with a lot of interesting experiences which you read once in a while in a few yoga books and then you say to yourself "why can I not get it?" Well you're not going to be denied it, you will experience it. So those who have questions let's take them one at a time and let it go through or do you want to go to bed?

Audience: It's five minutes until eleven. Audience: I have three questions I'd like to ask. You said that all we can expect from meditation is to hear a flute playing, some kind of music, and a goose pimple, things like that. You said that the man in the cave wouldn't receive any more than we would receive but that his teacher would give him a little tidbit here and there. All right what is the difference between a man who receives his teaching here on the earth plane as opposed to the man who receives his teaching through Spirit and if all we're going to receive is the playing of the flute and the goose pimples, what good is it and why or how did somebody like Jesus, Yogananda, Moses, Babaji, and all those, how did they receive more though their meditation than we would receive? Adano: Number one, what do these sounds represent that you can have more and what level of consciousness are you in when you hear these sounds that it would make it less? When you hear the sound of the bee buzzing, you're actually experiencing Matter acting on Matter, the very first level of inner awareness. Babaji, Jesus Christ, Yogananda all had to hear the bee and they all had to experience the phenomena of Matter acting on Matter. Now how long they stayed in it and what motivated them to stay in it gave them physiological transmutations. What motivates us in this room and how long we stay in it from now to the time we go away will also give us physiological transmutations. We are not exception and they are not exceptions, that state of the life field exists around us, we have to enter it but we have to know what to look for that we are entering it. If somebody told me if I go out this driveway, I'll see a stop sign and there's an arrow pointing to the left which says "Richmond" and the other one pointing saying "Virginia Beach" and some wise kid come around and turn the sign, how would I know which is Virginia Beach direction and which is Richmond. I have to go on what you just said, go down the road you see a stop sign and the arrow going left is Richmond and the arrow going right is Virginia Beach and I go down there and I see the arrows are switched, I'm in a quandary now right? The only alternative I will have if I can't locate you is to go back and look for a map but whenever I decide to go left or right either from the map or locating you by the phone, this is where I'll end up going. Equally true in that level of awareness and experience and changes in the body would have to come from a reference point. The sound of the bee, the sensation of the heat would tell me I'm in that level and I have to stay in it and try to maintain it. Now if I shift from that level and I begin to hear the sound of a flute blowing, what does it tell me, where I am? It tells me that I'm in a state of where Energy is acting on Matter. Now I have already left the state of where Matter is acting on Matter, I'm going up the octave now of creation, these are called the planes of existence. Now how long I can stay in it again is determined by my motivations, that motive, and the

results that will go through the physical frame is still determined by how long I stay in it. It's like a piece of cucumber put in brine, you just stick it in and pull it out it'll never become a pickle but stick it in long enough, often enough, sooner or later there are changes in there and the changes are determined by the length of time. Equally true with our sensory nature and the exposure to these subtle ultrasonic frequencies, changes will occur physiologically in us and the degree of noise level that we encounter will make these changes inside. Therefore our extrasensory nature is not the thing we want to develop, that is a byproduct of this exposure. What we want to realize is that we are moving through these levels towards an integration and a unity with these energies and when it does integrate and unite, extra sensory nature is a natural phenomenon, a natural result not something to be developed but something that is conferred upon us. This is in true accordance with scripture, not accordance with psychic studies, that's a big difference. In the scripture it says that the spiritual power is conferred upon the student, it's not said that you earn it. "Not by good works are you lifted up but by the grace of the Lord." So there is a difference in the particular approach now and what happens in that approach. We are not looking to earn the development of our spiritual life and these phenomena by cutting through it, we are trying to arrive at these states by grace and to recognize that we're in these states and how to make this shift from one level to the other by the different motivation. If we hear the drum, well before we go to the drum let's go to the harp, that's the next level, we are in a state where Consciousness is acting on Matter, that's a state higher than Energy acting on Matter. Now when we go beyond that, we go to where we hear the bell. This is this first state in all your scriptural writing that tells us that we will know that we are hooked to the Master Current by listening for the bell, "for whom the bell tolls," inside of you that's Energy acting on Energy, that's the fourth realm. Beyond that realm you can't go by yourself, there ain't no way shape and form the human mind can go beyond that realm, it can only go up to that realm by its own initiative and by virtue of its desire nature, it will pull itself right up to where Energy is acting on Energy but it can't go beyond that realm. The darkness of the interior of consciousness is so dense it shuts out the light of the Soul. Now the light of the Soul, which we are, has the equivalence in brilliance to 12 suns, exactly synchronized to the 12 signs of the zodiac. Now our Soul has this brilliance, it can light up a universe... (gap in tape) ...his death will be magnified by one or four ways by the Father. Either he will resurrect the body and take it away or he will leave it in a non-decomposing state or he will dematerialize it immediately in front of our eyes or if it rots after death, he didn't make it, then you picked the wrong teacher. (Laughter). So we have evidence now where we are going and what we are looking for inside so these teachers are in these states and they are telling us these are things we're looking for. Now we can't stay very long in those states simply because of the motive you see? Now it is not wrong to dip into these states because Ramakrishna tells us this in his own writings that if we dip into these states daily and get baptized in it or washed in it, we will suddenly find ourselves cleansed cellular-wise not only psychological, physiologically wise there would be cleansing of this cellular structure, a purification of the structure to the point where definite transmutations have occurred and then you can stay in that state and act as if God was truly in the body for the first time you become immaculate, that means you're becoming purified, perfected, cleaned up, cleanliness is next to Godliness. 1:30 The cellular structure must be cleaned up for the first time to really have something of value, there is an odor of spiritual antiseptic around you, you smell so clean you look so clean, everything you touch is clean. In other words you're vibrating with the luck of the Irish, nothing can go wrong for you then. This is a peculiar state and we don't see too much of it, we don't recognize it because they're not too many people who stay it long enough but we dip in and out of it occasionally and sometimes you call that "you're living on the highs of your biorhythm or you're living on the lows of your biorhythm" but you've gone into that state and didn't recognize you were in that state and nobody is going to tell you because they're afraid you you're in competition with them. There's no need for fear of competition to tell the person who's in that state knowing fully well he can only stay in that state determined by his motive and if the motive is wrong, he'll be kicked out of the state, he will have to come back down. So there is nothing wrong in telling you what to expect and when you expect it and go into it now, it's the motivation but you see death is Beingness acting on Consciousness. Before I said Consciousness acting on Energy, this is the Christ state, the next state

would be Consciousness acting on Consciousness that would be when the person is dead his life is magnified by the Father, that's that consciousness acting on it now to give it one of the four levels of expression: resurrect it, leave it in a state of non-decaying, or de-materialize it like in the life of Enoch or if he didn't make it, it will decompose. You see that is Consciousness acting on Consciousness to stamp it apart from all other aspects of creation and at that level you will hear within yourself the bagpipes playing. Now there are only two people in the world that play the bagpipe, it's a funny phenomena, the Scots and the Punjabis. They are the only two people that play the bagpipe and yet when you go into the understanding of the bagpipe, you're coming into the realm of resurrection. Now above the bagpipe there is no sound but a combination of all these sounds, this is ascension, this is what happens after resurrection that singles out the Soul in the whole orchestration of the Holy Sound, of the Cosmic Music, the Divine Music. This orchestration begins to pull together all the forces of nature and cause it to ascend but where will it ascend to? It states in your own scripture now, "He ascended and sitteth on the right hand of the Father" and when I was studying I said "Why he didn't sit in His lap," why he sit on the right side not the left side? But these are specific laws. The next level up where this whole orchestration is played is called Beingness acting on Consciousness. 1:35 Now Beingness is the Father and Consciousness is the Son which is the right hand of the Father. Now the Father is Divine Intelligence and the Son is Divine Sound, s-o-u-n-d, which is on the right side of the brain coming up all the time and the light is on the left side of the brain going down which is the phenomenal universe. "I saw Satan," the descending force "descending from heaven like a light." This part of the Creative Force Field sees this part of the Creative Force Field goes down like that. So the Sound Current, which is the Word made flesh in Man, which is a Christ intelligence, sits or is focus on the right side of the mechanism which is the central part of the Father here and Satan is not a bad guy, it just means the word opposite, this is our own negative confrontation in the polarity of energy which is the Energy acting upon Energy which is the fourth level. Now the Son is the Consciousness acting upon it which is the fifth level so Satan, which we think is a bad guy is not a bad guy, it is where the Energy is acting in the sound of the bell and the other one is above that in the sound of the drum so this one sees this one moving inside. So when you have the inner experience you begin to see how this universe is set up for the first time as a process of light and sound and intelligence, these three forces are acting upon themselves. Now the intelligence is neutral, it doesn't interfere, that's why they say in the scriptures "In the Father there is no condemnation," in God there is no condemnation, intelligence cannot condemn energy but unto the Son which is the Sound Currents, the verbalization, is given the power to correct or modify the mistakes made by the use of the light energy on the left side of the force field. So when Jesus said "I saw Satan" meaning the Christ intelligence perceiving this oppositional force in the mechanism or the universe, "fall," fall means to come down "like a light" so he specified the particular phenomena. He didn't see a lesser light or greater light, he said as a light. That means our universe as we see it here is a manifestation of a flow downwards into the universe of light, we are living in the negative force field of light as a crystallization of this principle. We have to get out of light back into Sound, we cannot get back by light, we can't go back by light. God is sound already and He's the intelligence that makes sounds vibrate so we are lifted up from the universe of light, from Matter acting on Matter which is the lowest form of light back to the highest form of light which is Beingness acting on Consciousness via Sound. We can't become the Father which is Beingness is acting on Beingness, we can't sit in His lap, we can only sit on the right hand and assume the responsibility of organization which is Consciousness and Being and Sound and the universe is an expression of light. In this light we have duality now we have illusions, we have suppositions, anxieties, tensions, and fears and corrections and penalizations all occurring in the light. This is the Satan, not a person, this is the negative force field of centrifugal energy projecting itself out as a creation. So when the Christ-Man sees this in himself, he sees how this world is set up for the first time that God, the Creative Goodness, utilizes positive and negative pulls in the form of centrifugal and centripetal energy, that's going and coming now, in the form of light and sound and by this understanding he sees now that if he is aligned with the Sound which would be on the right side of the Cosmic Frame, he would be able to lift up because the right side of the body is a lifting up principle, it follows the same core movement of the blood, the life is in the blood too

and the blood on a physical level would have the same relationship. So upward movements will be on the right side of the frame, downward movements will be on the left side of the frame. Now the downward movement is not bad, the downward movement is the way manifestation comes into expression by light, the upward movement is Sound in which the manifestation is redeeming so we go up out of Energy acting on Energy which comes down as a light, though sound which is beyond the light now and we enter that state of pure Being. Now these sounds have to be heard to tell us that we are in these levels, these sounds are our guides that we are on the true track of the inner temple and then we know we are in that state. Now these Masters who've gone ahead tell us that these sound are to be listened for as to guide us back to our home. 1:40 It's like a ship going through the fog, we can see the light blaring in the fog, when the light is not bright enough until we hear the fog horn or we'll crash into the ship, the Sound seems to become more important than the light in the fog of consciousness so as we listen to them now, we are drawn up. At the same time we have an intercessor, we have an advocate, we have a model, we have to have a Guru consciousness of an individual tapping us or telling us "here is how you make the link, here's where you make the bridge, here is where the reference comes up to go up more." So it's not just merely listening to sounds, there are a lot of information, a lot of levels to cross but we know what to look for and by virtue of that we can have some of the experiences as we dip into it. How long we stay in it will be determined by motive and it will be determined by that Guru nature that will draw us. The Creative Intelligence cannot leave us in the universe of light phenomena all our lives as Soul because Soul is light, It has to draw us out so It has to have some form in which the light is far more brilliant than the light of the Soul that is undeveloped. Now the negative force has a darkness that shuts out the light of the Soul which has a brilliance of 12 suns and this light is not capable of going through that darkness by itself, it requires a Soul that has achieved Christ realization that has the brilliance now of 24 suns, that has the duality now under control. So when that Soul exposes itself, Energy acting upon Energy which is so dark that it blocks out the light of the Soul that has the brilliance of 12 suns, suddenly all that darkness is scattered because it's double. This Energy acting upon Energy is so dark and dense that it shuts out the light of the Soul which has only the brilliance of 12 suns and at best the Soul that has no desire can only rise to the brilliance of 13 suns but it merely makes a dent into the darkness and therefore we say Satan has no control over me. That's a semantic statement in spiritual language merely saying that there is no desire nature in the world of light that can hold us but that does not free us, we still have to have this advocate, we still have this link, this Guru with the brilliance of 24 suns as a nature that cleans us up and pulls us through. Now that consciousness always states emphatically whenever called upon to testify "This is not my kingdom," the realm of light and its vagaries and motions and intricacies is not the realm of the Christ-realized Soul, this is not his realm because he is in the realm of sound, ultrasonic, this is where he comes from he comes from, he comes from another realm and he functions to draw the Soul out not by light, he uses light to disperse the darkness so that the Soul will see its true nature where it came from but he attracts it by Sound because he is in essence Sound crystallized, "the word made flesh" for the first time, he is living. "While I am in the world, I am the light of the world but I go on to the Father and I send the Holy Spirit," that means another form of the sound coming down in human form to hold the focus that you can be pulled back. So you have to hear these sounds, you have to recognize them, and you have to be able to tap into it, they're not just merely happening there so there's more to the sounds. Now great Saints all have walked through that same road, it's called the path of the Masters, it's not two different paths, it's one path, they walk at all, all eight levels and I'll go through the eight levels again so you know what you're walking through and why you're listening for them. Matter acting on Matter is the first level and the sound is like a bee buzzing. Energy acting on Matter and it's the sound of a flute blowing. Consciousness acting on Matter and it's the sound of harps playing. Energy acting on Energy and it's the bell, there we are in total manifestation at the fourth level. Now we go into the Christ level, Consciousness acting on Energy, that's the fifth level, that's where the Masters must come from. He is Master of Energy, he's Master of light, his consciousness now as sound crystallized dominates and controls light. "Satan has no power over me," light has no power over sound, this is the true concept of what is happening in that man's makeup. There the conch, the

thunderclap, the drum is vibrating then the magnification of the Soul via death. Death is your last enemy, death is your last contest, your last harassment, you have to pass through that, then we go on to what is called Consciousness acting on Consciousness, how is your death magnified by the Father, how does the Father single out the Son among all forms of creations. Via the death, the death is magnified now, not as a negative thing but as a positive glorification. Then as it ascends out from death, that's Beingness acting on Consciousness, that is sitting on the right side of the force field which is Sound Currents now, all the Sound Currents are moving upward through the right field and the last and focal point in the octave of the Spirit is Beingness acting on Beingness called the Nameless Void. There is no name for it simply because verbal communication cannot describe Being, in that state it's called Anam Lok, the sphere of no verbal description, the Nameless Void. In your Buddhistic writing now, any attempt to worship God from that level would have no verbal description so it is called nihilistic, it is called nirvana meaning there is no thing capable of describing the essence of Void by virtue of verbal communication, it can only be felt but it cannot be communicated verbally. It's not atheistic, neither is it theistic, in that state it's pure Being, it's called Sat Purush, the Eternal being. Audience: You say that but you say you have to have a personalized Master too, sort of an anthropomorphic, humanized figure that represents this, living or dead. Adano: Yes you have to have a living teacher, you have to have a living advocate. Can a dead dentist take out your tooth for you? Audience: But Jesus is living. Adano: I didn't say no. Audience: Are you saying that some of the great Teachers don't teach from the Spirit world? Adano: Spiritual Master, if he's going to take you up to the final state, must initiate you while he's in the body and must appear to his disciples at death to assure them that he is going to take them to the final state in their own realization for them and if he doesn't do that, he is not going to do it after he passes on in his resurrected body. He cannot initiate you in his resurrected body he can only assure you that he is in the resurrected body by giving you the exposure to his body but he cannot initiate you in the resurrected body, he has to initiate you on the physical level because you are living in a physical level and you will become his disciple at initiation and if he does not meet you at a physical level with the flesh, then he cannot do it, he is not empowered to do that. Audience: Christ can't teach you? Adano: Not Christ, Christ is the consciousness Christ is the consciousness. The man Jesus cannot initiate you now in his resurrected body, it's not possible for him to do that in a resurrected state, he has to appear in a physical body again to give you the initiation but the consciousness that was in Jesus is in every living Master, is in every living being that enters that state, that consciousness is in that person but that person has to be living to infer or transfer to you, to pull you in alliance with it. If you say you see Jesus and he's in his resurrected body, the very simple question that Yogananda proposed and made while he was in the body is to ask Jesus to initiate you and what would happen? Jesus will smile and all of a sudden the face will change and you will see a living person in the form of Jesus but you've never met that person and a time will come when you will see that living person and meet him. That person is empowered now by the Christ to initiate you in the human form, the same Christ power that was in Jesus is now made available via this particular experience for you to meet that person and you will be given the technique not that that person is taking away anything from the Christ, the moment that technique is handed over to you, the same Christ in the resurrected form begins to open another avenue of growth that cannot be opened by any other method. Then you have growth with the Christ that you never could experience before begins to happen for you for the first time but you have to have that particular humiliating experience of coming to meet a human being, he may be a janitor or a bartender, simply the fact that that is the way God wants us to accept Him, at a human level first before other avenues of spirituality can be opened for us. He set it up in such a way to defeat us from being egotists and to tell ourselves that we have found Christ in the other realms and he's not going to come down and expose us to some physical confrontation with ourselves. This is to break that particular concept and it's very difficult for the human mind to understand that, that Jesus has already initiated his own disciples. Now as he lives in the Christ body, in the resurrected state, he can appear to other human beings who call upon his consciousness but he will not initiate you, he will not turn over the keys of deliverance for you. He will superimpose upon his mechanism a human form to which you may not know or may not meet immediately and that form will suddenly be there and you don't know why but

then suddenly you will be drawn to the human being that you will see and that human being will give you the key and then the same Christ will start appearing again back to you and start taking you on another level. Audience: So the Christ consciousness and the Buddha nature are the same thing.

Adano: They are one and the same thing. Audience: But they're passed from Living Master to Living Master so a living man must appear. But what about the pitfalls of devotee trips? Adano: There is enough safety factor in your scriptures, if you follow your scriptures and don't follow non-scriptural writings, the scripture says this "You don't choose me, I choose you." You can't choose a Master because you don't know what a Master is in the first place and how would you know what level he's in, you don't have the level of awareness to tell yourself that he's there, you have to be chosen. Now how is he going to choose you and how is he going to give you the experience that he is choosing you and how is he going to lead you to a physical person who has that qualification to give you the key that he will, at a later point after the key is turned over to you, he will validate that experience and allow you to go to higher levels now? He has to choose for you and he has to guide you to a human being who that key is entrusted to and that human being is only going to hand you a key. It is like Mr. Ford makes a car and turns it over to the Ford Agency to sell the car, the agency is only going to turn over the key when you pay the fee but a Ford car is the car you're driving and the police has to grant you the privilege to drive the car on the highway as a license but you've got to know how to drive, you still gotta know how to drive. That's exactly what we're talking here, the Christ principle is manifesting all the time and the man Jesus was in that state and the man Jesus can appear to us from his resurrected body but the man Jesus is not going to teach us the technique of initiation, that has been done already for his own students. Now he has chosen for you to have this inner experience with him but he has to also make the provision for you to come in contact with a human being to have the technique to do it. That human being is not making Jesus any less, in fact it's glorifying Jesus for the first time, giving him something of value to be here, you see? So he leads you to have an experience to some physical form and that physical form merely transfers to you the technique. Now when you start using the technique, then that Christ intelligence starts pulling you past the fourth level otherwise you stay in the fourth level, you don't go above the fourth level. The fourth level is Energy acting on Energy. Audience: People direct whole religions around the worship of the human body. Adano: That's no fault of the Master, that's only the fault of the student. The fault of the student is this, if the person is drawn to a spiritual Master, now there are two types of Masters in this world, you don't know what type they are, it takes another Master to lead you to a Master. There are Masters of the Lord of Creation and there are Masters of the Lord of the Soul, do you know which Master you want to follow? How you know that Jesus is a Master of the Lord and Soul or Master of the Lord of Creation, what proof have you got that he is functioning from one of the two? Which one does he represent, the Lord of Creation or the Lord of the Soul. This is a very tricky question because until you know what's happening inside, you don't have a way to say that he represents a Lord of Creation or the Lord of the Soul. Now remember in his own words, "You did not choose me, I chose you," for what? In the first place why is he choosing you in the first place? Is he choosing you to teach you something or teaching you or to lift you out of something? Remember he says "This world is not mine, this kingdom is not mine," manifestation is not the realm of a Master. You haven't pointed out what type of Master he's representing, if he's representing the Lord of Creation or the Lord of the Soul. He is choosing you to take you out of creation but he has to take you out of creation by his own methods, we can't impose the methods upon him. His methods are simply laid down in the scriptures and the scripture states that you have to meet him on the human level. He went to John you know on a human level to be initiated by John, he didn't violate anything in the spiritual laws, he did everything that was spiritually accurate, he went and sought a physical man to be initiated by a physical man. 2:00 Even though he knew who the Guru was for himself inside, he had to go and get this physical experience. The Christ was in him before he met John, the Christ principle was in there but he still had to be led by the Christ spirit to know that the Christ spirit was functioning in John and he had to tell the world that this Christ Spirit was in John because he said "There is no man born of woman greater than John who is standing right here." Meaning that John you see standing in this physical body has the Christ consciousness focusing completely, there are no other greater teachers

standing here born of a woman. "You see this man John? He is Christ standing right now but the Christ chose me and I am coming now to John who is in full power with the Christ" to what? Be initiated by John a physical man, that means baptized. "I got to go the humble route" so he turns to John, a physical man, who has the embodiment of the Christ in him and says to him "Baptize me." Now John has the Christ consciousness and he sees the Christ consciousness has appeared to Jesus and he said to him "You baptized me man, you got the power too, what were you asking me for? You have had the experience inside, you saw the Christ..." (Gap in tape then the rest of this recording is from the 1:05 point in 1973 March - Spring)

#### 1974 Part 2 - Easter Chants

Adano74\_2EasterChantsQ1NW4 - Chants and explanations: Listen to My Heart Song, Om Namo, Hey Bhagavan, Only Thou, I Will Be Thine Always. 1:05 A merchant who was returning home from a business trip and when he got off the train, a porter met him and offered to carry his baggage. The merchant did not want to hire the man, but the man said, "I have two prices." That made the merchant very interested. "One price is three dollars and I don't talk to you about God. My second price is one dollar, but I have the privilege to talk to you about God. Pick your choice." The merchant being a businessman had nothing to lose. He was visiting his franchises and was very happy and this was a bargain, one dollar he can afford to hear somebody talk about God. He said, "Ok, here's a dollar, talk as long as you want." So the porter says, "You know in a strange way I have been blessed to see a little into the future and tomorrow at twelve o'clock, you know your time to go over from this realm into the next will be occurring so you're going to pass over. That is you're going to die. In the event if you do pass over, the angel of death will come to you as he always does to every soul that passes over from this realm and ask you the eternal question." 1:07 So the merchant listens, "Well, prattlings of an erratic individual, poverty stricken, not much to eat, naturally he can talk like that." And the merchant had just had a medical checkup and knows that nothing is wrong with him, everything is ok, business is good, he could afford to listen some more. So he was smiling to himself and listening to the porter. Finally the porter said, "When the angel of death asks you the eternal question do me a favor." So the merchant said, "What eternal question?" "The eternal question is: do you want your good karma first or your bad karma first? And the favor I would ask you is this: tell the angel of death you want your bad karma last and your good karma first." The merchant says, "Alright, I'll humor the man." He says, "Normally you know that's not what we usually ask the Angel of Death after he put the question to us. We usually say we would like to get the bad karma over first and then look forward to the good one so when we come back next time, we carry our good karma." He said, "Well do me the favor, ask for your good one first and then take then bad one last." 1:09 So the merchant smiled and humored the man, give him the dollar and went his way. Next day exactly at twelve o'clock in his office right on the phone keels over and dies and for sure the Angel of Death appears to him and Yama said to him, that's the name of the Angel of Death, "Which you prefer, your bad karma first or your good karma first?" The merchant merely remembered what the porter had said to him and decided, "Well I'm a gambler anyhow, what have I got to lose, I'm over here now. I want my good karma first." The Angel of Death says, "What?!" "Yeah I want my good karma first." "Nonsense." He says, "Wait a minute." So he looked up the files, the Akashic records, he says, "I don't see no such thing, good karma, every page is bad karma." Finally the end of the record is one little jot, "You're entitled, this is what the good karma says, to ten minutes Satsang in the presence of a Saint. That's all you're entitled to so you're gonna to get your ten minutes right now." 1:11 The merchant said, "Wait a minute, where did I meet a Saint in my human body for ten minutes that I warrant to see Him on this realm as my good karma? I can accept my bad karma, but I don't know where I warrant seeing a Saint for ten minutes." He says, "Yeah, you will see Him, I will take you there. You're dead now, there's no way you can go back." So he took the merchant into the inner realms and while they're going in the inner realms the various levels, he came to a door he said, "You can go in there for ten minutes. I cannot go in, but when the time come and I signal you, you have to come out and then we will go to face your bad karma." Merchant can't argue because that's the contract, that's the condition. So he went into the light, but he found he could not work into the light

further than four feet, that is as far as he could get into the light, four feet. In the midst of the light at four feet he saw a cloud and he saw lots of faces and in the middle of the crowd he saw a man sitting giving a discourse and he kept looking. Suddenly he recognized the man, it was the porter that he met yesterday or the day before he died. 1:13 So he kept listening to the porter talking on God, just then ten minutes up and the Angel of Death signalled for the merchant to come out to go face his karma. So the merchant gets up to go out of the Satsang and when he did that the head of the Satsang said, "No one leave my Satsang, you sit down where you are till it's over!" So the merchant look at the Angel of Death and the Angel of Death says, "Come on this can't be, you gotta come out, I can't come in but you gotta come out." And he's looking at the time and the merchant gets up again and the leader of the Satsang says, "No one leave this Satsang till I'm ready to close it up! You sit down where you are, whoever you are, sit down there!" So the Angel of Death is late now with the delivery of the soul. So he goes to the next realm which is the Archangel realm and he tells the Archangel of the Lord of Creation that there is a soul who does not want to come to face his bad karma. The Archangel says, "What? This cannot be, not in the realms of God, this cannot be. He has to be accounted for, we have to go and get him." 1:15 So the Archangel comes down and he says, "What was the good karma that the man asked for?" He says, "Well he was entitled to ten minutes Satsang." So the Archangel came and "Where did you put him?" "Oh I put him in this Satsang over here." And he come to the door and he looked, "I cannot go in there." So they signal again the merchant to get up to come out. The merchant tries to get up and again the leader of the Satsang says, "Nobody leaves this Satsang till its over!" So he had to sit down again. Now the Archangel and the Angel are late with the delivery of the soul 'cause the Lord of Creation is checking everybody, he gotta account. This system has got to keep up on time and they all went to the Lord of Creation and they said, "We are missing a soul who does not want to come out of a Satsang to face his bad karma." The Lord of Creation says, "This cannot be, there is no Satsang by any Yogi, Swami, Mahavatar, Great Avatar, or Ashwara, whoever he is that I cannot enter and take out what I need. I am the Lord of Creation, where is this soul that you say that would not come out to face his karma?" And he said, "Lord, right down in this realm." So they went down to the realm and the Lord of Creation came right at the door where the Satsang was going in and as soon as he look at the door, he says, "This Satsang you put the soul in?!" They said, "Yes Lord." "Do you know what Satsang this is?" "No Lord." "This is the Satsang of the Lord of the Soul and He's the man who's inside there and I cannot go in there myself! He is my Lord!" So he kneeled down and looked at the Lord of the Soul he said, "Please forgive us." And the Lord of the Soul says, "Depart in peace, the soul is here now, he can't go with you." 1:17 So the merchant had no bad karma to account for. This is not a story, this is how it works on the inner realm when we are ready to go out from creation back to the Lord of the Soul. Jesus said when He was in the body, "Be ye not afraid of him who will destroy your body, but be ye afraid of him who will destroy both body and soul." There is the Lord of Creation and there is the Lord of the Soul. The Lord of Creation is responsible for all creation and provides us a body to live in. It's a game between the Lord of the Soul and the Lord of Creation. The Lord of the Soul is our Father and the Lord of Creation is our Uncle, you may call him Satan if you like. He's not a bad guy, he just happens to work with your Daddy to make the game of creation go on. He puts you through the paces and he has to account to his brother, the Lord of the Soul, for everything he does. Even he has to account to the Lord of the Soul, but there's an agreement between the Lord of the Soul and the Lord of Creation, that is between Adonai and Elohim, between what you call Satan and what you call God. There is an agreement between these two forces that the soul must be entertained in creation by the Lord of Creation, which is a merry-go-round. 1:19 That the soul must not know that it will not be forsaken or abandoned by its Creator, the Lord of the Soul, but the Lord of Creation must not tell it that, that he will not be abandoned. The Lord of Creation must give him all types of illusion to think there is no other place to go but in creation. The Lord of Creation has every guise or right or freedom to make you believe there is no other place to go, but he's never to tell you that you will be abandoned by the Lord of Soul, this you must discover for yourself. The soul must discover by itself that there is no abandonment by the Lord of the Soul, it must discover this by self-reflection. Therefore it cannot be told by the Lord of Creation why it must go through creation. The Lord of Creation has no power over the Lord of the Soul

and those who come down from the Lord of the Soul knowing this are called our elder brothers, they are Christ realized, that's why the man Jesus said, "Satan has no power over me." Merely meaning the soul that knows fully well that creation carries no way within its make-up any type of illusion to make it believe that it's abandoned by God. 1:21 Now any test that the Lord of Creation designs for the soul, as long as the soul does not panic in the test, it will not be abandoned by the Lord of the Soul, but the moment it panics then the Lord of Creation has won the game and the soul must repeat the same game over till it learn the lesson not to panic. He's your uncle, he's not an enemy. All our brothers and sisters who have gained the realization are called Masters of the Lord of the Soul, but uncle has his own masters who keep the merry-go-round going. That's the guy who tells you to buy your ticket to go on the roller coaster, the one that tells you to come and see the Fat Lady, come and see the Strong Man in this big circus, come up and see if you can hit the hammer and send the unit right up to the top. You ever been to one of those carnivals and see there are always some people working for the carnival. There are lots of press agents working for the carnival, but everyday the carnival is going further and further away from your home and everyday it creates more allurements for you. Our home is not this creation, there is another creation behind it, that's where we came from but we don't know that, therefore we feel abandoned. 1:23 If we feel that the Lord of the Soul has abandoned us then we will stay in the creation. If we don't feel that then we will get out of the creation. The Lord of the Soul is not interfering therefore in your scriptures it states, "There is no condemnation in God" because He does not interfere with the show. It's an agreement with the Lord of Creation that you be entertained, it's an agreement that we as souls come into the creation to be entertained. That is to say we are coming to this glorified carnival to be entertained by the whole show. Now some of us come to this carnival to be entertained, some of us come and want to be part of the carnival, some of us come and want to work for the carnival, or to be the star in the carnival. The owner of the carnival is happy to have you as part of his show, but in this creative principal even if a man hires you to work for him, he doesn't own you, see? Even if we agree to become as Master for the Lord of Creation, we still don't have complete realization. In this creation the highest aspect that the person can have as a Master representing him is the opening up of the thousand petal lotus. 1:25 That is as high as the soul will go in creation working for the Lord of Creation, the opening up of the thousand petal lotus. That's the crowning glory of the service rendered in creation by the Lord of Creation. Now you cannot supersede the Lord of Creation that is why Jesus said, "Be not afraid of him who will destroy your body but he who will destroy both body and soul." There's something beyond the thousand petal lotus that would have to come from the Lord of the Soul now. In the story with the merchant when the Lord of Creation was told that the merchant was attending a Satsang, he made the remark there is no Satsang that he, Lord of Creation, cannot enter and take out any soul that is due to go for his bad karma. That means there is no one who still lives with the development of the thousand petal lotus as a guide back to the spiritual realm that the Lord of Creation cannot still pull you down. Only those who have gone past the thousand petal lotus to the Divine Rose of the Soul, only they can pull you out of creation. There's a difference between the lotus and the rose. Our journey is not to the thousand petal lotus, our journey is to the Divine Rose, but it begins at the ending of the thousand petal lotus. 1:27 We have to go through the spiritual growth of all the Masters to the point of the thousand petal lotus and then leave the thousand petal lotus and go to the Rose. We have to do exactly what Jesus said, "The things I do you shall do also." These are all the things of the thousand petal lotus, "and greater things shall you do," those are the experiences outside and beyond the thousand petal lotus. The Lord of the Soul does not attract us back to Him by miracles, that's a peculiar thing. The Lord of Creation will promise you a lot of miracles, he will give you all the powers that you would like to demonstrate in this world. Now when a Master tells you, you have to understand what He is talking about to know the difference, where you don't get trapped in your search for God the Father, not God your Uncle, "What it profit a man to gain the whole world and lose his soul." He didn't say "lose his body," he didn't say "lose his mind." It says "lose his soul." "What it profit a man to gain the whole world" that means what it profits the soul to know how to use the thousand petal lotus and control creation and still get lost in the creation and not get out of it. 1:29 So Master Jesus is still warning us, there is a difference between striving for the creation or striving for the Soul. The

overcoming that is mentioned is the overcoming of creation and entering into the Soul, the Soul level. Last night I said that there are many levels, that the universe is an octave set to music, four of the levels are controlled by the Lord of Creation and four of the levels are controlled by the Lord of the Soul, they have equal division on the octave. The first four levels that are controlled by the Lord of Creation are Matter acting on Matter. Second one is Energy acting on Matter. The third one is Consciousness acting on Matter and the fourth is Energy acting on Energy. Up to that point the Lord of Creation is in full control of the universe, of manifestation. Now the Lord of the Soul does not come down into the Lord of Creation domain and will not meet the Soul in the domain of the Lord of Creation. 1:31 The story of the Prodigal Son is a perfect description of this particular principle. The prodigal son is the Soul that leaves the Lord of the Soul's domain and goes out to a far land which is the world of creation and manifestation and when it has squandered its reserves, that means it ends up now where Matter is acting on Matter, the pigsty of the universe, it wants to go back home, it's all polluted with material impressions and tendencies, it becomes animalistic and when it turns around and makes every type of excuse and sacrifice, it is written in the parable that the father met the son where? Halfway you see, not quarter, not three quarter, or go pull him out. The Lord of Soul does not interfere with the Lord of Creation's work and the halfway mark is the dividing line between the Lord of Creation and the Lord of the Soul and the halfway mark is Energy acting on Energy. The Soul has to come there on its own by its own remission, by its own forgiveness, by its own efforts, by its own surrender, and these are the debts that it pays back to the Lord of Creation, this is called the karmic debt of accounting by virtue of non-desire, by virtue of non-attachment, the debt is paid off up to the fourth realm, up to the halfway mark, then the Soul glistens or shines. It's shined up, it's brushed up, it's cleaned up by its own effort, but it cannot get out into the fifth realm, it cannot jump out and go into the fifth realm, it is not something that you can merely flip out. The dividing line is held there for a specific reason because the next four realms up that are controlled by the Lord of the Soul does not require self effort. The first four realms require self effort and initiative to get there, the last four realms require grace. In other words you learn now that somebody is pulling you that you're not running the show...

#### 1974 Part 3 - Easter

Adano74\_3EasterQ1NW4 - ...and up stood Guru Nanak and look at them and disappeared in a cloud of light but he left them two bunches of roses, this is the Lord of the Soul doing it. The Hindus took their roses and cremated it and the Moslims took their roses and buried it and Guru Nanak's coffin is still here and Guru Nanak is gone but the Hindus and Moslims haven't changed their attitude to each other. Now those who remain to think of Guru Nanak will say "Well surely yeah he was a man from the Lord of the Soul but where is he now?" The Lord of the Soul sends these beings into us periodically to help us to realize that there is another realm we have to go to. Audience: Adano you said that in the realm of the Soul there is not a purpose for the mind, is that is that the purpose of repetition in meditation? Adano: Yes, the purpose of repetition in meditation is to free us from the mind when we enter the realm of the Soul. That's why they say you begin by ridding yourself of your mind through repetition, it's not a mindless action, it's a mindful action, repetition is a mindful action of reminding yourself that there is no mind to carry with you when you repeat something, do you follow what I'm saying? So you don't enter a state of mindlessness, you enter a state of mindfulness, not a polluted mind or a clouded up mind. Now you're mindful of where you are but you're not using the mind, you suddenly synchronize the flow so repetition is the key to enter Soul nature. Audience: Can you do that and work on a mathematical problem all at the same time? How can you think of two things at once? I can be repeating something mentally and trying to work out two plus two equals four. Adano: Yeah you know it was difficult for me to do years ago to work and still do Simran or repeat the Holy Name or hallow the Name of the Lord which is Japa or anything that's making repetition of something going on in the mind. It was very difficult because I couldn't break the association of concentration on what I was actually doing plus what I was trying to mentally repeat but after a while by merely doing it and working, suddenly one day I found myself working completely efficient on a conscious level and then the next part of my brain is going on automatic inside. Well in those days I would say to myself "I'm in a level of my consciousness and it's

altered" and I know it, I can prove it, I can always go into it but deep down in the nature, since we are associated with the material world, we would like to have some type of instrumentation to verify it. The ancient Yogis in the mountain caves didn't need it because they were fully convinced that something had happened already and so why need an instrument to verify it. Simply because they did not live in an environment in where they say, "prove it to me." We live in an environment where any change in your mechanism somebody will shout that particular phrase, "prove it to me" so it triggers a reaction in you. I am for both experiences where you experience it and don't need to be proven by a machinery and I'm also interested in the investigative mind that can take a piece of machinery and go ahead and prove it. So both are good but there is a handicap in one that's all and we have to go back to Jesus and Jesus is the man who gives us the information "Blessed are they who believe and have not seen than they who have seen and believe." The man in the mountain cave, he's really not mixed up when he gets the experience and knows there is a change, he doesn't have to fall back and have mental guilt actions, that's what you call belief without seeing. He knows now there's something that's happening and he accepts it and he goes on. We over here who have had the experience and then we have something to back it up by measuring it, indicates a sort of weakness but is a sort of a strength at the same time. It's a weakness in our own abilities to trust ourselves but it's a strength in the ability to investigate for ourselves, you see we have a compensation. Not every bad is totally bad but it has some good in it, there is a good in trying to know why you did it just as much as it's a hindrance because you want to check it out every time if you're if you're doing it, that could be the hinderance. You do something and every time you do it, you want to go check it out all the time, you don't trust it and so you develop a doubting nature after a while. So it is good to have both but not to be overburdened by the instrumentation, instrumentation should only be a last-minute resort to rid the mind that these things are actually going on. Once you've got it going then you know it's inside, it's working and for my own self years ago this was there and in today's research which I'm very happy to see happen, it makes for these techniques that are handed down all through the centuries that they are genuine. We haven't learned any new technique, we have only learned new semantics for them but they work. I remember I was at an acupuncture seminar and the doctor got up and wrote on the blackboard he says "5,000 years ago these peculiar Chinese people discovered" and he wrote a number on the board "acupuncture points" and he said after three and a half years of grants and researches to the tune of \$320,000 we have also discovered a total of acupuncture points and he wrote the same number underneath it. So everybody look at him "so what's the difference? It is the same." He says "Yeah, we didn't learn anything new." So the question comes up in the seminar, we have found it by electronic measurements, how did they discover it when they had no electricity in those days, what did what method did they do to find these points in the body? Now there are 800 points in the body, we have done it in the last three and a half years by research with electrical equipment and it's a total 800, we know because we got the data for it but how did they find the 800 and if you were to look at this whole body to find the 800 points without any equipment, it's pretty hair raising. So a whole lot of theories came out or possible ways that Man could find these 800 points without electrical equipment. I know the only possibility that seemed feasible for everybody yet they would not accept it is that Man might have discovered these 800 points by the pendulum but it's not feasible enough to the scientific mind to want to accept that the 800 points could have been discovered that way. They would want to say that they probed at the body so much every day like a bunch of torturers trying to find these points. There are lots of clairvoyants who can see the points but if you pin down the clairvoyants, they're not going to count them, they'll have to be spending lots of long hours to really count these points and locate them but they can see the points where they are but you see seeing the points by clairvoyance is not seeing it in a totalistic state, you're only seeing that when there's an illness in the body, the clairvoyants can only pick up when there's a deficiency or a hyper-state or an excess state in those points, he's gonna see it. Now the x-ray doesn't show you where the points are either so only when there are excess conditions or deficiency conditions that the clairvoyant picks it up. Audience: (Inaudible). Adano: They haven't said it was done by the pendulum, they came up with a possible condition. I'm more in agreement that they're found it by the pendulum, put it that way. 0:10 Audience:

(Inaudible). Would you give an example of psychic illness. I understand the physical and the mental but psychic illness and you said these were all healed by surrender but would you give me an example. Adano: Yes, one of the psychic illnesses that we suffer from is a sense of over perfectionism, that is a form of psychic illness. Whenever you find the individual is hell bent or heaven bent for perfection, you are looking at a sick person. Audience: Is that self righteousness? Adano: That is a form of mental illness, not psychic illness, self righteousness is a mental illness. Psychic illness is that he is doing every single thing to the extent of damaging the body to be extra perfect. Audience: You mentioned Satan as a separate entity, what about the ego? I've been made to understand that the ego is the thing that we are wanting to get rid of. Adano: Well let me explain, Satan is not a separate entity, it is the aspect of God that is flowing out of the realm of non-manifestation. God, if you take the word God in Its true aspect it represents total goodness, now what is total goodness? There is no physical object actually speaking that is totally good. We couldn't relate to it from a mental level to compare it, we can only sense goodness and that would be a feeling from the Soul's level. So we say God is good, God is the all good and Jesus says, "Call no man good save the Father." So the term God infers goodness which is a quality, which is perfection, it's not decomposing, it's not rotting, or anything wrong with it, it is good. Now, the opposite of goodness would be a manifestation which is going to be subject to breakdown so it has to be in opposition, it has to have the qualities of breaking down, have the qualities of deterioration. So the word Satan is Hebrew for opposition, adversary, it is not a person, we tend to personalize it, most Oriental thinkers do that, they tend to personalize impersonal concepts simply because the mind wants something to relate. If goodness is going to project the opposite of goodness, it must have a form from which we can look and observe and say that this thing is not good. So we immediately use "thing," the word "thing," object in the frame of reference to indicate the opposite of goodness. We have to have some actual thing to examine for a frame of reference for goodness and to say that it's not good and how it holds itself up, how it falls apart, this will tell us the degrees of bad or not good. So it's in opposition to the thinking process of good, this is what is happening to us. Now ego has nothing to do with it, if you look at the word itself it merely says "energy going out," big "I," we always refer to me, mine, as ego. These are only terms of the energy itself from the good state to the non-good state but where is it going from? Energy moves, energy is neither good nor bad but because it must move, the point of reference is in the mind, the mind has to have something to relate. So the mind wants to say it goes from good to bad and from bad to good and in the process of going back and forth, we can over emphasize or underemphasize and that would be egotistical. Now if we drop off these personality conditions and look at the thing objectively, it is energy moving backwards and forwards in its own makeup. Now we have a strange phenomenon in the human body, right in the human body we have 14 meridians, they don't change, they're already established in the human body as the electric circuitry of the body, it's called your electrical body, there are 14 lines. Now around these 14 meridians or pathways, we have a series of entrances and exits but these pathways don't just end here or start here or begin here and end here or begin here, they lock into each other so it will seem that they tie in to each other. So really it's one long string, if you're going to pull the whole thing out, that is making 14 loops through the whole mechanism so if you pull out all the loops you have one circle. Now to tell an individual that you really don't have 14 pathways in your mechanism, you only have one pathway with 14 loops in it, doesn't make any sense to the individual who is observing this phenomenon. It's equally true to say that you don't have an ego but it's a flow of energy that's coming and going from its source within you and you are personalizing its movement, you're emphasizing its movement, this is exactly the same thing that's happening in the energy in these pathways. The energy is positive and negative but it's looping itself around this physical frame in 14 loops. Now at each turn of the loop where the loop makes a turn, one edge of the loop is positive, one edge of the loop is negative, and there's no sudden break and there's no sudden start, it's just a loop. Like your hands, your left hand is negative yet your left hand is positive, how can that be? Isn't that a contradiction? Your right hand is positive and yet your right hand is negative, that's a contradiction. How many sides does your hand have? All right is this side different than this side? Inside here only a certain area of this palm, we have 2,700 pores per square inch and on the back here we don't have 2,700 pores per square inch but

it's the same tissue here and it's the same tissue here. Here we have 2,700 pores per square inch, you don't have 2,700 pores per square inch here yet this section of the skin is equal to the same section skin under the microscope. They are the same, they look the same, this one has 2,700. Now if you take the skin off from the palm of the hand and you take the skin off from the top of the hand and you put it under the microscope and never told the person who is examining it from which part of the body it came from, he would never know unless he counted the pores per square inch and there are only four parts of the body that the pores per square inch are 2,700: the sole of the feet and the palm of the hand and every other area is exactly per square inch, so how are you going to know? The pores here per square inch is the same, the size and shape are the same as the pores over here. Now why is this positive and why is it negative? I said the left hand is negative and it's positive at the same time, the downward movement of the blood is moving this way so it's going away from us and the upward movement of the blood is coming up this way in this one. 0:20 So we say we have a negative flow and we have a positive flow. All right, in the palm of the left hand it's negative, the energy is flowing this way. On the surface of the hand, the energy flowing this way, it's positive, it's flowing negative this way. Notice what I'm saying, it's going negative this way, comes to the fingertip it's going back this way, it's positive. Now in this hand the energy is flowing this way, it's positive to come to the other side and it's coming negative this way. So inside is positive, outside here is negative, outside here is positive, outside here is negative. With your new research now with galvanic measurements they are actually checking them and you can see it that on the outside of the left hand it's positive, on the inside it's negative, on the inside of the right hand is positive and the outside is negative. The advantage is that if you're gonna hook up a battery to another battery to give it a boost, would you hook negative to positive. Audience: Oh! Adano: Oh, what would you do? Negative to the negative. If you did hook up positive to the negative what would you have? Audience: A short circuit. Adano: Is that from common sense or is that from experience? Equally true stroking the body, it goes to show you that we can kill ourselves by our own remedies you know, healing remedies, when we don't understand. You can rub a part of the body that is ill with one particular stroking method and help it and do it in reverse, this stroking method would create an adverse condition. That's why the body is becoming more and more recognized as electrical equipment, they're understanding it, but not every type of massage works, just as much not every type of pressure would work, they vary because these are electrical conditions in the body. Now let's say this part of my foot was swollen and you wanted to massage it to take it down, to help it, you'll come with both hands and work it, right? Because that would be the natural attitude but if I told you that this here is negative and that this here is positive and that you could effect a greater change by just taking the right hand which is positive inside and negative outside and touch this part, you would have a quicker release than if you took both hands and rubbed it. So I said outside is negative inside is positive, inside is positive outside is negative (inaudible). Jesus took his spittle on the ground and rubbed it with the dirt and put it in a blind man's eye, it's kind of a funny type of therapy, but there is a method to all these things. There are very deep scientific rules behind them if you try to understand them and it has to do with the spiritual nature of man, there's so much to understand. Audience: (Inaudible). Adano: Well look again, if the sole of the foot is what? The right foot now, you're dealing with the right foot. All right positive right? And the top of the foot is negative and you're putting what hand? What is making contact where? All right the natural way to grab the foot would be that way right? Try and grab the foot that way with the other hand and see the awkwardness of it, it's not practical right? Don't you see you you've made an electrical bond already so when you're massaging, you're automatically doing the thing unconsciously but when it's pointed out to you scientifically and specifically, you're getting greater results that's the difference between knowledge and just doing it helter skelter. Now you're working on my right foot, which hand gives more pressure to the foot? Good and that's where it should be in the first place, working from below so the top is only a contact point for the working underneath and the left hand is more pressure above and less below so you have the same magnetic principle working. So how many fingers are doing work above and how many are doing underneath. Audience: It's two underneath and eight above. Adano: Right. When you work on yourself it becomes obvious. Audience: (Inaudible). Adano: I hope you don't think the ego is something that you can cut out of your body and

look at it, it's a frame of reference for the flow of the energy within your nature that you put certain semantics around and certain qualities and identify it. Take for instance today is what day? Audience: Saturday. Adano: You're sure? What part of it is day, what part of it is night? 0:30 A day is a composite of night and day right? Listen to how we trick ourselves and we use it all the time and we are still victim to the terminology. A day is a composite of the darkness and light, so many hours of darkness so many hours of light we call a day so we classify darkness and light as a day. Now really is there such a thing as a day? There is no such thing as a day because the condition of darkness and light is dependent upon motion of the object we're living on so that blows the illusion now that we don't have no days but because of the frame of reference and the point of motion to where you came from to where you have to go, you have to start reckoning so you count the darkness and the light as so many repetitions and you classify it as a day so the question comes up which came first the darkness or the light? Okay you see our scriptures aren't wrong, it's very scientific and very factual as to what has happened in the universe out there when it came into manifestation. In the cold refrigerator of space and time there was no light, it's just a cold refrigerator, out there it's just a one big giant refrigerator. It's so cold it's fantastic, one big giant refrigerator out there and there is nothing inside but lovely little objects floating around and they have beautiful names when they start to brighten up and you go in a refrigerator and you don't have no light, can you detect an onion from a potato? By feeling it and by smelling it, equally true in this giant refrigerator of a universe, objects are moving around in it that have no way of being recognized so the Creative Intelligence merely did what? Turned on the switch and you'll know which is the potato and you will know which is the onions so it's the same thing, the switch was turned off and the sun became that focal light and then we begin to identify other objects by giving them names. So really there is no such thing as a day, it's a condition that measures the period of darkness to the period of light. Do you see how our illusions of our existence are suddenly falling apart? Well naturally you're in Satch Khand, you see one time a student had a dream of Yogananda and he said to Yogananda he says "when will I get to Satch Khand, will you take me to Satch Khand?" And Yogananda says "where is that?" That was the end of the dream then he told me the dream and he says "Well why did Yogananda tell me that? But I think I understand why Yogananda told me that" before I ever began to explain it. He says "I can realize now there is no place called Satch Khand, it's only me and I'm busy looking for me!" See Satch Khand means the abode or eternal abode or the eternal here, h-e-r-e. Now the eternal "here" is not a place, it's a condition of consciousness involving a time principle, there's no such thing as time, it's a condition. Now the term here, h-e-r-e, is not a place, it's a condition involving a time principle. Now here-ness, h-e-r-e-n-e-s-s, is the phenomena that creates all the problems with us. That was what the book says "Be Here Now?" When he wrote "Be Here Now," he was really saying "learn to be in the here-ness of now, you didn't understand what he was writing. You can't be here now because you're here already, you have to be in the here-ness of now, you have to enter a state of here-ness and since you're already here, it's a condition of time you see? So Baba Ramdas was writing his book but he was writing it in such a way that the average individual did not comprehend what he wrote. The Yogis are all telling us the same thing and the scientists are telling us the same thing, that this is a condition but we have to take points of references for comparison and once we do that then we are going to be involved with personality and impersonal-ness. Now this is not bad, neither is it good, these are the conditions that you must accept to work with it, these are the rules of the game. Now the penalties of the game and the rewards of the game are all good, it is how you play the game that's important. Audience: You don't cheat. Adano: Now that you made a statement like that, here is an interesting phenomenon in your Bible, who is the greatest cheater. The greatest cheater is the person who created the universe out of himself. Here's an interesting phenomenon, you used the word "cheat" and yet the question is "Who is the greatest cheater?" The Creative Force that created the universe out of himself is the greatest cheater if you understand the principle of the word "cheat." Audience: I think you're thinking of one thing and I'm thinking of another, what is your version? Adano: It is to use something without paying for it, right? It's a something for nothing attitude, cheating is a something for nothing attitude because you're cheating and you're not involving yourself with the responsibility of being... Audience: But you say the Creator, but He made it us out of Himself so therefore He would pay himself. Adano:

Ha ha! You're saying He can pay himself. Audience: But we better go home eventually, I don't know what He'll get. Adano: To show you what is involved in the word "cheat," you see in your mind "cheat" immediately becomes negative and this is a funny phenomenon how we think in this world, everything has got to be negative when it is not good. You don't understand when we use the word negative, we are not talking of badness, we are talking of levels of movement inside of ourselves. Now when we said the greatest cheater and the greatest dictator is God Himself because He made everything out of Himself and on top of the bargain, He withdrew from the whole thing and leave us hanging stranded. You see that's how He cheated us, right? Six days He made everything and the seventh day He took off and He made it out of nothing and left us with something and there's only one portion, maybe one billionth portion of what he didn't use. You see because He didn't say He used up everything and He didn't say where He took it from, He took it out from within Himself and then He withdrew from the whole thing, leaving it to us to believe that that's all Him. So who got the the short end of the deal? So when you try to understand this word, you'll see a lot of things involved in it. 0:40 The whole universe is fantastic if you begin to see it. One teacher said Saintliness is glorified madness, don't do what you want to do then you'll be able to do what you like to do. Audience: You gain strength from the other. Adano: Yeah if you say you don't want to go to the bathroom, soon or later you'd like to go to the bathroom. Audience: (Laughter). Adano: Coming back to your ego you know in the Eastern teachings in the Science of the Soul it says "there are only five functions that the negative flow that locks us into matter." These five conditions that locks us into matter they call them the five deadly sins in this scriptural semantics. In the psychological semantics we use the word greed lust, anger, hate, ego, these are the five deadly sins. Now Guru Nanak when he was in the body he said "I have been able to calm the ocean with my mind, I have scaled the mountain peaks with my spirit, I've been all over the universe but I did not find anyone who could teach me to control these five forces." That's greed, anger, hate, lust, ego. Yet these same five forces are resolved in our nature simply by the fact that we can listen. So if we listen to ourselves, we can resolve these five forces. So of all the statements of discipline that Jesus gave, the one statement "Meekly weight and grumble not" or mumble not or murmur not, the word is actually "meekly wait and murmur now," this will take care of the greed, it will take care of the lust, the anger, the hatred, and the ego, to meekly wait and murmur not. Now someone says "well where do the Buddhists come in, where do they fit into this picture, have they something to add?" Buddha said the same concept hundreds of years ago before Jesus and he said "Murmur not," you see he used the same word "murmur" or don't grumble "Murmur not at the dispensation of God," how God dispenses this universe, don't grumble at the way things are happening, "for His wisdom is unbounded and His power is unlimited," that will take care of your ego, it will take care of the lust, the greed, the anger, and the hate, the very five forces are taken care of by "don't gripe." (Gap in tape) ... number one level, which is the fifth level, or Master level or Christ level, is called now Consciousness acting on Energy, that consciousness, that Christ intelligence, not Master Jesus now, that Christ intelligence that permeates that level of creation controls all the actions of creation. In that level you have an advocate, you have a bridge, you have someone who pleads your case, now you know something has to do the action for you, a higher consciousness has to act for you, that is the first step back. Like the father meeting the son at the halfway mark and recognizing him and willingly embrace him but you see though he embraced him and accepted him, he still made him clean up to go home and take a bath and then he put on a rope and a ring and all these things, it's the next two levels where you're going to get all this wonderful bequeath, the will of God. You see we leave our bequeath or our will to our heirs so they become the beneficiary, on the next two levels up, we now partake of these forces in the Lord of the Soul's realm. So the next level up is called Consciousness acting on Consciousness, for the first time you are truly free from all these repercussions of death that the Soul body is subject to while in creation provided by the Lord of Creation, there is no such thing now affecting the Soul, there is no such illusion anymore for the Soul that the body has to die. That is what Jesus is saying "Be ye not afraid of him who will destroy the body," don't be afraid of the Lord of Creation that provides a chemical body for the Soul's activity and fear and ponder and go into trauma simply because you lose this body as an identification point but "be afraid of him," that's the Lord of the

Soul who can destroy both body and Soul, that's where the consciousness is involved now. So we go out, we leave the thousand petal lotus and we ascend inside now to the next level which is called Beingness acting on Consciousness, this is where Jesus ascended and sat in the right hand of the Father, that level of the Soul we go on to, we have to go to that state, we have to surrender. The last four levels up in spiritual life is a life of surrender, it's a life of gradual letting go of the creative forms around us. Now we are not going to lose anything, we are not supposed to know that, if we know that too soon we will all let go right away and then creation would not be here and then the Lord of Creation is going to blame that guy who told the secret to everybody and then he's got karma. We are not supposed to know ahead of time that if we all let go of the creation, we will be rewarded back with the super creation, that means the ring and the robe and the scepter and everything. See the boy did not know by turning around merely to go back home, his Father was going to give him everything. The Soul does not know that when it leaves the lower realm and heads to the higher realm, this is be bequeathed already for him but you remember the prodigal son story there was another brother and the other brother came home and saw the feasting and he complained he says "While I was here you never killed the fatted calf, you never did all these things and now our brother who has gone out and squandered everything comes back and you loll upon him and do everything." You know what the Father said to the second brother? "You never invite your friends," you see "you never invite," "you had it all but you never made anything of it, it was like you were hatching on it, you were sitting back on your laurels whereas your brother, though he appeared in our mind and in your mind to have gone out and squandered and has returned from the far land, he went through the test." 0:50 This is the difference between those Souls who don't want to come out into the world of creation lest they get polluted by it, they are so Saintly that their Saintliness smells. We have a few of them. We are fortunate to have the body to make the mistake and not even to know that our Father would abandon us in this creation, we are so fortunate that even when we do recognize and we are told the secret of it all, that He has left us the bequeath of His love and glory, that our Saintliness is the result of accepting God's game that He's playing to entertain His children. That Uncle Satan is not a bad guy, he's already designed there to make it as hard as it can be with all the problems of exorcism and repossessions and if you don't pay your exorcist, you're going to be repossessed. (Laughter). So these are all the parts that the Lord of Creation has designed as a marvelous comedy/tragedy very serious, very traumatic to keep us entertained and even to scare us like the boogeyman that Daddy has left us here to be destroyed or devoured by him, these are all the subtle maneuvers to make it work. When we realized that none of these things really are to hold us here, then our true work has begun, we are then living in that realm of the Soul. So in the event that Yama, the Lord of Death should pay you a visit any time and ask you the eternal question of which one of the karmas you want, I hope you make the right choice, don't ask for your bad karma first, as for your good karma first, the good karma is the key. See most of us will ask for the bad one because we weigh in our mind, not in our Soul that if I can handle all the bad ones now, I can look forward to the good ones after but you see you don't know what the good karma will entail if you ask for it first. You're still worrying that if you take the good one first now, you got the bad one to handle after but the way it's set up on the inner realm for the Soul to get back by grace is to ask for the good karma first. It does not matter how sinful you might think you are in this world, how many things you have done that made you hate and feel guilty in this world that you live in, these are all part of the game, all part of the internal show, it's the association of grace. In the outer world it seems kind of comedy and so tragic that on the inner realm it is all organized, set up for our good, not for our damnation or destruction. The hell and the heaven is inside of us, they are not actual physical realms but they are conditions in which we find ourselves and if we don't know the rules of the game then we can make a realm, a real hell and never get out of it, we can find ourselves in one of these realms and really be pinned down in it by guilt. Yet none of these realms have any way to hold us by any condition, they are merely set up there for us to pass through. On the Earth as we live there are always Masters representing the Lord of Creation and there are Masters who represent the Lord of the Soul. As Jesus said "Seek the truth which is within you and its righteousness and all these things will be added on to you and the truth will make you free." It's free from the creation, free from the involvement to the

creation and the Lord of Creation, the accounting of karma, "freemen all, lord of yourself" for the first time you are living in the realm of the Soul. In the realm of the Soul we don't use the mind, in the realm of the creation we use the mind and everything in creation requires the mind as a builder to reinforce it, to hold it, to be attached to it. When we leave the realm of creation and enter the realm of the Soul, we have to, what you say? Jettison the mind, you know that term "jettison the mind" or in an airplane if we got too much weight and they wonder, get rid of it, jettison it, or drop it. It's the same thing inside, you suddenly have to jettison the mind when we want to go up. In creation we use the mind by initiative by every self act, the mind is building it to make it work. In the Lord of the Soul's realm we don't have no use for the mind, we have to jettison that and we have to go now by humility which means to pull up. We are like a fish that has bit the bait but can't get into the frying pan until the fisherman reels us in and we can run all over with the bait in our mouth but if somebody has to reel us in and in the last four realms of the Soul itself, we are a reeled in, we don't just jump out and go into that particular level, we are actually pulled in. So when we come deep into our inner nature and we begin to surrender more, then the mind would not interfere, that doesn't say that the mind is not used for your daily activities and your daily responsibilities but in the inner realm of your meditative life, you don't use mind, you don't use the complications of the mind or the computing of the mind or the reasoning of the mind, you use feeling which is Soul natural now by letting go. We are drawn up to the Lord of the Soul inwardly by music, by sound, we find our way back through the Sound Currents so as we listen inside, the Soul is pulled back, right back to its source. That is why when you begin to meditate, you're not too concerned what you see, you're more concerned with what you hear because at best it is written in all the scriptures "No man saw God but heard His voice" and seeing the radiant form, it's a form of the spiritual teacher who allows you to perceive what this light is and the forms of the teacher come and go because they are involved in creation but then when you pass this form into the actual Current itself, it's all musical, that true form is music, that's the Lord of the Soul, we have to go into it. 1:00 Now in there we don't have a single thing to do with this world, when I say that don't go and get the wrong impression that you don't have responsibility to your family and so forth, I'm not referring to that. In the inner realm of the Soul where feeling is involved you don't use mind to involve yourself with patterns of thinking because there is no condition like that in there, what is involved in there is bliss, joy. Now if you have reached that level of surrender inside by your meditation then you will be used by the Lord of the Soul to help another Soul in creation, not in the realm of the Soul but in creation. Now let's say a Soul is living in Africa and it's in creation or living on Venus, whatever you want in in this creation, and is ready to go out by its long years of meditation. When the Lord of Creation sends the Angel of Death to take that Soul to account for its karma and if that Soul merits going to the Lord of the Soul and you are living in the creation, not having anything to do with the creation but totally solvent, not bankrupt in this creation by karma but solvent, that means there's not a single thing here you owe, everything has been paid up, you're in the black, you have good access, good credit in the bank of the Soul, now you will be commissioned to act as a co-sponsor for that Soul that squandered all his good virtues out in the creation but let's say that Soul has paid its debt by its own initiative and is now ready to go out, he has to have somebody to plead his case, somebody to act as a sponsor. You who have reached that level will be given that commission or that contract or that particular act to go intercede so your own inner experiences will begin now, to see yourself appearing or interceding for that individual and that individual will dream of you or he may actually see you in a materialized state taking him out of the confines of creation into the Lord of the Soul. That's why Jesus said "You see me, you see the Father" and "In me you have redemption." In that level of Soul experience, being not attached to creation, you will be used as a channel to help others to come out of the creation. One person asked the great Master he says "Master all this sounds going fine, how do I get there, how long does it take, and what is the price?" And the Master said "It doesn't take too long and the price is love and fortitude and don't panic." He says "Most of us pay the price of love, most of us pay the price of fortitude but we don't pay the price of panic and that's the biggest price" because we all somehow make panic out. As long as you don't panic in these internal experiences, you will come through. Audience: What do you mean by panic? Adano: The panic is that since you don't see some physical human being in the inner realm

saying to you, "You're doing the right things, therefore your meditations are perfect and now you will not be abandoned by Me, continue as you are," your mind, not your Soul, your mind has suddenly removed the fear of separation therefore your mind is looking for some tangible form to tell you that inside and the Master is trying to tell you that there is no such thing that your mind will never be satisfied by some light image or spiritual image telling you that. So as long as there is no such thing to tell you that, the sense of panic will be in the mind, the sense of insecurity would be in the mind. Now if you let go and trust this impersonal force without a form, God has no form you see, but trust it merely trust it on the essence of love and allow it to work you and mold you, not mold the mind now, mold the spiritual nature of the Soul, you will not panic and therefore you will shut the mind, you will jettison the mind, you will jettison the idea or the feelings of panic if you trust. Now let's take a child, from the time it's born is there any panic in the child's mind as to you nourishing it or feeding it? But in your mind if it cries what happens? You panic, you don't even know if the child wants food but you think because you put something in his mouth he stops crying, he's hungry, you see that's our logical conclusion that's why pleasure of something in his mouth is what he really needed. He may not really need that but what else could you do to stop him from crying? Excitation of the glands of the mouth, it's only enough partially, really in the mind of the child there is no panic and the child really didn't need no nursing but in your mind to satisfy the condition, you have given him something to stop him crying to ease the sensation of panic in your mind and therefore now the child is conditioned that every time he cries, he's gotta have something to quiet him. So what happens? He's programmed into quietness, pleasurable release, by the wrong things which the parent feels panic from, not truly knowing within the mechanism if that's what the child needs and the child has no way to tell the parent verbally "I don't need to be fed, I just want to cry, allow me to yell, it's good to yell" and what do doctors tell us today now, the child sometimes should cry and release the pressure because basically it needs that too but our panic, our concern gets so worked up that we go pacify the child. This is what we're trying to point out now in the inner consciousness, there is a point of spiritual growth where you will confront yourself between a visible form of the Creative Intelligence and a non-visible form, it's that non-visible form, that non-tangible form is where to test, the real test of the Soul begins. The visible form is the Guru, the visible form is something that we relate to on a human level, the non-visible form is the trust of the pure Spirit to take care of its creation. So we have to come to grips with this experience sometime or the other and as we accept it, then the sense of panic leaves us. All right have you ever seen the picture of the angel walking behind the two little kids walking the bridge with a hole in the bridge? You've never seen those paintings? Most of the homes I've gone in, I used to see that picture. Now the child don't know that the hole is in the bridge and the parent doesn't know where the child is but in the parent's mind they got all types of panic and fear for the child and yet the painting has a peculiar other being walking behind the child. As my wife once said "we tax our guardian angel and sometimes if they check on us, we're really in bad shape." We have protection from the Lord of the Soul, we don't realize it that he cannot abandon us but we are not supposed to know that and when the Lord of Creation puts you through your tests and you know that you've never being abandoned, you got a lot of inner workings going for you. The Soul was never designed to be abandoned by the Lord of the Soul in is a physical creation but the mind is the instrument that the Lord of Creation uses to keep Soul trapped in the creation, that's his game. 1:10 He has to have something to panic you or to make you afraid because basically the Soul knows no fear, the Soul is perfection but it has to use mind to create this illusion and it's such a very subtle function within your own nature to differentiate between mind and Soul. Now the Soul is tied to the mind at Tisra Til, the third eye point here, this is where it's tied by the breath. When the Lord made his whole thing up He took the body, linked the Soul, and tied a knot, the knot of breath, the incoming breath ties or acts like a magnetic field for the Soul nature and for the body nature and they're tied in at the breath and the mind function keeps it acting. Now we don't know that, as we break through by mental research and investigation finally we see these laws all coming, as we evolve we recognize it, that's what we call evolution. What we're really doing, we're just confirming what the scripture is saying about how we're constructed. The Masters are merely telling us nothing wrong with investigation, nothing wrong with the research and evolution but it will take you too long to get out of this situation because basically you

don't know how long you were here. If you ask yourself how long were you involved in creation, how long have you left the home of the Soul to come into the creation or the carnival of creation and get involved with it, we don't know. Audience: And the Lord of Creation is like the judge who gives the sentence and the Lord and the Soul is like the governor who gives the pardon? Adano: Yes, that is exactly how it works but the governor has no condemnation for the prisoner or the person, he doesn't condemn. "As it is in heaven so it is on earth" is the scripture's own declaration. The creation is identical as the mental processes inside of us, creation is an extension of what is already set up inside of us, they are not different, they are exactly the same, one is the image of the other. I'll give you a story, there was a king who wanted his life story painted in his new castle and a young artist got up and said "Your majesty, I will sculpture your whole life story on this wall of the castle." So the king was very happy. As soon as the young sculptor said that, an elderly man got up and said your majesty whatever he does I will do an exact detail on the opposite side of the wall and I don't have to see it. The king was much more happy, he'll have two walls now so he assigned soldiers to separate the the two men from working so that no one will see. So the young man will come in and work in his section and they couldn't see what he was working on and the elderly man was working on his side and the day of the unveiling came. So the young man said "Out of respect for your age I'll let you unveil first" to the elderly man and the elderly man says "No out of respect that the king commissioned you first and I merely challenged you, I'll let you unveil first." All right, the young man unveiled his side of the wall and in perfect detail, chiseled in the wall itself, was the whole life story of the king right up this present moment. Now the king was really impressed, who can duplicate that without even seeing it, that's got to be a fantastic mind. Anyway he made one declaration before he allowed the other man to unveil, if there be a flaw of any type that is not exact like this side of the wall on your side, your life is forfeited for your boast. The old man said "Your majesty, please unveil my side" and they pulled down and lo and behold everything was exactly in detail on the other side but after a few minutes the king noticed there was a difference. On one side the young man actually chiseled the whole life story, on the other side the man had polished the wall to look like a mirror and it reflected what was on the other side of the wall on his, so nothing was missing everything was in detail there, there was no way to take the man's life but he didn't do any chiseling, the other guy did all the work of chiseling and all he did was to polish the wall. So Soul is like that, Soul that is tied to us is like a young man's print, all in detail, the Creative Principles are all locked up in it. Mind is like the old man's print so when you say you're old as your mind and young as your spirit, these are the principles they're talking about. Your the spirit is eternally young and youthful, carrying the full imprint of the Creative Principle and the mind is old and imitates, it's a reflection, the mind is a reflector of the Spirit. You see the mind never renews itself, it's the Spirit that renews itself, the mind only acts as a mirror but the mind is used to build upon principles but it's never complete until the Spirit is put into it. So we have to realize that the Lord of the Soul and a Lord of Creation are different levels in which we live in. We are all drawn back to the Father who is the Lord of the Soul but while we are drawn back, we are going to be examined by our uncle you know him or heard of him or referred to him as Satan or the bad guy or the devil. He's not a bad guy, he's not a devil, he merely happens to be the Lord of Creation, that is he's permitted to act in creation. Now in your scriptures it tells you how he came to be. Jesus often referred to to him as a Lord of Creation in a strange way he said "I saw" that means the Christ intelligence on the fifth level Consciousness acting on Energy "saw Satan" which is the Energy acting on Energy, the fourth level or Lord of Creation, "fall," that means come down "as a light." This universe and its four realms are all manifestations of light, it's a creation, light is a creation, it's here, it holds everything in perspective as a creation. This phenomena that we see here came down and made itself into these four levels: Matter is the lowest level acting upon itself. Energy acting upon Matter, Consciousness acting on the Matter, and the Energy acting on the Energy, these four are held here and this is Satan, this is the adversary, the word means adversary, this is the opposition, this is the opposite pole to reality. There's no negativeness, there's no badness in it, it's just the direction in which it's moving so it can be called the centrifugal energy, the energy that goes out or falls away from its source. Falling away doesn't mean it's been abandoned or it's seeking to separate itself, it's required that it goes out to hold the opposition, to hold the poles. Now the opposite

of light is sound, that's the opposite pole to light, and the Sound is the Holy Word, ultrasonic frequencies are the opposite pole to light which is photons. So it is Sound that sees and perceives through feeling that light moves out and forms a creation and that's what we have here. 1:20 We are then living in the creation, we are the result of a creation therefore we have a body, a chemical body. Now the Lord of Creation, this force field can destroy the body, it can possess the body, it can tear it up, it can do a lot of things to it just like the devils did to the child of truth in the fire and so forth and the pigs and everything, the body is a vehicle that it can work with but it cannot destroy the Soul, it cannot destroy the integral essence of this mechanism. Now the Lord of the Soul has control of both by virtue of love and we are in it by this virtue of love. So when Christ is saying "I saw Satan fall like a light from heaven," he is saying that this universe of light which are the four levels is the realm of the Lord of Creation "and this is not my kingdom." Sound does not belong to this realm, the Christ principle is sound, it doesn't belong to the kingdom of light, it is sound that triggers light all the time, light cannot trigger the sound. In physics do you know of light triggering Sound? It's sound that triggers light and this is why the Christ is always above the Lord of Creation, that is why the Lord of the Soul is above the Lord of Creation, the Lord of the Soul is Sound and if you go to the scriptures again you see the scientific principle, "In the beginning," in the source field, "was the Sound," was the ultrasonic movements "and the Sound was with God," meaning the Sound existed in a state of total wholeness or goodness "and the Sound was made flesh," the Sound gave the command to make the various vibrations and rates of vibration to crystallize and the same Sound, ultrasonic now, resided in Man, that was one of the life forms. There are 84 million life forms and Man is only one of the 84 million life forms and out of that one life form, the Sound resided in it. Now there are two type of flesh, "the Sound was made flesh" you see, there are only two types of flesh: animals flesh and human flesh and out of the two, human was the one in which the Sound resided as a measuring stick. Now the Lord of Creation knows this, the Lord of Creation is in cahoots with this, in other words uncle and daddy are in cahoots to play a game on us and we might as well enjoy it but if you get the realization that they can't abandon you and daddy can't leave you, don't worry your salvation is assured already. In the higher realms of the Spirit there's no karma because there's no Lord of Creation to account it. In the lower realms of the Spirit, the Lord of Creation there is karma, karma follows you right up to the fourth realm, Energy acting on Energy. When you enter the fifth realm, which is the Christ realm, there is no karma. Audience: If Satan is not a bad guy then why are these Satan cults doing so many evil things? Adano: It's like at the carnival you'll always find the comic and the barkers and the different people trying to outdo the owner of the carnival. Each one is trying to make his particular side show greater, it's games they play with themselves. You see all these games tend to flow from the mind, they don't flow from the Spirit, the real game of the Spirit is entirely different. The mind can make all kinds of games, when you realize what is happening and what is going on then you see through the whole illusion of it and you see what is really wrong. You are seeing a group of sick people, not sick in a physical sense, they will be in a physical sense eventually, they are sick not only in a mental sense but they are sick in the psychic sense. There are different degrees of illness, you have physical illness, you have mental illness, you have psychic illness, and you have spiritual illness and it takes a long time to recognize them. Some illnesses pass as a form of health, until you know their sicknesses or illnesses you will never recognize them as illnesses, you will think that person is healthy and normal but they're not, you have to be aware of what it is to say they're healthy and normal. Audience: What is healthy and normal? Adano: For science they always take some platform or reference point to establish a norm. Now the way an object functions and behaves, they have to measure it against the pros and the cons, the hyper and the hypo, the excess and the deficiency, and then they establish a norm of its behavior, this is the way we go about measuring something. This is a mental registration, it's not a spiritual registration, it's a mental and a physical registration of measuring things, it's not a spiritual registration. A spiritual registration is surrender which is very very difficult to do and in the world of creation, it is out of place. It's not designed for the world of creation therefore a man like Jesus says "This is not my realm," this is not where I belong, in a spiritual measurement it doesn't fit. Now there is never a single spiritual Master that lived in the world that came from the Lord of the Soul that died in his bed and ever had a healthy body,

they all died from the violence incurred by the karmic condition in the Lord of Creation's realm because that's how the realm is designed, that they must go out by one way or the other. Either they incur national suicide, which you call martyrdom or crucifixion, or they incur some type of illness in the body. There's never a single one of them who has a complete physical body in this realm of creation because it's not designed that they remain in this creation with a healthy body but to know that they came in commissioned by the Lord of the Soul to help us is when they die because the Lord of Creation has no control over their body. You see "Be not afraid of him who will destroy the body but he who will destroy both body and Soul" and how that Master leaves the body and goes out of creation, his physical body would be the measuring stick now that he was truly a Master of the Lord of the Soul. His body would have some way to indicate, even though he was in the body while alive and let's say he has diabetes or he has tuberculosis, these are typical human diseases in this realm of creation yet he has the full realization of God and you say "well if you know God so much, how come you can't heal yourself? If you are so God-realized, how come you can't get off the cross." This is not the measuring stick, the measuring stick is "Okay I'll give up the body and leave it up to the Lord of the Soul to say if truly I represented Him or I came here to represent the Lord of Creation." The Lord of Creation cannot divide himself, Satan cannot divide himself, that means this Creative Force Field cannot do something that would detract from its normal behavior to break down. This creation is designed to grow, break down, and recycle itself and it's not going to change that. Now when intercession comes in from another realm, then this is a significant indication of something done different. So the body has to be subject to that so that particular person who comes in with a sick body with full realization is paying the price of the sick body to stay in the creation to work with the people. When the time comes for him to live it's the Lord of the Soul who will say, to tell those who are left behind, that they don't mourn or worry "that your teacher was from the Lord of the Soul, here get your body back." Like in the case of Guru Nanak Guru, Guru Nanak lived among the Hindus and the Moslims and he tried to...

#### 1974 April Part 1 - Massachusetts First Retreat

Adano74\_04\_1MassFirstRetreatQ2 - Another thing we have to consider that Man became worse than the beasts in the field, Man actually became cannibal at one time, that's how far he fell. He fell from the Divine Nature of Spirit, the angelic principle of absorbing energy from the atmosphere, down to the point where he had to use plant life, then he came down to animal form, then he went as far as human form but when he went as far as human form that's when the Lord really got angry and drowned out the whole thing because he was worse now than the animals. You see He would not have destroyed Man had he merely ate the animals and if the tendencies of the animals were not transferred to him, then Man would not have gone to eat Man. As he ate one flesh form, it was no different to him than to eat his own flesh form, Man got that low in consciousness and the evidence is in the physical world around us. So in destroying us, we had to reincarnate to learn the horrible lesson of our own ignorance. Now people say that Jesus ate meat and encouraged the eating of meat and fish, Jesus never ate no meat and he never ate no fish. There is no mention or any fact that Jesus ate any meat or fish so they cite one particular example where he ate and the example that they site is that when he died and resurrected, he was on the edge of the seashore and the ship was coming in with the disciples and they recognized him near a brazier or a hibachi or a spit cooking fish and honeycomb and he asked them "Have you eaten?" And he said "no" and "he broke and gave them and they did eat." The question is "which did he eat?" They didn't say he ate the fish or the honeycomb but merely said "he broke and did eat." His students were not completely relieved from their mental block and the fish was the only source of sustenance they knew. They didn't have much vegetables, they didn't do much planting so he gave them the piece of fish or gave them the honeycomb. To say he ate the fish or he ate the honeycomb, there's no mention which one he took so we know definitely without any doubt that he still did not openly eat the fish as to say "I'll eat the fish and you eat the honeycomb, you're my disciple," he didn't say that but there are some writings by the Dead Sea Scrolls in which it states that some of the disciples of Jesus after he'd gone were strict vegetarians to the point where wherever they went, they would make sure that the people who they were going to meet were non-meat eaters, especially the

man Matchi, he traveled very lightly with his own food. And in the case of Peter being tested as to his sincerity of what he was doing, he called all the things that was supposed to be not eaten unclean but the Lord of Creation said "Everything I made is clean" that means they were not made with the intention of greed and anxiety, stress, they were made simply as forms of creation, these 84 million life forms were all made. Now what was it that Man transferred to these life forms when he came out of the ark? So Man's electrical nature was projected into the kingdom to set them apart among themselves and when Man's fear is withdrawn from these kingdoms, then these things live in harmony with themselves. So the animal then ceases to destroy you by recognizing what in you? Audience: Fear. Adano: Because you did what to the animal? The law of cause and effect, "as you sow, that you reap." So we're set apart between the carnivorous now and the non-carnivorous by imposing on them this fear pattern when all creatures were basically non-meat-eaters. In the ark there were no extra pair of creatures to feed the rest, they had to carry grain to feed themselves and all creatures did eat of grain. "The things that move on the face of the earth," that were not of flesh. You take any animal, carnivorous and so-called enemies and put them all in a pyramid and in a few minutes you see all acting natural without any animosity because the fear patterns are shunted out and they would not care to eat each other and they mainly lie down and frolic and eat beans or cooked rice, they're basically natural grain eaters. We tend to separate them because of their intestinal structure and their canines in their mouth and say that they're one has a fang to tear meat and the other has a molar to grind herbs or nuts to survive. Basically the animal is a non-meat eater but the fear that we imposed upon them brought them into that level. Not too long ago I saw a beautiful picture of a mouse, a canary, a cat, a bulldog, and a lioness all lying down in a cage and the keeper said "there is no way to aggravate these creatures to eat each other, they all love to eat bananas." (Laughter). Audience: Is this the effect that a pyramid has, reducing fear? In humans too? Adano: Yes. That's only one of the effects it will remove, the fear will be removed but there are other things that will be removed by going in there. Audience: (Inaudible) ... "I have meat to eat you know not of." Adano: Yes when I was a boy studying to be a priest I said I always suspected he had chicken up his sleeve and he was holding out on the boys (Laughter). When he said "I have meat that ye know not of," he was not inferring what we think as flesh, he was inferring a form of food or sustenance. You see the word meat, it's only in America in the anglo-prose connotation that we use the word meat to imply animal. Meat is the Old English word, way back from the early Saxon period for food, sustenance. 0:10 We use the word today to describe the cow apart from the goat the sheep and the lamb and the chicken. He said they were surprised that he had sent them to get food and they came back and they were surprised to see him refreshed as if he had eaten. Now where did he get the meat from, where did he get the food from? That was what they were questioning in their minds, where did the Master nourish his body from and I read it as a boy when studying at the time, I thought he held out on the boys and had an extra spare piece of chicken somewhere up his sleeve and wasn't going to let nobody know. As a kid we used to do that, when we go to school and your hide your piece of chicken or something so nobody knows and you nibble it by yourself but he said "I have nourishment or meat that you know not of." He was inferring that within his consciousness he did not depend on the physical substances of solids and liquids in the form of food to nourish his mechanism but he lived directly on Divine Current passing through the medulla, the Audible Life Stream. That is why when he was tested or fasted in the mountaintop of his own Soul nature, he had mastered this principle when his own ego put the challenge for him and said "Why are you fasting, why don't you change these stones into bread, into food, into nourishment, and stop your fasting and be a real human being and be down to earth, be an earthy person, don't try to be too godly over everybody," that's a superego conflict but the consciousness merely replied "It is written" and these three words are very important, "it is written," "that Man" that means this information has been written down someplace "that man does not live by bread alone," he doesn't nourish himself by solids and liquids through mastication and absorption and by planting and growing it "but by every Word," the Audible Life Current "that proceeds out of the mouth of God," that passes through the medulla. So he had resources or recourse to that particular internal technique of absorbing sustenance from the atmosphere which his disciples were not able to do since he was in that state of Christ consciousness already, the disciples had to work past that state. Now the

disciples were not Christ realized you see and to be Christ realized to get rid of you all your desires so you have the power to crystallize desires but not your own. Now they were not in that state so they had a desire, what would they desire? A desire to feed the physical body in the form of solids and liquids which they call nourishment, meat, or food. He having no desire, this not being his home, he's from another realm of pure inner awareness so his body is not dependent on his environment. He was like Theresa Newman in the Autobiography of Yogi living strictly on Divine Essence and he had the capacity to recharge the body cells by virtue of biofeedback. In the Yoga language it means that he was able to switch the energy around by love. In modern technology he knew how to go from beta to alpha, we're only changing words to say what is happening inside. When we can go from one level to the other, we can do these internal movements so we don't have to depend on physical substances to regulate. His disciples could not go into those states, they weren't trained sufficiently, they weren't disciplined sufficiently, they didn't break away from their habit patterns, their cravings, and desires. They still craved in a literal way, in a physical way for the physical things of the world, to nourish the physical symptoms that the body produced. He had risen above hunger, he had risen above sleep, he had risen above all these basic five movements that he was able to switch this thing around inside. They didn't rise above it, they had to struggle with it and when they were able to do it, then it was a different story. He had already awakened the kundalini energies in his spine which is the Holy Ghost or the Pentecostal movement is the awakening of the kundalini but in the Pentecostal movement it happens unconsciously in the person. In the spiritual man it's consciously turned on, this is the difference. "When the Son of Man is lifted up, I'll draw all men unto me." When the energy is raised up, that's what the Son of Man is, from the lower chakras up to the top of the head, then this power is working through on a conscious level. When it comes down as a comforting thing since you can't do it by yourself, it comes on by grace and that's what the Pentecostal experience is. The Pentecostal experience is something descending upon you without any control and suddenly you find yourself in that state and by virtue of your love for God, you attract it down to you. If you don't trigger it off inside and say you have control because it doesn't work by control, it's when it's turned on by control you know. Now in the case of Catherine Coleman, she is developing the control and she can recognize the control so Jesus was saying he was actually nourishing himself from these forces. Audience: What about milk and eggs? Adano: Milk is a secretion like we secrete milk to feed a baby but an egg has life. The evidence is when you crack the shell of an egg, it cries, it has already been proven by instruments today as a Baxter research foundation. There's a book called the Secret Life of Plants, they are capable of measuring the crying pain of the death of the egg when you crack the shell, it actually cries like a dead child, they have measured it even an infertile egg because you're cracking the shell. All right, now let's come back to something. Remember this, the egg was not singled out to be eaten or was not commanded for Man to partake, the plant was. So by virtue of our love for the plant when we harvest the plant and says "now we are harvesting you for your full destiny of serving the Lord's creation," they don't cry no more, they cease to cry. They have tried it and they have made research on it. Every time they go to harvest, they call the whole field and tell the whole field, "we're coming to harvest you for your full destiny" meaning the purpose you were design for so that that particular anguish and anxiety pattern is no longer there, this is man's fear transferred to it. Their fear of knowing that they're going to be consumed is now released that's why the Eastern people call it Prasharam, the blessing of the sustenance, the consecrating of it, restoring it back to its original state of direct command by the Lord of Creation designed for the creation to consume. We are a creation, we were assigned a certain type of creation to consume as nourishment but our fear was transferred by the Lord of Creation to separate us, to keep us in that state of respect. Now when we go back and respect the creation and tell them we are doing this now, then there is no bond of reaction there, there is no indigestion reactions, there is no tensions. 0:20 When you tell them that you are doing it, they don't resent it and they sprout up back and come back. The fault lies not in our religion, the fault lies in our churchianity and the fault lies in our language. There was a time when Man treated every object in the universe as male and female until he used the word "it," then it lost its intimacy with him, it became a definite non-related creature. Anytime we refer to something as an "it," we have shut it out from our whole relationship and therefore this is living in a

state of limbo in consciousness and until we restore the balance of respect. Audience: In French they have the male and female, even a table. Adano: It's la verre, "la" is feminine. In English "the glass" is the glass and it's just another it, the table is an it, but in French is "la table," "la" feminine. In the whole of the Eastern culture the ying and the yang, the male/female principle, the whole positive relation, negative relation, this whole universe is a polarity. The "it" also exists you see: positive, negative, neutral, but that neutralness is only reserved for God, not for His creation. We have taken away the right of God to act upon His creation by imposing the neutralness upon it with our own minds, by using the semantic of "it" and classifying it. Only God, the Creative Intelligence, has reserved the word "it" for Its own integrity, Man doesn't have that right to impose "it" on everything therefore he has a conflict in his environment. As the science has been accumulating and the facts are being exposed to us about what we've done to ourselves, then a sense of re-evaluation is occurring now in Man's mind, that he has to treat everything now on a more intimate base. So Schweitzer pointed the road by saying "We have to develop a reverence and an intimacy for life around us" and later on it was Carlson Wade and Margaret Mead who broke the intellectual animosity of the scientific world and forced them to accept para-psychological evidence and give it a sense of new values which would have kept us a long way of trying to relate on the scientific level that this thing is not an "it." We still go ahead and think of "it" but now you've got scientists working with objects in their lab that handling live cultures to work with and they don't treat those beakers anymore as an "it," they know something happens when they treat it like that, these cultures die faster. Audience: And even Schweitzer objected to someone killing an ant that was crawling up his garment and the only time he would permit spraying was when he was performing surgery and probably had to have a sterile field, he had a real reverence but for anything alive. (Inaudible). Adano: It's like when Hurricane Carla came through Texas, as soon as they knocked down all the buildings and left the place almost desolate, flocks of starlings came into the City of Galveston and right away the city fathers decided to poison them and try to get rid of them and the starlings were driven away. It was not that more than an hour after, the whole town was invaded by rats and then they realized they couldn't kill their rats unless people got some starlings. They have to turn loose on hundreds of thousands of dollars of starlings to get rid of the rats because they had no way to stop it, they didn't know where it was coming from, they couldn't put out enough Decon or anything to kill them off or get rid of them and one of the naturalists told them "nature had sent the right creature in advance for the problem but you drove them away, now you got to spend the money to get flocks of starlings to come back." Audience: Maryland has millions of starlings and everybody has been wishing to drive them away. Adano: When they do, they're going to be highly surprised of what the rats will do to come out. There is a balance in everything in nature to handle it. Thank you. (Gap in tape). (Group chanting then meditation). 0:32 Audience: Last evening you were talking about many life forms, could you say just a little bit about UFOs? Adano: Man, one of the 84 million, there are only two flesh forms, animal and man. Now male and female is in Man, male and female is in animal, extraterrestrial beings (inaudible). Audience: They're all the same physical level that we're on? Adano: Well that's a broad statement. Man's species is an entire different thing altogether, we don't comprehend Man. We are human evolving into manhood, we use animal models for our behavior levels. You will say of me "I eat like a..." but you'll never use a Man model and I may say you "you walk like a..." When you change the model in your mind, you'll evolve from humans to Man but we're in the Man level, we are flesh but there are only two types: the animal and the Man type and the bridge is human still relating to the animal models by its behavior. Now extraterrestrial is just a label for what? Our naiveness for thinking we're the only creatures on the earth that know it all. Audience: Can you tell us about their world? Adano: Their world, what's so different about it? Audience: They fly around in UFOs and we drive around in cars. Adano: All labels for things that we don't comprehend, they're like the primitive man living on the island in his war canoes and his tom-toms, and his sticks and his spears, never seen an aquanaut getting off a boat of the submarine, he's an extraterrestrial or extra island creature and he got a "boom stick" that lets off fire and he flits around in a boat on the ocean that has a smoke stack and his windows are round, that's our version of things that we don't know. It's the same with the primitive man's version of a civilized man in his boat, primitive man's version of a launch that is powered by an outboard engine

would be exactly our version of our primitive crafts and our boom sticks versus these creatures, the other beings ability to maneuver space. We're labeling things, we're not looking at anything, we're not seeing let alone realizing, we're busy labeling it. So what did a primitive man label the object when he saw it in the Pacific Ocean? A "USO," a unidentified sailing object, we call it an unidentified flying object. The word is right, "unidentified," to sail or fly and it's an object because you can't really get close to it. Audience: How long will it take us to evolve to that point? Adano: It's like saying to the Polynesian man to an American sailor on his warship or his "ship of hope" getting the two together to talk to each other. Chief Muck-muck will say "Boys, let's go get them, a bunch of scalps tonight" and the other one says "let's fire a salvo over the heads and keep them off." We are in the same position. Audience: They're obviously far more advanced technically than we are, are they necessarily more evolved spiritually? Adano: Putting back the same question between you the Polynesian man in his canoe and you and your ship of hope. We are talking like the Polynesians here and we are assuming that these unidentified objects are more evolved than us and more or less morally developed than us. We don't know and we're going to go through a lot of drunken hallucinations that we made contact with them. In the first place if a Polynesian man came face to face with an aquanaut he'd want to kill him because he's a strange water creature. He's coming out of an element that he knows he's not too safe in "how dare he crawl around in his water." "How dare they fly around in our airspace" isn't that what we're saying in the Pentagon today?" So we have a command, "intercept and destroy," they don't tell you that though but that is on the books, the Air Force has the command to intercept and destroy. No way they're going to accept any object flying around them, just as there's no way Chief Muck-muck is going to accept the aquanaut sailing around or swimming around in his lagoon. It's a funny phenomenon of fear yet we're gonna broadcast and say we want to encounter or seek out extra terrestrial life but how are we gonna bridge this communication, how are we gonna do it? When Chief Muck-muck decides to invite these aquanauts off the boat to come ashore and get fresh water, he got do something of a tremendous gesture, how is he gonna go about doing it? The other chieftains and the other people on the island will kill him because he's selling out from underneath, that's how he would be behaving, that's how we would be here. 0:40 It's the same mental patterns, we only change our dresses and change our habitations but have we changed our attitudes to each other? In the first place if he landed and he made any contact, who would be the guinea pig in the pen, who would be the monkey in the cage? The galactic man and the aquanaut too, they'll put a halter around his neck, pull him through the streets, put him on display, ship him around in a crate, got all kind of labels "the greatest wonder since Ripley Believe It or Now." We're never going to get down and face each other because our fears are too great and we're never going to admit to ourselves that technology is inadequate. So it's easier to shoot down and ask questions after, it's only human, not Man. Audience: If they're so advanced then why do they even bother with us? Adano: If we are so advanced, why do we bother to explore the ocean around in the Pacific? The same question applies to us, we're more advanced than the Polynesian people in their little island, why do we go scout around in their coral reefs? Simply because we don't have a type of coral reef around where where we live that is going to give us information of the ocean floor, basic fact. They don't have planets with the same terrain formation and necessary magnetic waves that are similar in the atmosphere that allow them from where they come from to explore and use. So this happened to be Terra, one of the heavenly bodies moving through space within a certain solar system that acts as a feasting ground for their equipment and they explore it. We're just another little Pacific island in their consciousness, a bunch of primitives, humanoids growing up. Audience: What is their terrain like, what do they do on their planet? Adano: All right in primitive man in the Polynesian islands he has no skyscraper, he didn't cut down his jungle to make it in into an asphalt jungle and pollute it with his smoke and blast furnace going. So he lives on vegetables and fruits and a possible wild pig now and then, he has no cannery, he has no refrigeration, he has no automated soda pop machines, he has no dollars and cents to punch. We live in the asphalt jungle, our air is polluted, and we survive on vitamin pills and canned food and TV dinners. So on Earth we appear to be eating a certain type of food, living within a certain type of atmosphere, and breathing a certain type of a gas to survive, these individuals may be living in a methane atmosphere or sulfuric atmosphere, their life support systems would be

different simply because they polluted theirs and burn out the oxygen of theirs. Now they don't eat what we eat, they may be using sapphire, ground up sapphire, or ground up lapis lazuli, ground up granite, they have a different digestive reaction in their system. Star Trek is a pure juvenile imitation of what is going on, a very immature thing of what is happening out there. Audience: In the relative world everything is relative to the individual society? Adano: Yes, very very true, that's why it's called illusion, Maya. We are only relative to one point of time and space and one's needs and we think we know it all in this realm, we don't know nothing. We're just becoming aware of a lot of things about ourselves. We're coming out of the animal models of ourselves and our animal behavior patterns and tendencies trying to grow up into human or Man models, we don't even have enough Man models for our behavior. When you see a baby born, what do you say when he smiles like a what? (Inaudible then gap in tape). ...with our suburbia and everything now, don't we want to get back to the green pasture lands, the paradisial type of living? And what do they want? It's exactly what we're trying to do, we want to get out there to explore and lord ourselves and they want to get away from their methane, sulfuric, and dioxide different type of life support systems only to get back to pure oxygen environment. Can we send an astronaut from here to the moon and hope for him to survive without letting him carry his own life support system? If we did, after a while he'll alter his own features for lack of it, they've already got evidence if he stays too long in space, his molecular structure will start changing. His ears will elongate, his jaw will start spreading out, and before you know it you'll have what is looking like a distorted animal features. So we come back to (inaudible), in Atlantean time Man altered man to look like animals, they didn't alter them, they just didn't know the laws of surviving with minus oxygen starvation. The cells will change their shape and their retention and their pressures will alter because the life support system would be different. Audience: Will they eventually land and stay down here? Adano: If they're fast enough to get by us. In the first place the city of Detroit has a law passed last year, any unidentified object found flying within the airspace of Detroit, the local police has the right to fly and give it a blue ticket for interrupting the noise level and this is a law that has passed, I'm not joking, it's a little law for buzzing homes, the government put it into effect. When you hear a thing like that, you know really how ridiculous we can get. All right now, the two men that were picked up in Pascagoula by the UFO and went through all the post hypnotic tests to see that they weren't hallucinating, how was their description of the creatures that they saw? They look humanoid but they have an animal face. Audience: (Inaudible). Adano: Yes, a lot of things cause us to change too. You eat meat, your skin is coarse and tough and dry. You start eating a lot of vegetables, you get smooth and silky and velvety. You live on oxygen and you have a certain particular shape and form and hold it. Shift from oxygen to other different forms of life support and the texture and the shape of this body will go through different changes because each has a different toxic reaction and the reaction has a different distortion. Audience: So what are we supposed to work with? Adano: We only look in relation to our ideation of our models in our minds and we don't know what the true model of our self is. 0:50 Your skull always looks the same when you tear off the skin off of it, the skeletal looks the same, there are certain segments but does the skin look the same in everybody? Does the texture look the same, does the hair look the same? When you look at me and having no concept of anatomy, you wouldn't believe I can take a piece of rubber and push it through my nose and take it out through my mouth, there is no visible way that your mind will conceive of it having no concept of anatomy and some joker is called a Yogi comes along with a (inaudible) pushes it through here and do like that and you say "Gosh man that's a miracle." There is nothing new, doctors are doing it every day to keep you from choking in operation, the thing is hollow. All right take this hand, do you see any possibility of driving a nail right through here to the other side without breaking the bones? Audience: Yeah. Adano: Only because you've been exposed to before or heard of it but you got no real visual experience that that will be, you'll always be doubtful of the possibility of doing it, you'll always fear you may pop the bones. Until you know the anatomy, you know the measurements, the geometry, you're not going to attempt to push a nail right through here and come out the other side and not just any nail, it has to be a certain size, a certain shape for it to go through and come out on the other side without breaking the bone. Audience: What is the true model? Adano: There is no true model for Man. Audience: Then why are they smarter than we

are? The UFOs that that land, they claim they can stop on a dime, they can go tremendous speeds, we can't do things like that. Adano: That doesn't say they are smarter than you. You see the thing is this, Man's possible evolution from the human level, to full Manhood lies within his spinal column. Now within your spinal column you will have the key to internal evolution of Manhood. Now any being who appears to be ultra smart or ultra educated or with higher technological background merely did one simple thing, increase the velocity rate of the spinal flow from the coccyx to the brain by virtue of the location on the planet or where he came from. Some do it by natural law, others do it by control environmental equipment but it is still understanding natural law. You're sound asleep at night will take a whole year to evolve your brain to comprehend a little bit of change of nature, others do the Holy Breath and one registration changes their brain so who's smarter? This is what we're talking about, you see the brain is increased every seven years, the body changes every seven years cellular wise, isn't that what our scientists tells us? All right did the scientists actually change the cells of the human body every seven years? What did he arrive at? A conclusion or a deduction or a result of an experiment, what did he arrive at? Did he arrive at the result of an experiment that he performed on your body knowing in seven years you're going to get a change or he arrived at a conclusion or a deduction? Audience: Conclusion. Adano: From a long series of what? Tests, only to prove what he originally started out to deny. You see somebody's got to tell him that the human body changes every seven years and he's got to start out denying it till he ends up doing what? Audience: Proves it. Adano: And when he proves it, what did he say? Yeah you're right!" But we got hold of it now, we got a right to say it now to you, it's legal, it's medically factual. So the bureaucrats in the big office and the policy makers back him up and we live within naiveness now "only they have the right to say that the thing is right" and any attempt to say it by any other media, it's a violation of the FDA. This is how we live and think and we don't even realize we're doing it to ourselves. We have already set up all the agencies to isolate us away from human contact to the point we're getting to be like a physical flesh machines, we're doing it to ourselves, it's very very tragic but this is our so-called life in which we find ourselves. Audience: Will it ever change? Adano: Change is made by sacrifice and how many are willing to sacrifice themselves for their fellow man to bring a change? We are living in an illusion and we are deluded by it hence it's called relativity. For instance, what is this object? Audience: Paperweight. Adano: That's a nice name for it, what is a paperweight? My foot could be a paperweight. What is steel made from? Audience: Iron. Adano: And what is iron made from? Audience: Atoms. Adano: And what is atoms made from? Audience: Energy. Adano: And where does energy come from? Audience: God. Adano: And where does God come from? Audience: That's a good question. Adano: You see, no matter where we go, we're going to end up with the nameless question or the question-less question. By no stroke of the mind can you solve your creation, you will always end up in a state of verbal-less communication. 1:00 Feeling, you go back to feeling. Audience: We're not really supposed to understand it then? Adano: You're supposed to stand under it, if you're going to get anything, get understanding, but not comprehension in the sense of the word that you're going to decipher it and analyze it and pick it apart and think you can put it together. You'll get to be able to stand under the processes of flow and in its flow you realize it's magnitude which is greatness, then you're free, that's what brings freedom. The freedom of not trying to decipher it, the freedom of it occurring spontaneously, continuously in your immediate awareness, it's called the Nameless Void. In some books they call it a Anam Lok, in other books they call it Nirvana, in some books they call it Beingness or the here-ness of here. Audience: You're just supposed to go through life happy and stupid? Adano: That's what the poet said "Mine is not to reason why, mine is to do and live" but he used the word "die." He was not referring to ceasing to live, he was referring to die in the sense of ceasing to hold on to old ideas about yourself. So don't reason about the process and try to get uptight about it, the process is going on, the process is to live with it and how we live in it is evolution. You're not making progress, you see we're too hung up with the word, "try to make progress," it's not progress we're trying to do in life, we're trying to relate to our environment by various techniques of utilization for the benefit of keeping ourselves in a happy frame of mind. So if I want to talk to you and you live say 10 miles from here and I took a drum and I do "boom boom boom" and you back "boom boom boom" so for the sake of utilization I run a piece of wire from your house to my house 10 miles

and then we put two tin cans and we pull the “twing twing,” we found a way how we can magnetize it, what have we got? Audience: The telephone. Adano: Then the wires are too expensive because you can't find all the copper in the ground when you need it so you decide to get rid of the wire and you make a radio phone. It's not progress, it's just techniques of utilization for survival. Audience: Are you supposed to accept the whole thing and be happy? Adano: Yes the happiness is that it's getting each other closer to oneness, we live in a one world, in a one unified process but we are separated by our technological differences. Audience: Would you agree that total acceptance of the here and now is the key to this happiness? Adano: Yes, total acceptance is total surrender which is the key to being happy all the time. Not resignation, resignation is a denial, acceptance is a positive involvement, you're emerging from your weaknesses when you accept the challenge. The man was given five talons and went out and doubled it and made five more was an acceptance of challenge. The one who hid his under the bed was a denial or resignation, no more can be got from it so what did he get? The consciousness took it back from him. So life is challenge, life is venturesome, life is unfolding only when we accept the unfoldment and it sustains us. A plant can't continue to grow if we don't have more seeds in it. If you cook the seeds, the seeds are not going to sprout up so the continuation of the plant is based upon the essence of the plant. The continuation of our existence is based on the essence of our nature and spiritual teachers only come to tell us this, that this is not our real home, this illusion is not our real home. This illusion is a temporary stomping ground, a temporary way station between one level of Beingness to another level of Beingness but we are so attached to the level of Beingness of the senses that we can't detach ourselves to the level of Beingness outside of the sensory nature or independent of the sensory nature. Audience: (Inaudible). Adano: Yes we're talking about the same thing but with different semantics. Audience: What is our true home? Adano: Our true home is called “Now.” Audience: Be here now? Adano: Not “be here,” I didn't say “be here,” I used one word not three words. Audience: Moment to moment? Adano: I didn't say “moment,” “Now” has nothing to do with moments. The word “Now” encompasses everything both Beingness and “going and coming in Beingness.” “Now,” think of it, become aware of what “Now” is. Satch Khand only means “the abode of God” and where is the the abode of God existing? If I said your home is Satch Khand, the abode of God, your mind subconsciously would ask the question but objectively you would not ask the question because you think that you'll sound stupid. Your objective mind would not ask the question because you think the answer will come back to you and make you look stupid. Your subconscious mind is asking the question “where is this abode of God, where is this Satch Khand located?” Audience: The third eye. Adano: No, there's no third eye, it's “Now.” Our abode of God is “Now.” Where is the Kingdom of God located? Jesus said “thy kingdom” what? Audience: Come. Adano: Do you see any difference between the word “now” and “come?” You're feeling it but can't verbally relate to it, let's admit to ourselves there is no way you're gonna verbally relate “now” and “come.” So God has another name, He's called A-Kal. 1:10 Kal is called time, the negative pull and God in His true nature is Akal, the timeless pull. Where is timelessness located? Audience: Now. Adano: And where is “Now” located? Audience: Here. Adano: And that's “Come.” It's a feeling relation, the words die out in their importance when the feeling takes over because we ARE Soul, we don't have Soul, that's why feeling takes over. Jesus said “Thy kingdom come, thy will be done on...” Audience: Earth. Adano: But he didn't say which planet earth, “Thy will be done in manifestation,” earth is solidity, a tangible expression of nameless energy which must occur in “Now” and “will” means desire to act, the craving to act, the power to act. So “Thy Kingdom come,” what is the kingdom? So “Now” is the true home of the Soul, “now” is present tense not past, not future, and “now” is also not present because “now” is endlessness, infinity. So centering yourself in feeling, you always live “now,” you're not living yesterday and you're not living tomorrow because these will never occur, they will only be illusions of the mind. “Now” is the feeling, “Now” is the reality, “Now” is your only true essence of your nature but you have to live it, you've got to feel it, you got to make every physical action part of it then you are free, “freemen all, Lord of yourself.” “Call no man Master save the Lord which is in you” and the Lord in you is the Nowness of you and until you experience the nowness in yourself, you don't know what it is to be a Master of yourself, you'll always be disturbed and be pulled and you'll always be weak, and you'll always be confused, and always be worrying. Audience: The total

awareness of the now, I used to think being Master of yourself meant overcoming obstacles of growing up. Adano: But where are you gonna grow up? You're growing up in the "now" with what? The action of nowness. You see growing always happens in "now." Is this candle burning tomorrow, is it burning yesterday? So what is burning? "Nowness" is doing the burning. There is no moment to moment, nowness is doing the burning between what? The illusory form of wax within the light principle and the Sound principle that acts as a flame. It took a match that you had to strike to ignite from Sound into light to induce a thermal condition called burning. We are using always the resources of "now" and therefore it's infinite, it's not going to be run out, and we're never going to have no shortages. It's happening now but we are in different time frames of it so our time frame creates our survival patterns and creates our anxiety patterns. If your time frame is in proper sequence and proper synchronization, what have you got? Success. If the time frames are incorrect and they're out of synchronization, you have failure, no success. If you were supposed to meet a man at the airport at six o'clock and he had a check for you and you owe a thousand dollars and he was giving you a thousand and ten but you gotta be there at six o'clock. All right, the time frame determines the success of receipt, right? It's just being simple and objective about the thing. It's completed and it's perfect yeah and so perfection is "now" and completion is "now," it's not futuristic neither is it past (inaudible) and live the successfulness of now, live the joyousness or the realization or the freedom of "now." You're always going to be happy. Jesus says "Be cheerful for I have overcome the world" and it's a whirl too, not the one w-o-r-l-d, it's a w-h-i-r-l, what's the w-h-i-r-l? The spin, the push and pull between yesterday and tomorrow "Be of good cheer," be cheerful, maintain the essence of your Nowness and you're free from this momental spin, this centrifugal, centripetal force, this out and in movement, this roiling condition of your environment, then you are free. So once you are cheerful and you don't let this push and pull, the anguish and the agony of it get you, it'll come on and it has a certain time frame and it's photo finish and photo finish is still "now." We can never get out of the "now" because everything is cosmic economics, well balanced, no more no less, it's positive points. That's why I said we have to change our concepts of living and our concepts in relation to economics of money too. Our fears are centered upon... like the man who got one talon and buried it, he was afraid to take a chance and our society is designed in such a way, we have to take a chance if we don't want it. The tax structure is set up that you got to take a chance so the old systems of living where the security is based on pay as you go is no longer a practical condition for the realized man, it's only practical for the semi-realized man. The fully realized man works like God, how God works, he takes a gamble on a universe that didn't have no form only for the form to turn around and curse Him. You see He knows pretty well that His creation is going to call Him all kinds of names and everything but He holds the purse strings, He still holds the principle. The interest, that's the key to today's system of living with the economics around us. You borrow money, you feel you're in debt because that's your sense of reference. You're not in debt, what you're really doing you're buying time and in buying time you're acquiring equity and by acquiring equity you are living out of it to fill the bodily needs in order to use it as a bargaining leverage for something bigger, that's the new approach to the economics of spiritual living. 1:20 The Masters all use it, they don't pay as they go you know, I was under that illusion one time until I found out they all laugh at me and says "come on man, you think you can dream up of something that the world is working with that God don't work the same way?" God is the biggest loan insurance company, time, He's busy sponsoring the whole universe on credit. Your social credit is as good as your integrity to pay your rental, not pay your bills, we are renting everything in this universe because we can't carry it with us when we die therefore we can't own anything, we can only bargain on a leverage level with objects. So we change our whole sense of focus with our possessions, we don't have possessions no more the philosophy is to teach us that we don't possess anything but we start out with the insecurity of trying to say "this one little thing, I paid for it, it's mine, I'm going to hold to it now and pass it down to my heirs." My heirs may take the thing and throw it in the garbage and I gave my life for it so when I realized that that is not the true essence of the spiritual life, the essence of spiritual life is to flow and let it work then we begin to get a new sense of references and then the man who went out with five talons would make ten, the one who went out with two will make four, the one who had one will have it taken back. This is the new principle in thinking and the teachers

of truth just making us more conscious of the Divinity and the magnitude of our spirit. So don't be afraid of it and take a chance and always travel with a spare tire that means be cautious too but don't be afraid. There's a big difference between caution and being afraid. Audience: (Inaudible). Adano: You know that word "now" carries the criteria of accomplishment? Within it, it carries the maximum reward of accomplishment. Spell the word backwards, you'll see now. "Won." When you've won something what have you got? So the word itself is dualistic and it's all purposefully positive, there's no negativeness about it. There's no negativeness in God, He's now and once you get Him, you've "won" the game, who can be better off than being with Him? But we don't want to be like a child, we want to be like some giant computer and we go around all in the levels of different emotions trying to allocate our devotions when the thing is so simple. As we weed ourselves away from the rituals and the different time frames and start to see ourselves in the simpleness of it, then we've got the freedom, the free mind now, not the plotted mind, the free mind to work, the free mind that allows the Spirit to flow. We don't want a mind that is busy telling God how to run His universe, we want to have a free mind, an uncluttered mind that allows Him to run it through us then we don't need to be constantly hammering away at ourselves about intellectual things. The intellectual things will take care of themselves because it's only games we play with semantics. You know I remember one time I read there was a man called Dr. Johnson, he wrote a book and the first few sentences in the book was this "juvenile, extricate that quadruped from the piazza, that's my pid, exterminate its vitality." You see how it went all the way around to tell us something? Audience: (Inaudible). Well you said something about the Sound Current that we hear and the significance of it. Adano: The Sound Current is the Audible Life Stream or Life Energy, which is audible from the internal air but it's ultrasonic, that's why it's in a different dimension but it's audible from the internal air in it and that Life Stream is God. God is Life but God is Sound you see, He is the distal ultrasonic waves and these waves are responsible, these are energies, rhythms of energies that are responsible for the various rates of vibrations that form our universe. You see the first manifestation of the ultrasonics which is whirling or spiraling from a nameless, means that you can't tag it, motion state; the first expression is vibration and that vibration has a hum, it's called the cosmic hum or cosmic sound so it's audible. Now it's like a hum of a big dynamo and it permeates the universe, this single force field, and becomes elements or atoms and the vibratory rate or acceleration is responsible for the variations of manifestations in a state of polarity, that is our Audible Life Current. Now this principle is only in residence, that is to say it is capable of self-recognition, the in-residency means it's capable of self-recognition, in Man, this type of tissue. It's passing through every form of life, every variation or every manifestation but it's not self-recognizable in all of them, only in one, it's self-recognizable in Man. A plant is closer to it by its fiber nature or structure therefore a fiber structured object can pick up all the life flow in the universe and telegraph it back and forth and they telegraph to the animal kingdoms first and last is the Man kingdom but because the Man kingdom is self-recognizable to the Sound Current, the animal does not clobber the man on the head and make him respect him. The Sound Current in the plant does not dictatorially effect Man, it is Man who has the Sound Current in a self-recognizable state usurps the dictatorial attitude of clobbering the plant, cut it when he want it, do what he wants with it but the Sound Current by itself flowing through the atmosphere can clutter up your garden with a bunch of weeds tomorrow. That's how their plant kingdom gets back at you but this is the Sound Current and it is called the Christ in Man. See that's the Christ in Man, the actual Sound Current, it's the Master consciousness, the Audible Life Current. It's focused at the point between the eyebrow as a resonator but it's audible in terms of the flow of the blood because life is in the blood on the right side of the brain which means sitting on the right side of the Father, Father being the centrum or focal point where the energy beams in on the brain. Now since it in the life blood and the life blood moves down on the left side of the brain, then it travels down as light, light travels down, light doesn't travel up. Light appears to be moving up in the world of illusion but in the world of actuality, it's moving down, following the course of the blood and Sound is moving up. So in the world of illusion Sound appears to be going down and light appears to be going up but in the world of actuality, light is moving down and Sound is moving up. The world we're in is a reflection of the actuaries of creation. "In the beginning was the ultrasonic frequencies or vibratory rates" that express itself in a whirling or spiraling condition and

from the spiraling condition, we have different rates of vibrations and the different rates of vibrations then go to the next condition called “elements” in their atomic nature and then from the element down through the last form, flesh, where it’s in-resident and it is self-recognizable. Only in the human form it is self-recognizable, the other forms is not self-recognizable that means...

#### 1974 April Part 2 - Massachusetts First Retreat

Adano74\_04\_2MassFirstRetreatQ2 - ...it has many meanings. One to replenish, one to correct, one to lift up, we hope to employ all three meanings at this retreat. Let's treat ourselves, replenish ourselves with silence, replenish ourselves with inner composure, calmness. When we are home we say we don't have enough time to sit down and calm our mind, we come to a retreat there's the opportunity to gorge yourself and when you gorge yourself, (inaudible) and when you are healed of your fears and doubts about who you are then you have to emerge, you have to lift yourself so that's the other part of the retreat, to raise your consciousness. These techniques are very simple, the purpose of making it simple is that we want to re-evaluate our behavior, we want to make the body over from a rigid condition into a flexible pliable condition like a child so that the biorhythms, the body energies, can flow easily through without interruption from the thought blocks, bring on the result of health. Spirituality is health, the highest experience of health is bliss, ecstasy. Saints are only people who spend their entire life refining themselves to enjoy ecstasy for eternity. They live a very simple way but there are two types of Saints, those who withdraw from the world to find themselves, they are called renunciates and those who withdraw from the world to find themselves to go back into the world, they are householders. Between the two, the householder has a greater challenge because the confrontations are faster, the responsibilities are greater, and the disciplines are tougher and “the greater the obstacle, greater the person.” No obstacle, you have a weak person and most of the great Masters have all worked out and live the householder life. In today's environment, the household life is the greatest challenge but we do need periods to withdraw, to feast in the spiritual consciousness, periods to heal ourselves from our fears and doubts, our sense of insecurity, and periods to lift ourselves out of the conflict of the environment, that is what a retreat really is. Ashrams are merely spiritual hospital, I call it spiritual garage, coming in and get a tune-up, overhaul the Spirit. God is bliss in the highest essence of the Soul. He is not light, He is Sound, the Audible Life Current, He's not a person, He's is a principle. We use the word “He” as if we're thinking of a man but we are not thinking of a man, we're thinking of a positive pole in a matrix of activity. So the Orientals like to symbolize their concepts by art therefore draw the concept of “he” as male and the concept of “she” as female but “she” is really Shatki, energy, Mother Nature, we don't have a Father nature. Everything around you here in this universe is Shakti, energy, Mother Nature, which is the active force. So they sculpt a woman dancing upon her husband's chest, that is to say the “He,” the positive pole or the proton, is at rest within its own force field, the electron is spinning around it to convey what they really mean, that all these forces interweave themselves and act as one. Now when we use the word “He,” we tend to make it personal, in reality God is highly impersonal, He has no shape, no form, “It” becomes “It” in its true sense, it's neutral, Spirit is neutral. Spirit does not involve itself with our personalities but because we can't live without craving personality or intimacy, we have to relate to it in some form. We are humans, we are both male/female activity inside, ying/yang, positive/negative then neutral. This part of your body is called the male part, this part is called the female part. 0:10 And when they synchronize, we have a polarity. Now to make it much more intimate with us, God is music, God is not light and if It's music then It is harmony, melody, rhythm. The harmony is a Soul, the rhythm is the Soul, the melody is the Soul. Now this Soul breaks itself up into three parts: body, mind, and Spirit (inaudible). So the Spirit is the harmony, the melody is the mind, and the rhythm of the body so Man IS Soul, he doesn't have a Soul. Now, Soul has to be fed a certain type of nourishment, does anyone know what type of food the Soul survives on? “If music be the food of the Soul,” what would it be? It would “play on.” Soul is only fed by music, since we are Soul we enter the realm of Divine Awareness via what? Music, and the first symptoms that you feel in your nature when you listen to music is a goose pimple sensation. Now you are treated, lifted up, elevated, you are in contact with the Divine Source, it nourishes you. You play a

march and your feet will start tramping, before you know it you're ready to take on the world. You play a tango and you're ready to populate the world. (Laughter). You play an Irish ballad and you want to be the world's savior, you become very charitable. You play semi-classics and you want to set up the policy of the world. You play the highest classics then you want to play God, like Bach. That's what music does to the Soul, each form of it nourishes it and it's strange no marching will ever make you love anybody. Sousa's march will not make you love anybody, you'll want to march and you wouldn't fight if you hear a tango. We can doubt it but your body language will tell you that it's not possible to fight if you hear a tango. The rhythms affect only certain areas of the body which affects the mind, which affects the spirit so the Soul has to respond, the being responds. Spirituality is simplicity but how does this simplicity become such profound wisdom? That's what puzzles everybody, where does a simple approach produce a depth of wisdom, how does it come out? Most of us expect that when you meet a spiritual person, he should have profound wisdom, total awareness of all these things, where does he get it, who gives it to him? Nobody gives it to him, nobody is dishing it out like a bowl of soup out there you know. We're all impregnated with the wisdom of the Divine Nature but we are blocked from perceiving it by complexity versus simplicity. When we become simple then this whole complex thing begins to dissolve before our eyes. When you close your eyes what do you see? Darkness, that's complexity, the overload of the energy in the brain that prevents you from seeing the simplicity or the radiant form of the Spirit and when you are simple in action then this darkness dissolves, it fades away, and the whole body becomes full of light and "the light is shining in the darkness," the simplicity is already glowing in this complex nature and "the darkness comprehends it not." Complexity cannot comprehend why simplicity (inaudible), why simplicity is our nature, why simplicity has the answer to all things in life, why a fungus is an antibiotic, why for the lack of a nail a man lost a horseshoe and the horse threw him off and he lost his kingdom, simplicity. The spiritual life is so simple, it borders on the ridiculous. More and more we are impressed by the Divine Nature of being like children but the only difference between children and adults is that we take our responsibilities too serious and children don't take theirs that serious. We're supposed to be responsible, we're supposed to be considerate of all things around us and we're supposed to do our best but we're supposed to do it in an attitude of joyousness and detachment and that's the simplicity of it. It isn't that we're not supposed to do it, we're supposed to do it but you have to be joyous about it, you have to be cheerful about it. "Be of good cheer for I have overcome the world," that is your inner nature allows you in your simplicity to stay in a state in inner peace and inner composure and not get bogged down in the complexity of the outer world. It works, that's the interesting thing about it, that it works. 0:20 Someone said to me "That is all good and fine philosophy but it doesn't work in business." I says "Oh, what bigger business can you have than running an Ashram? It involves buildings and land, feeding people. You name a business that involves transportation, equipment, people with all types of philosophies, all types of mental blocks. I'm running a hospital, an engineering corporation, paint shop, and everything, you tell me which is a bigger business if it don't work? I got more sick and healthy people coming and going, discontent and happy people, tell me why it wouldn't work in business, it has to work." Where would it work? It works where we are thrown together because that's the real test. The real test of spiritual laws is in spiritual living in a spiritual environment, that a material environment sooner or later becomes spiritual. And a miniature form of a spiritual environment is your house, that's a miniature form, that's a model, like an image you know. They take the ashram as the God image and they take the household as the Soul image, it is just shifting down the size but (inaudible). A man wanted to withdraw from society and become a Saint, he decided all he needed was two loin cloths, one to wear and one to wash and wear as a spare. So the one he was wearing and the one he washed, he hung up. And gradually one day he had some students came around and he saw a little field mouse nibbling away at the loin cloth that he always washed as a spare but he didn't want to kill the mouse because "Thou shalt not kill," non-violence. So this student said "Master get your cat, that will take care of the mouse." So they got the cat and the cat took care of the mouse and took care of chasing away all the birds. The cat has to eat so they said "Master it loves milk." "Okay do what you want." So that they got him a cow, the cow gave milk, fed the cat and the cow can't stay outside of the compound because the tiger will eat the cow. Then he came to realize that if he

got that many problems he says, "I'm going back to the city." You know I've seen so many different places where they were starting (inaudible), right here in the United States, leaving the city to go to the undeveloped land with the wrong concept. A lot of buildings are put up and they're all crumbling and falling down simply because they have the wrong motive behind it. They wanted to run away from society to be in their own environment but had no plan of consciousness or how to organize it to make it work as a conscious entity so they're back in the city. To make an idea like that work, it takes a lot of time, planning, and a lot of basic training of interaction with each individual and their needs and their fears and then you have to have common sense and a little bit of God's grace going for you. So when you hear of ashrams going up or doing things, a lot of things involved in it before it really works. So spiritual laws are best experienced where spiritual communities are, you find out pretty soon how spiritual you are. Audience: What happens if a person opens an ashram (inaudible). Adano: Who can start an ashram that is not in some way aware of inner consciousness, you have to have some inner awareness. We use the word mastery and it has a lot of different mental connotations (inaudible). "Call no man Master save the Lord which is in thee." Jesus said "I of myself can do nothing but the Father which is in me doeth everything." So any individual who started an ashram, who you think is running the ashram? Audience: God. Adano: Okay but he must first find out if some other individual who God is working through a whole lot better than he says to him "You got my blessing, go do it," that's the big difference. People like to start things but they don't have the blessings of another being on a human level and therefore it doesn't work. When you have the blessings of someone who is in the human form who you see is a success of doing it, then success breeds success. See I've met a lot of people who want to start ashrams simply because they think they can do it with their own ego drive, simply because they've been trained in public relations and fundraising and getting together in social bees. It don't work that way, without the grace it collapses, this is one of the phenomenas of an ashram. 0:30 Most ashrams are founded by spiritual people who have the blessing given to them by another spiritual person who made a go of it and says "Now you go, you have my blessing." Simply by stating it in consciousness, it must manifest in that other person's life. Once said, must complete itself, a spiritual person does not speak idly, everything he says though it may be in joke or in serious debate carries a commitment of responsibility in his life for the other person to (inaudible) though the other person may not be aware of it but it's given. That's how they come to establish the term initiation, linking with the bond. When Jesus went to baptist John he said "baptize me" and John said "no you baptize me" and John says "you baptize me" and Jesus says "no you baptizing me." Picture for one moment two grown guys arguing about who throws a little water on each other's head but then Jesus said to him "Suffer to be so." In other words, endure it, "that this is the way of righteousness," that you perform the blessing of triggering me into action into the community and Jesus went as far as to say "There is no man born of woman greater than John who is Elijah that has come" pointing to John the Baptist. He is not born by the will, his own will of the flesh. He was not born by the desires of his own flesh meaning past karma, nor was he born by the will of his parents, the desire of his parents to have a John the Baptist. Who would know what a John the Baptist would look like let alone to create one with a mother and father but he's born by the Will of the Lord, the blessing is impounded upon John's nature to come down and act as John who was Elijah in a last life and he in the humble role of a derelict or in those days they didn't used to call them hippies, a Nazarine. He carried on that role by that grace, that blessing, and he preached by the riverside but when Jesus came to him, how is Jesus going to start his ashram, his group? Do you think he just jumped out and said "Hey look at me, I'm Jesus Christ. Let's go start our own little ashram. All of us are Essenes, we all love this thing, don't bother with John, I'll take off and start my own group." But he was smart, he don't want to make the same mistake twice. He went to John and asked for the blessing then when he came to his own students... See John even went as far as to say about Jesus "There cometh one whose shoes are not even worthy to unlatch." Each body now is exchanging blessings, that's the hidden key behind the success of Saints, why Saints succeed where other people fail. Saints don't have no wisdom, they don't have no extra power, they don't have no extra link with God, all they have is a blessing of another person who made it and because that blessing is committed verbally, that's how come the sense of responsibility to make it a reality in that

person's life. If I say "go do that," no matter how ridiculous it may sound to the person listening and how many people try to do it, only you are going to succeed and the rest are gonna fail. You don't know why and they say "Well you got luck." You ain't got luck, it's given with the sense of carrying truth and the sense of responsibility to complete it and with all the ups and downs that you may go through, only you gonna make it because it's committed to you you see? Well Jesus then took his own disciples and started out with his group. Then came the time when he knew he had to go away and leave his own students, they have to carry on in some way so he picked out and ask them by giving them Darshan, that is to see without the aid of working for it, he blessed them that they could see now and he asked them "Who do men say that I am?" Some say that you're a prophet, teacher, and then all of a sudden Peter had the experience, the blessing. He said "Thou art Christ" and he said to Peter, "I did not tell you that." There is no way you can pin down Jesus for making such a statement and there is a very good reason for it, the Guru cannot say he's a Guru, a Master doesn't say is a Master so a Master never starts no ashram, it's always disciples who start ashrams. "But the Father which is in you revealed it to you," the Christ principle within your own nature saw the Christ principle in my nature flowing by the grace. "Now upon this rap, now upon this experience go out Peter and start your own ashram," you got my glove, you got my grace, you got my blessing, go do it now" but without that, he would never make it. That's the key of why you see ashrams survive in the world and some come and go, "Devotees may come, devotees may go but my Lord I will be thine always." These chants all tell us a secret, only the Saint knows the secret and the secret is grace, blessing, simplicity. There is a lot more to the spiritual life than meets the eye and it's not hidden, it's because it's so simple that we don't realize it. In the olden days they used to call the priest to come bless your church or bless your house, bless your store, and you hold on to your first dollar that comes in and stick it up on the wall as a good luck piece, do you ever see those people go broke? I never see them go broke, I always see them thriving and the others are all in bankruptcy. There is a method to the whole thing, there is a principle behind it, the principle is blessing/love. You see when a priest takes the vow or a monk or a mystic takes a vow of non-possession, not attachment, he turns over his petty involvement with little things to merit the blessing of being empowered to handle all of the things and since he's empowered with this now, he has the ability imposed upon his consciousness by grace to say something and see it materialized. So if he says to you "this place is a success," you bet your bottom dollar, photo finish it's a success. It's going to be a success right to the last second when everybody else is falling apart because he is committed to it by virtue of his dedication in Spirit and Jesus knew when he told Peter "I'll make you a fisher of Men," he knew "upon this rock he would build his Church" because it's committed, it's carried through. Buddhist is the same, the Buddha told his own disciples "go, raise the Soul up." You think it's gonna fall down? The Mohammedan, every religion that is in this world and from them all the ashrams came out, they all succeed. The biggest business and yet it is the biggest involvement of Spirit. The biggest use of power and energy and resources, why is it a success, why is it surviving all these centuries? The grace, the blessing given by that person that sees it through to the end of time. 0:40 So devotees come, devotees go but that principle is there, that blessing is there, it's a monument to Spirit, that's how it works. So we cannot just go and say we can open up ashrams without the grace you know, it's like Yogananda saying to me in a letter one time, "Teach meditation," you think I'd teach it? Not because he told me to teach it, I wouldn't teach it. I wrote him back and said I didn't know how to teach meditation. He wrote me a second time, "Teach meditation." I didn't even know him more than six months and he's asking me to teach meditation and I'm struggling just to find little peace of mind and he's got it all like a kid with a big bar full of Christmas pies you know and he's just handing them out. I said "I couldn't teach it but I'll do it if I have your blessing, whatever it is you ask me, provided I've got your blessing" because I know if you write it on a piece of paper, in my mind I'm saying if you write it on paper (inaudible)... until that time I ain't no guarantee. The letter came back and says "Teach meditation, you've got my blessings" then I took on the responsibility of getting involved with spiritual activity, that's what you call "doing the Will of the Lord." See when you do the Will of the Lord, that principle embodied in the Spirit of the Soul of Man that asks you to perform an action and then the commitment that goes with it by grace or blessing, then you know you are performing now, in this world of activity and illusion at the same time and delusion,

it's the Will of the Lord that you do this thing and He will make sure and ensure and guarantee that His Will comes out on top despite any other conditions that exist so that's the whole key to the thing. You think Moses let down the people when he was in the desert, Moses gave his blessings to Aaron, do you think that religious organization is gonna crumble all through the time of (inaudible), impossible because Moses is committed, he done give it and it's going to go regardless. The Mohammedan, Buddhist, they all gave their consciousness, they gave it and they are committed and that is how it works, why it works. So the thing is that anytime you see somebody trying to start an Ashram, you always want to question "did they get the blessing?" You only have to question, you will notice pretty fast if they're making it by photo finish. There are a lot of things, lots of miraculous things that happen to show you that they themselves ain't got nothing to do with it but some other force is working behind the whole scenes and this is the interesting thing about it. I went one time you see a friend of mine, he's a brother disciple, and his teacher told him to go out go, go and visit India. He went there and he came back and he started his own ashram and he is flourishing because the grace was with him. Yet there's another brother disciple who stays in the organization where they both studied from but he doesn't go out but he's a success as long as he stays in the organization. Take him away from there to go out and start his own ashram, he wouldn't make it because the grace or the blessing is not for him to act that way and yet the other one was told to go out and do it, he's thriving. Each disciple has got a different role, a different purpose to serve the Master or serve God, some stay inside, some go out and that's because that's how it is set up. The blessing has a lot to do with it, take the case of Charan Singh and his grandfather, before Charan Singh took over the Mastership or it was conferred upon him (gap in tape) ... so she went in her room and just started to cry, she had to be a pretty good actor but she cried and cried and cried, she started about three o'clock in the afternoon and about three o'clock in the morning somebody's knocking at her door, that's about 36 hours after you know and he says "Young boy, the Master wants to talk to you." So she goes up out and she goes to the Master and that's the grandson. So the sister says "why are you crying?" She says "who told you?" He says "the Lord said that you're crying for initiation and if I initiate you, you'll be all right so I'll initiate you right now." She threw herself at his feet and start crying out, not Charan Singh's name, whose name do you think she was crying out? Who was she was seeing in the Master right in front of her? The grandfather, all through the ceremony when it was all over, when she came to her senses, she was lying down at the foot of the grandson. You see how God played the whole thing? And she was not delirious and not ill or anything or mentally abnormal, God merely shifted the time frame to satisfy the Soul's desire so she saw the grandfather in that particular time frame, had the initiation, and when it was all over and done, it was grandson right there so in essence we're saying that the blessing is important to do anything. Now here is a good question and it's written in very very unusual English, "if you're a denizen, would you like to have your venison with a benison?" I'll say it again, it's a very unusual English, "If you're a denizen" d-e-n-i-z-e-n, "would you like your venison," you know what venison is, "with a benisen," b-e-n-i-s-e-n. Do you know what the word "denizen" is? A citizen, "would you like your venison," what is venison? Deer meat. "with a benison," with a blessing. That was written in one of the old scriptural texts way back in English time when they were translating to get people to be aware. (Gap in tape). 0:50 So he's born in India with a highly spiritual environment and a highly spiritual consciousness and how does he come back to get even with America? As Maharishi Yogi he comes back and he sells them the American way, make them pay for it, do it like the Masons and tell nobody and everybody practice it. So here we are in this 20th century, the principle comes back to us from India to America. Audience: (Inaudible). Adano: The law of karma works very effectively to balance out the desire nature, unfulfilled desires are the causes for your reincarnation. His unfulfilled desire was to make America gravitate to transcendental meditation, Brahmanism, and he couldn't impress them and when when he wrote his writings, Americans didn't gravitate to them because they were not ready for it at the time. How many people got turned on to go in the woods around here in Massachusetts, not too many but he was ahead of his time and that being in his consciousness, he had to bring it out in manifestation somewhere today when the country was ready for it. So here when everything has reached the point of all type of philosophies and so forth, he's born in the East simply to satisfy his Brahminic craving, in a home of a wealthy Brahmin,

exposed to the meditative precepts of the East and very American-minded, do-it-yourself attitude so he takes all the essences of them and brings it back here. One, for the price of it. Two, make it secret, give them the same thing and they're all gonna be on the bandwagon because it's basic psychology and this is what the monks are all doing in the different ashrams but they don't tell nobody. He just made it like a good old American attitude, tell all, do all, and everybody can be at the game but just, what they say, open-minded, open the store and (inaudible). He hasn't changed anything and I'm happy to see it done that's all, more people have been exposed to the attitude of calming their minds simply because they didn't realize that these techniques are all there. That forced now the scientists to accept it because Emerson surely wanted to make the early scientists accept the principles of mental health when he tried to write his articles so now today in Topeka Kansas and all these places, they evolved electronic yoga, biofeedback, fancy name for transcendental meditation which boils down to mean the same thing, we are all controlling our behavior from inside by right attitude if you're consistent, which you call discipline. The discipline is repetition, that's where mantra is. Audience: (Inaudible). Adano: Yes, because there is a woman who was coming out of Nazi Germany and she was Jewish escaping from the Nazis. The Nazis stopped the train and her friend had told her to repeat the 93rd Psalm and there's a verse in the 93rd Psalm, "He will cover me with his feathers and shield..." So she forgot the whole Psalm but the only part that she could remember was feathers feathers feathers feathers and she sat there mentally repeating the one word "feathers feathers" and she looked very Teutonic when the train went by past the Nazis. Everybody was taken off that looked Jewish except her and she arrived in Switzerland safe and made her way to the States. Now another friend of hers lived in Houston Texas who was a personal friend of my wife Margaret that her husband used to beat her up when he got drunk and she didn't know what to do, just put up with it. One day a friend told her about the same Psalm and she began to repeat the Psalm, praying, he started to be more rational but eventually he blew his top and started beating her up and all the groceries were knocked out of her hand, broke her teeth and she started shouting feathers feathers feathers. And he got so sobered up and he said "Woman you're crazy, I don't see no chicken around here." He never drank another drink but the mantra principle is repetition, he was cured. Now there's another woman who cured her husband in a very simple way, he beat her up and when it all over and she was all bruised up you know, he was drunk. Then when he got up sober on the next day, breakfast, she cooked the breakfast at the table and she had the skillet and she said to him while he was taking his coffee, The next time you lay your hand on me, you see this hot iron? It will be down your head when you sound asleep and you'll never know what burned you" and that was the last time he dared touch his wife with his hands. She didn't used feathers, she told him in outright language "the next time you lay your hand on me, you see this hot iron, it'll be right down on your head when you sound asleep." Now that guy couldn't sleep in peace no more, he got insomnia. My wife had a hell of a time trying to cure him so you see we leave ourselves wide open with our own attitudes. The Simran or the mantra with one aid but this girl is taking the bull by the horns, she's not waiting for the Simran, she just told the guy off and they became a happy couple after because there was no more interaction. They don't realize that we are learning to live with each other, we are human beings, we are not animals and it takes a lot of growing up, it's very very difficult to grow up from a child into adults, from an adult into a spiritual child and a spiritual child is one who sees the whole universe now from an adult level but with a childlike attitude, the whole thing now is joy for him, there is no more seriousness, the seriousness is past, he's gone out of it. That doesn't say he's not responsible and has his obligations, he does, but he takes it with a grain of salt, keeps his cool. Audience: (Inaudible). Adano: But don't you think you're imposing your own karma consciousness on that? They didn't ask you, when they ask you that's a different story, you always say "turn it over to God." You know I'll tell you something, in the ashram there in Tyler in the chapel we have a heart box, it's shaped like a heart, and I get lots of letters with people with names for healing and you know I don't pray for them, I mail the letter to the heart box and send it to God and let Him do the healing because I'm so stupid I can't do nothing. I'm a creation and this person that is sick is another creation, how can a creation heal a creation? But God the Creator can heal so the mailing of that letter in a physical gesture, putting it in the heart box, and getting my big ego out of the way, people are healed before the

letter enters the box. 1:00 I get letters after saying they're healed and so forth because I applied the simple technique of letting God do His work. If I'm going to sit down and pray "oh God heal this person" and go through all the moaning and groaning with mantras to help that person, they'll never get well but because the letter comes to me and the heart box is the prayer box. I put it in there like a mailbox and I don't question God how He's gonna heal the person, I merely do the act of putting it. Now if you write me a letter and don't mail it, will I get it? Now as soon as you mail it, do you question the postal authorities to find out if they are going to deliver the letter? If I don't reply to you then that's a different story but if you got the results from mailing it and everything then it's gone. It's equally true in consciousness it works that way, if you want something for somebody, you have to release it out of consciousness and forget it. So you see how it works? So when I get letters that say "Adano, you prayed for me," Adano didn't pray. All Adano took was a letter, put it in the heart box, and left it there. Let God do the job because if He can't do the job, I can't do it. If He didn't know that you need to get well, I don't know, I'm a physical frame, I'm just a channel but if I get myself in the way, I'll block the channel and the practical behavior is I like to be simple, I'll mail it. When I was growing up, my Father used to say "if you want something from Santa Claus, write him a letter to the North Pole and mail it." So literally I wrote it and I put it in the mailbox and Santa Claus showed up Christmas time. Now I didn't know how they got the letter out of the mailbox after it was put inside but it was the present that I wanted in Christmas time in a big stocking. So if He can work that way and I didn't question how the mailman got the thing, why should I question Him now to find out if He can heal you through the prayer box? In other words I'm trying to show that the simple things that you did as a child that may seem childish in a child's mind are far more effective in the adult's mind where the brain is more aware of the subtle laws of how they work, you'll get better results by acting out the gestures of a child. When I see it work raising the dead, changing any kind of possibility things that happen, people are calling me with terminal cases. I can't do a single thing but I perform the action of (inaudible) and I don't go around hitting you in the head and let you get well, that's not my cue. I'll let the Lord do it in His own way because that's the best way. Audience: What are the Psalms in the Bible for? Adano: What is a vaccination for against epidemic? It's an insulation, it's an immunization right against a condition. Mantra or Psalms or prayers when repeated over and over insulates you against the thought repercussions of others around you who wantonly use thought waves, have no respect for life and sooner or later will bounce back and affect your life so why get polluted by the negative discharge of other people's thought waves, why not insulate and immunize yourself against it? A doctor is smart, he don't let the disease attack his body, you've got to be smart, "physician heal yourself." So prayer unceasingly is a form of mental immunization, a form of a spiritual immunization against these thought waves. You ever walk in a room and feel depressed from the thought waves of people? All right, how are you going to immunize yourself against that? The bible gives you a simple way, all the scriptures of the East give you a simple way, prayer unceasingly, hallowing the Name of the Lord, that's what Mantra Yoga is, union through repetition. Audience: When you want anything, for example my husband doesn't want his company to move, he just says "I don't want the company to move, I don't want the company to move" and so forth? Adano: No, it's the reverse. You see God always worked in reverse, this is the psychology of our God. He don't give you what you want, He gives you what you need and if you don't want it to move, He's going to give you exactly what you need, you're going to move. I've learned His tricks a long time ago so I don't interfere with His tricks because lesson number one in spiritual life, you eat your words back, and the verbs and adjectives are tough to swallow and I know the nouns and pronouns are not so bad. (Laughter). But when it comes to verbs, adjectives, and conjunctions, they are really rough to swallow. You don't say "I don't want the company to move" because then you're wanting it you see not to move. In reality you're triggering it into a need now then it will need to move, you can't do that. What you want is this "I'd love to see this building go up higher. I'd love to see this business prosper up so they get the money to build it higher. Put another part on top of the building or buy out the guy next door" or something but don't tell it you want it not to move because you can really move it then. Audience: It seems like the thoughts come in pairs then, I mean whenever you wish one thing, what's in your mind is the other and you activate... Adano: Yeah but you have another law in following

up two together, it comes in pairs and it always repeats itself in threes, always that's how it works. If you get a flat this morning, watch out you're gonna get two more before the week is out. If you get a bump into something, you're gonna get two more. It's not only comes in pairs but it repeats itself three times, it's a natural law because we are living in a polarity you see, we're living in a trilogy, not a duality. The duality is the conflict but the trilogy is the repetitiveness of it but that's how it works you see, the always repeats itself three times to run its course. There was a woman Saint in India and she had lots of devotees around and they would attend the retreats, Satsangs, and there was a woman who attended Satsang and sat all the way in the back, never came up even to meet her, talk to the spiritual person and people always think "well she was slighted and all the rest got a little touch or handshake or blessing or something little gift" and this one woman got nothing, she was so shy. Then one day the secretary finally brought her up to sit in the front, just about that time one of the students had brought a brand new car and wanted to show the spiritual head and invite this woman Saint to go drive in the car. Well the woman Saint said to the owner of the car "Would you mind if this woman joins us?" This is the first time she took notice of this woman. Okay because after all his car is her car and he didn't get it in the first place by his own looks, some grace from the Saint went out to get him the car but it's a brand new car and he wants to let the Saint ride in the car. This is a true story because the woman is still alive and the Saint is still alive and the man who owns the car is alive. So she says "let her join us, now you sit down next to me" and they're driving. Now all of a sudden a tire blows out and you can imagine the face of the owner of the car, brand new car, tire blows out in the presence of the Guru. 1:10 It was very very disconcerting and very very embarrassing and especially when you're an Oriental, you're making all kinds of excuses to save your face but the Saint says nothing, "All right, fix the car, we'll wait." Put on the spare tire, drive along, looking at the countryside, "pow!" goes another tire. Well here is a problem, the spare tire has got a hole and the new one has got a hole, he really got upset, the guy is in tears already but strange as it may be, where the tire blew out was right next to where they were getting petrol because in those days, they didn't call it gasoline, they called it petrol and a man gave them some petrol and then he took the tire and he patched the tire, put it back on and they got in the car and they were going along. Right in the middle of the night, heading back to the ashram, "pow" blows out the third tire then he has to go back to the spare because they had to patch the spare. So you can imagine this guy is really shook up, never again he's never going to invite the Saint to ride in his car so he's making all the excuses but the Saint said "don't cry my son, this little woman has saved you a lot of karma, by your tires blowing out, you might have been dead and her life also but because your car was used tonight to shunt the karma between you and the woman..." the Saint didn't tell them their connection together in a past life, "the car was used to get rid of both your karma." Now three blowouts, how many people are in the car? Audience: Three. Adano: He wanted a car to show off to who? Audience: The Saint. Adano: But this woman was way in the background out of a whole bunch of people, nobody ever paid any attention to her all the years that she came to the Satsangs and this one day she decides he's going to bring her in front of the teacher. So she sits down in front and says nothing, out of his compassion for the woman, he brings her to sit down in front of the teacher and at the same time he got a brand new car, you can see the subtle connections then when the teacher says "Do you mind if I ask her to drive with us in the car?" So all three of them are in the car so the teacher worked out their karma by blowing out the tires. It was better the tires blow out then their life be taken in some accident that they had a karmic debt. Come back tomorrow morning for meditation at 5:30 AM. So that's where it ends, thus sayeth the Lord, come back tomorrow morning 5:30.

#### 1974 April Part 3 - Massachusetts First Retreat

Adano74\_04\_3MassFirstRetreatQ2 - There a lot of notions about the word initiation and when you literally get down to the nitty gritty of it, it simply means introducing you to something that you ignore, didn't know what it was, and suddenly come to realize what it means and then you may be happy or very disgusted with it, with the introduction. Audience: It's like the question, "Is that all there is?" (Inaudible). Adano: After you're introduced to it, the sensitivity of recognition is heightened and in it's heightened state it acts now as a guide to the internal source of your nature and the reservoir of your

internal feelings, it guides you back to that source of all your feelings which is extra sensory and ultrasonic. Therefore the Sound Current, which is audible inside now, is the basis of your nature, it's the source of your nature, and is your nature, one and the same thing. So when your mind ceases to intellectualize on it and begins to feel, then the whole body vibrates with it. It gets so loud that it's all over in the room, the whole atmosphere, for the first time you are having what is called ultrasonic audition, you're hearing ultrasonically, you're hearing way beyond sonic level, way beyond supersonic levels. Audience: Is the sound deafening? Adano: Yes and very crippling, you can be paralyzed with Sound, silence, extreme silence is paralyzing. Audience: What do you mean by paralyzing? Adano: The cells will go into the spasm, shutting down, they are shut off, death. It will go into what is called suspended states of animation, suspended animation, extreme silence will induce suspended animation, these are physiological symptoms of extreme silence. Now we can make the brain stop by extreme silence where it only functions on command from an external source, there is no internal function, you just act like a computer after. Once the silence is reached to the point where the brain between sonic and ultrasonic and supersonic mesh in the cells. This is a transcended state and you can enter that state very fast in water, you ever go underwater swimming? Your 80 percent water so don't be frightened. The gravitational pressure, remember your brain has liquids, it depends on liquids, and liquids depend on pressure so what you call consciousness is just a rate of acceleration of the energy level of the life inside yourself so if there is no sound in there to relate to, the cell will go into suspended animation. Now why does a baby cry when it comes out into the world? It has lost the contact of the ultrasonic relationship of floating around the sack in the mother's womb. The abrupt severance of the umbilicus puts it into the sonic sphere and therefore its fluids are altered. If the umbilicus is never severed, it would never cry, they smack him to make sure he's living. It's bad enough that he's in an environment where it is pretty rough, you gotta impress upon his mind that it's rough. But this is what sound does to us and where does the sound travel faster? In water, all right does sound travels faster in water than light? Only in air light travels faster than sound, it can't travel faster in water, it's like a slowpoke in water compared to sound. Audience: It's very interesting if you're at a beach and you put your head underwater and have somebody down the beach somewhere quite a distance away click two rocks together underneath and you can hear this a great distance under water. Adano: Oh yeah, there is no end to it once you click it underwater. If the whole universe around you with one big ocean and you were standing in it millions and millions of light years and the water was expanded, you tap it, it would go past the speed of light squared. Sound will travel speed light squared underwater but not above. Above, light will travel in the medium of air at the speed of light, 186,000 miles a second but sound will travel faster underwater. 0:08 Now there's a reason for it, this is a universe of light and therefore light has precedent in this environment that generates the illusion for our existence. This is not a universe of our true Soul nature, we can't live in water but we can't live without water so the Sound Current is audible in the human body because it's 80% liquids otherwise it will never be audible and you could never travel on a beam of light back to God in this world of illusion because you'll end up back in illusion. You need the Sound Current that has to travel through the media of 80% liquid in your system to get back to the core of creation which is beyond the speed of light squared. So the Audible Life Stream inside is the actual force field designed by the Creator to be in the world and outside of the world, to be in the illusion of light acting as sound and outside of the illusion of light acting as sound. So this scripture says "No man saw God but heard His voice" and God is not light, God is Sound. See the Creative Life Energy is ultrasonic frequencies which triggers light and Jesus, which is the Son or the Word made flesh, that is when the human brain is capable of generating self-recognition of the Audible Life Stream in its totality, it's Christ related. That means it's conscious of its intelligence within the vibratory nature, that's what Christ intelligence really is, that's what Master consciousness really is, that's what they call a Master. When that awareness is relating to the vibratory rates on a conscious level then that's a bridge. 0:10 Now Jesus was saying, "I saw..." that don't mean the man Jesus, it means that the intelligence within the vibratory structure of matter perceived "Satan," it don't mean some guy with a pair of horns or a pitchfork, it means the centrifugal energy. "Fall from heaven" means go down. You see on the Earth here it looks like it's going up and actually it's coming down from the

levels of Being. "Like a light," he didn't say like a sound. See the differentiation of the science is very exact, the Science of the Soul is a very exact science, it's so exact that we'll instrument it one day. "Like a light," "I saw Satan fall from heaven" I saw the negative charge of the creative energy, not bad charge, that negative print, you can't make a picture without a negative, we're talking of photography, cosmic photography between sound and light and it's a motion picture process. This light, this particular principle came down in direct opposition to sound so "Satan has no power over me," light has no power over sound. Where would you find in this universe that light is more powerful than sound? Not possible, ultrasonic forces are superior than light vibrations. What ultrasonic can do, light can't do, you see? The ultrasonic frequencies are greater because they're responsible for the whole creation. "Satan has no power over me" meaning the light vibrations are not greater than the ultrasonic frequency which is the Audible Life Current. Now "I saw Satan fall from heaven like a light," simply saying that this whole creation is a manifestation of light in a downward movement from the source of Being, Akal, the timelessness, that what the word Akal means, the opposite of time, Kal, negative charge. And the Sound Current or the Christ Intelligence or Master Consciousness which is the Lord within you, the in-resident principle of self-recognition, this principle sits on the right hand of the Father, the right side of the brain. The body is the temple of the Creative Principle, there is no other temple for God, not the Pagodas or the Synagogues or Cathedrals, this is the temple and it's a ten door temple. There are nine visible doors and one invisible door to the naked eye but not invisible to the internal self. And the point between the eyebrow is that focal point and it's where you enter the alpha levels. You cannot enter alpha level if you don't focus the eyes up, it's no way possible. You can't shift from the beta level until you do that. Three weeks ago I was up in the pain research center in Wisconsin and I went through extensive tests for several hours with alpha machines, proving techniques that are taught unspoken to a very good friend of mine who's a neurosurgeon backing up all that has been taught about Yoga. He wanted to know how do you get in the certain levels and the very first test they do is to see if you can raise your temperature. Now if you can raise your temperature it's called biofeedback and see how long it takes to raise your temperature 2 degrees, that's all they ask you to raise your temperature 2 degrees. Well most people take about 3-4 hours to raise their temperature 2 or 3 degrees on a machine, I experimented for 12 minutes and raised the temperature 9 degrees. Of all the techniques that I've used, the simplest one is repetition, now it didn't matter what word I used, I could have said coca-cola coca-cola, mercedes benz, volkswagen volkswagen, I simply repeated a word in my brain, one word, a Holy Name, the principle of repetition not the words themselves, the principle of repetition is the basis of acceleration of thermal condition in the brain. Now if you never said nothing and you were capable of not thinking of anything, merely letting the brain relax, the temperature will shoot right up because relaxation produces heat, internal combustion of the brain cells go on by non-activity.

Audience: How do you lower your temperature? Adano: Not too many people know that, and this is one of the things that doctors were worried about because they've never seen it done, how you lower temperature. They know how to raise temperature, lots of Swami is went up there, lowering the temperature is a different technique and you all got it, you got both techniques, to raise it, you got it to lower it, the Holy Breath. I dropped my temperature four degrees in six minutes by using the Holy Breath, knowing the techniques is knowing the principle, not knowing mumbo jumbo. Each registration of the Holy Breath equals to what? One year of evolution, all right so what did I do to my body to bring it down four degrees? Four years, that's four registrations in the spine. Audience: And that's equivalent to four degrees? Adano: Basic mathematics, basic law of physics. Audience: Does that mean if you did it for 29 registrations at one time, you'd drop it 29 degrees? Adano: Yes because your body is going to get cold, it's going to refrigerate. They are even measuring with much more sensitive instruments than thermometers, these are electro measurements where you can't cheat. With a thermometer you can't cheat, either you know something to make it go down or you don't know nothing. You see the neurosurgeon says to me after I said to him, I didn't know what the measurement supposed to be because I've never been on the machines before so when I came off I said to the technician "I must be pretty average from all these measurements." He says "Heck no, we don't even get that kind of measurements like this" so that was his remark. Then I asked the neurosurgeon and says "I must be

pretty average from the measurements." He says "No, I expected this from you but I wanted to check you out just for sure but you prove out exactly what you talk by the machine." Audience: (Inaudible). Adano: Yeah the temperature goes down but some of us may go down about three or four degrees because it's what we call cellular refrigeration and cellular refrigeration is the actual process of non-decomposition of the cells after death, "To him that overcometh I will not send forth a second time by him a pillar in the house of the Lord." You are performing cellular refrigeration which is non-decomposition so when this body puts off corruption, which is decomposition, and takes on non-corruption, that's non-decomposition, by virtue of physiocellular refrigeration, we have what is called immortality or continuum in the cells. We're just changing the semantics to bring it up to more objective data. You are living with a reality but not knowing it and the scientists are catching up with it, we ain't gonna be too far off one day when there's no communication between scientists and Saints but we are catching up with it. 0:20 They're already catching up with the Saints ways of living, the equipment is making us more conscious of the simplicity of living. Audience: (Inaudible). Adano: Any raise of temperature beyond four or six degrees you're gonna have a tremendous change in your body, infection or no infection, you either know something or you don't know something. If you do what you're supposed to do and don't try to question it, you'll pass through the gates of hell and come back. Like the Yogi that walk across the hot coals chanting "ouch ouch ouch ouch ouch" but the Catholic priest when he chanted "ouch," he was burnt. Audience: Was that because when you meditate your feet become numb? Adano: Yes when you meditate the brain slows down the body goes into suspended animation and the shifting of the temperature up is a form of refrigeration. Audience: What is the difference between the Yogi and the priest, one burned his feet and the other didn't? Adano: One was saying ouch as a mantra, one was saying ouch out of resentment. He wasn't trained to think one pointedness with one word in his mind, he was trained to do "Our Father" and "Hail Mary's" and the Lord's prayer and everything, this guy was trained to say "ouch ouch" or "coca-cola coca-cola" or "mercedes benz mercedes benz" or "Hari Om," one thing in his mind. The essence of the result of the experiment is simply this, your brain becomes highly concentrated and fires off certain forces if it is centered on one thing by virtue of repetition. Now if it has to think of eight different things, then you over-distribute the brain charge by thinking of too many things, it can't center when you try to repeat it. So if you minimize it to a simple one or two word concentration then the brain will do the job easier. So the Yogis in India have even minimized it to "Om," the mere vibration of the Audible Life Current and try to stick with that, the key is in the repetition. Master Charan Singh tells us this in his own writing, it's not the words that makes the thing work, it's the repetition and the consistency but if you make it simple, it goes on better. Audience: When you were saying before how the devil which was the negative in the form of light came down, when you see an aura in the form of light would that be the negative leaving? Adano: In the world of light what other light is going to be positive? Now you start to wake up to some of these researches that are going on. You see your questions are leading you to discover some truths about yourself, we don't like to disillusion these researchers and their experiences. Jesus was very emphatic "What it profit a man to gain the whole world and loses his what?" Audience: Soul. Adano: And what can you gain in this world but another illusion? So when you see a person's aura, what did you see? You saw another illusion but when you hear the Sound Current it's not an illusion. It's when a person walks in the room and you can hear that vibratory rate enhanced then you know that person is pulling you up with them. "When the Son of Man is lifted up, you will be lifted up." When the in-resident force is self-recognized in an individual, it will vibrate louder and those that come within the proximity of it will hear it loud in themselves, they don't know why, and it starts going up but you won't see no aura. You may strain yourself to see an aura, you may see something but that's another illusion again. There was a man went to the ashram of Charan Singh and stayed there every day when they had Darshan and he was a very good psychic, at best he was very good of all those that went around and while he was there, he saw no aura around the Master and he told them "your Master aura-less, he has no aura, and I don't know why you call him a Master in the first place?" Anyway when he was ready to leave, one of the men said would you like to take a drive with us. So they got in the car and they drove but about 20 miles and he says "Now look back at the ashram," you know what he saw? One big light then

he realized something had happened. While he was close up to the light, he couldn't see the real light but when he got away from the real light, he saw the light in contrast to the illusory light. So what did Jesus say when he was in the body? "While I'm in the world, I am the what of the world?" Audience: Light. Adano: Right, the real light of the world is in-resident Sound Current but it doesn't radiate like an aura to us. Now people go and see the Master at times and I've seen the Master, there's no aura around him per say looking for an illusionary condition but there's a light, in-radiance, in the man's skin and eyes and his Darshan glows and you know that this is what the Christ consciousness is all about, it's the living bliss of the cells. It's the in-resident spirit, the in-resident Sound Current vibrating but in his presence the Sound Current was going like crazy in my brain and I didn't see no light and some people who came there, I remember one woman says "boy, he's sick, he got a grey cloud all around him, he's so drained out, all the lights around him are black" but this was her own mental projection. Audience: So in other words don't believe what you see, believe what you hear. Adano: When it comes to the spiritual life. You see because they can't back out what they say, they're committed to whatever they say. Whenever you say something in the spiritual life, you're committed to it because you're using the Audible Life Principle. So it's not what go into you but what comes out of you. It's not what you may see with your eyes that tells you the truth, it is what you're going to say about it may tell you the truth. It is not what you are going to eat or ingest in consciousness that will defile you but what you may project out in consciousness is gonna defile you. So when you hear, it is what you project, you're saying something that is there you see. So even all the great teachers will tell you every word we utter, we consciously release the Audible Life Current and we are liable for it in spite of the fact that we are not conscious of it but we are liable for it. So we have to be very aware of this Current in ourselves. Now does that answer your question? 0:30 (Inaudible) but that's what love is you know, let the love flow. We have a meditation room and chapel and there's a chair there with this and I got a meditation cushion that is molded the shape of the hip. I told somebody "it doesn't matter if I'm there or not, come and meditate, that chair has got enough vibes for all of us" and if you sit in it, it will give you the hot seat. Audience: Is the average person aware of what goes on when the temperature goes up and down in meditation. Adano: Not necessarily, he may not notice any change in temperature going up and he may notice a change in temperature going up and going down but all he needs to know that if there's a rise in temperature, he has gone into the alpha level. If there's a drop in temperature, he's in the theta level, that's the deeper level than the alpha. If he begins to squirm and becomes aware of a goose pimple sensation going on in his body, then he's in a delta level. See the squirming is the indication of the term kundalini, that means that par-axis action of the sympathetic and parasympathetic nerves are letting go of their tension and are firing for the first time through the endocrine glands. So that goose pimple sensation which is a bridge between hot and cold and it's pimples, you know you feel like little pimples, this is delta level. Now you know music can trigger it off, light can't, only music can trigger it off and that's where they go into to the deep levels. There's one other level of the brain but that only appears when we're passing out of the body, not when we're going into some experiences like projection or Soul traveling, there's one other wave that occurs in the body it's called Omega Wave, it only occurs when we're leaving the body and the body is going to go through breakdown or transition, then we have Omega Waves. So your scripture says "I'm the alpha and the omega," strange way we end up coming back. There are no coincidences, I have found constant science which means constant truth which means constant love, the more you get into the realization of God, the more you're going to discover science and the more you understand science, you're going to appreciate love, it's funny. You need both love and understanding but you remember I said "I saw Satan fall like a light from heaven" but that was not the end of the statement that Jesus made he says "but Satan is the father of?" Audience: Lies. Adano: See the word he used? But light is the origin of duality, you get it now? Time is the cause of what? Illusion, so you see when he says "Satan is the father of lies" he was just using religious semantics to describe the cosmic truth of Beingness. We are dealing with Beingness all the time "to be or not to be is the question." He didn't say "to think or not to think is the question." See Beingness is feeling, thinking is still computing, mind manipulating, but Beingness is flow, Beingness is glow, these terms bring out quality of self and it's nameless after a point of experience, there is no name for it, that's

why it's called A-Nam, no name, "nam" means name and "Anam" means no name. "Kal" means time and "Akal" means no time so it's nameless, it's verbal-less communication, it's all ultrasonic. It's very very difficult when we've been educated, a lot of money spent on halls of learning to tell ourselves that this world cannot be described without using a word but if you go back to Walt Whitman, he said in his own words "When I begin to describe to my lower self what my higher self is, my tongue refused to talk." What better way to describe the nameless state? You know he was well ahead of his consciousness because he had Cosmic Consciousness. He said "I used to lie down and hear the grass grow." "Hear," he didn't say "see the grass grow." The Audible Life Current was ever present to him, like the Tao. The Tao is the way, the Tao is the listener, the Tao is the tune. The universe for simple language now, it can be "we live in a cosmic polarity of now-ness." We're all familiar with the word polarity, you know when a thing is a state of polarity, it has a neutral state, it has a positive state, and it has a negative state. We live in this cosmic polarity of now-less, that means no tangible form is a reality and polarity is a condition imposed upon the no-form existence. Very very very frustrating when you're using words to describe this condition but what is rewarding and what is illuminating and elevating is that "oh well." You see "oh well," the statement "oh well" is self-liberating, non-descriptive or specific to make it binding but at the same time is release and at the same time is Now. Interesting how we arrive at these terms to describe feelings. So when Professor Max Muller wrote his book and this is an interesting book if you could get it to read, "The origin of language" and "the origin of religion" and he who would want to follow the source of religion must first discover the source and origin of language. If you're going to discover the source of religion, you have to discover a source of language. Audience: (Inaudible). Adano: This is where it starts, "In the beginning was the Word," communication, speech, language, and sound is projected by touch. 0:40 Two things gotta touch each other before sound can be expressed (Adano claps), get it? But now try to write it down, you got to have an alphabet. This is pure Sanskrit (Adano clapping), not written, san-script, "san" means without, script to write, without written form. Now if you try to write this particular thing that you're hearing in the atmosphere here (Adano clapping), this disturbance of these air waves, you have to originate what? An alphabet and if you try to originate an alphabet then you go back to geometry and geometry is angles, different angle, so the angel now. So the written Sanskrit is called Deva Nagari, "Deva" means angel, Nagari means expressions or forms of the angel, anglic forms which you call alphabet. So there is no real Sanskrit but there is Deva Nagari Sanskrit, a type of Sanskrit or written form based upon the Deva principle, based upon geometrical angles and when we go to the origin of language to see it, here we are confronted with the reality of it. Audience: (Inaudible) ...the original words to numbers? Adano: Yes, everything is reduced back to zero to nine but these are all again angles, Deva Nagari, God geometrizes with His angular of movements. Now we only have certain shapes and forms in the geometrical movements and they keep repeating themselves over and over. In other words every geometrical form originates from a dot, peculiar huh? You have to start with the dot and go out straight line, go off another straight line, come back with another straight line, go off with another straight line, come back with a straight line. It's amazing, we haven't found a single thing in our universe that makes it workable or utilizable outside of what is already here in the structure. Audience: And the mind is all projections of the dot? Adano: Yes so the dot is one, mono, but mono is triad, that means it has a positive movement and a negative movement and a neutral movement so the whole universe then is based upon this triad relationship, which is polarity. Now, but this polarity is music, this polarity is music that means it is harmony, melody, rhythm. "In the beginning was the Word," well what is the Word? The Word is Sound, Sound is what? Music and "if music be the food of the Soul, play on." Now what is Man? Man is Soul, therefore he is the Sound Current crystallized as Soul, there's only one Soul, God, we don't have a Soul you see, we are an expression of the Sound Current and the harmony, the rhythm, and the melody is what we are in-residence as a state of polarity but this state of polarity must follow an octave for it to have what? Orchestration. So the octave is your eight fold levels, that means Matter acting on Matter, Energy acting on Matter, Consciousness acting on Matter, Energy acting on Energy, that's the halfway mark, that's the first and last point of manifestation. Then the fifth level up or fifth realm or fifth plane is Consciousness acting on Energy. Sixth level would be Consciousness acting on Consciousness. The seventh level

up is... Audience: ...would be discordant? Adano: It would be discordant and then we will have what is called malfunctions on a physical level in the form of disease that you are tendencies which are emotional patterns making for psychosomatic condition and then you would have also extra sensory or fourth dimensional problems or mind splitting, schizophrenic actions on another level, and also you'll finally have what is called spiritual problems. Total health is spirituality and spirituality is cosmic harmony, cosmic balance, or polarity of the cells: music/buoyancy. When somebody walks in they're glowing and happy, don't they look to you like a melody? So their exuberance and their quality is the keynote of the perfect balance in their cells, they are glowing, this is what you are looking for, they are in that state, these are the outward symptoms of an inward harmony which is music. Now you attend a recital and everybody is in the glum and so as a recital is all over, what is the big ovation, what is what is the expression on people's faces? And you look at the musician, what is his expression? It's glowing, radiance, that's what you call Radiant Form, the internal glow of the harmonious rhythms of the cells. Now this radiant form is projective, that means you can close your eyes and see it because it's in a unity field so when you say you're looking for the Radiant Form, you're looking for the harmonious synchronization of this whole form field. Now if you look at this object and don't blink your eyes and then close it, what would you have? Audience: Persistence of vision. Adano: All right, and what is persistence of vision? A retentive pattern which is the Radiant Form of your own self, nobody else's form, you don't worship nobody, you worship yourself, you worship what you originally captured from the retinal photography. This is what you see and this is what you involve or merge, you and it become one so we don't say you become one with light, you become one with the Sound Current because you leave the Radiant Form at this sixth level and go on in the Sound Current to the seventh and eighth levels and the sixth level is Consciousness acting and Consciousness therefore you have a Radiant Form. At the seventh level it's Beingness acting on Consciousness, there is no Radiant Form, is Sound again, the Sound is Beingness and the eighth level is Beingness acting on Beingness, there is no name for it, it's again Sound, it's ultrasonics but you gotta get up there. 0:50 You gotta calm down and then you gotta get rid of a lot of mental notions too when you hit those levels about what it's all about and review it in simplicity and the stark truth about it is very very ego shattering, that you went from bottom to the top and discovered there was nothing there but Now and Now has no illusions of any type but straightforwardness candid action of behavior. The candid action of one's behavior is childlike, can you be more penetrating in behavior than a child? Who exposes you to yourself faster than a child's candidness? He sees through the falsities of our inner plays of being because he has none, he's pure being. It's very very very earth shaking to one's own nature when one goes to all these levels and hears of all these different teachings and go through all these different things and then to find out in the reality of it, that's where he returns back, he returns back to the simplicity. "Unless you be like one of these, you cannot enter," it's very very difficult. You see the Masters do not choose models unless they are highly positive or a hundred percent positive that the model is accurate before they'll choose a model to relate to guide you. When they say you got to be like that child, they really mean your whole approach and your whole transformation is exactly like that child. It comes back to natural candidness, natural nature, simplicity, and we don't want to use animal models, "he jumps around like a chubby little fox terrier," that would be a very poor description but if you say "he's like a child, very irresponsible, very very candid, very down to earth, very cherubic," we are describing the true nature. There is no inhibition to the flow, the great flow and it boils down again to the feeling of the flow, bliss, so when you start looking upwards, you're in the alpha level, it's blissful, the half awake sleep state is alpha level, very blissful. When you come down from that state, you tend to be irritable so blissfulness or alpha level state, any kind of label you want to call it, is a form of drunkenness, intoxication, or self-poisoning and also very self-addicting but it's not detrimental type of addiction, that's one thing about it, it's regenerative type of addiction. (Adano chants) "...and I drink Thy Name and I get drunk all over again." He has to imbibe the Sound Current, it means you have to feel it and listen for it and get engrossed or engulfed in that whirring sound. The whirring sound is more melodious, more rhythmic, more harmonious than a musical instrument. (Adano makes a zooming noise) ...all the vibrations, listening to your own sound frequencies of the structure of the body is the most fantastic exposure of self and it

brings peace, it's blissful. In the West we are not trained to listen to our blood or listen to our heartbeat or our brain beat but now we know that if you listen to them, we can get a whole host of diseases, it's called biofeedback. Life feeds back, life support, life control from within oneself. "No man take my life from me," these are all terms for the same thing, the only difference between the spiritual person, the spiritual semantics and the scientific person, the scientific semantics is this, that the spiritual person has a heritage behind him, a tradition, a sense of direction for all these things where they fall in place and a viable use for them. The scientific mind only sees it as another tool for handling the stresses but it's a very useful tool so meditation is not an end, it's a process, and what you call brain relaxation, another name for meditation now, is a very very necessary form of therapy for an environment with increased tensions. So if you take time out to relax your brain and to listen to its pulsation, don't do it mechanical do it with some sense of reverence and it will be just as effective as if you call it meditation but do it with reverence. Now if you sit down and chant, that is the same thing, then you can forget all the semantics and chant with joy for the first time, really chant because the singing of the praises of the Lord is singing the fact that you are communing with Spirit now and it's the joy of doing it. So it doesn't matter now if you use the word meditation or brain relaxation or you're going into the silence, these labels eventually lose their importance, the important thing is are you happy? Where you are, do you feel relaxed? Do you feel inner composure? Are you content? Are you healthy? Are you simple in your manners? Are you kind to yourself? Do you love yourself? That's what's important, nobody gonna love you you know if you don't love yourself first. So Master Yogananda used to say "Laugh and the world laughs at you and if you can't laugh, take two toothpicks and prop your lips up." Well because a frown don't get us nowhere and we actually burn up the energies in ourselves when we frown and worry too much. We can't carry nothing in the first place and we have commitments even if we don't try and that's like the man who tried to escape from the world as a Yogi, he says "I'm going to renounce the world" so he got himself two loin cloths, one to wear and one to spare, change. So he hung up the spare one that he was gonna change you know and he's meditating and he gathered a couple of people around him after a while. So one day while he's meditating along came a little mouse that started nibbling at his loin cloth. Well you could imagine his consternation, his only other spare cloth and this mouse dare come along and chew on it. Well he didn't want to kill the mouse but he can't let it go on that way because he would have no more spare loin cloth. The students say "Master you need a cat to get rid of the mouse." Okay you go get the cat, they brought the cat and the cat got rid of the mouse but then there are no more mice around, what is the cat gonna do? Cat wants food, starts to make a lot of racket, so the Yogi begins to get irritable, disturbing him in his meditation. The students again say "Well Master you know the cat drinks milk, he needs a cow." "Okay you get the cow." Brought the cow, milked the cow, fed the cat but you can't leave the cow outside because Mr. Tiger is gonna eat him, he's gotta build some kind of a compound to protect it. So you know what he said? "I'm going back to the city." Because what he did? He brought the city to the jungle and it was a waste of time to stay out in the jungle trying to protect himself from the tiger and everything so he says, "I'm gonna go back to the city where everything was working." 1:00 Audience: One thought I had back when you were talking about the word "now" and you had us turn it around the other way to "won" it's also interesting if you turn the word "now" upside down you get "nam," a name. Adano: That's right but you see the interesting things about the word "name," it comes from the word "nam" but you see it's n-a-m and then if you put a hyphen between the "m" and the "e" and you call it "name," you see something very interesting about it, you say Sound Current, Audible Life Stream, "e" is a unit of energy and "nam" is "name" or sound so it's sound energy, that's what they're really saying. See "e-go" is energy going away from you, we really don't have an ego you see, we've tried to build up psychological references for energy going out of you. What we have is different degrees of pressures and every form of illness is karma and karma is pressure that is backing up on itself. So we can measure psychological illnesses now in terms of electrical pressure therefore we can correct it now, that's why acupuncture works. Acupuncture is the art of balancing psychophysical pressures because they're dealing with the electrical body and they're 14 meridians or loops that spin themselves around the human body and in these loops or bands there are 800 entrances and exits that cross back and forth and once you know where these bands are and where

the entrances and exits are, you can correct a lot of problems with it that are caused by backup pressure. Audience: Psychological problems too, so you're indicating that acupuncture could be used for various psychological ills? Adano: Well I use it to correct addiction, I used it to correct a deep depression, hypertension, hypotension, I used it for correcting smoking, alcoholics, I use it for correcting addiction to drugs because it's all pressure. Audience: Does it also apply to things like paranoia? Adano: It's all pressure, you see pressure has a rate of pulsation and the pulsation has a particular symptomatic reaction and the brain can only compute in terms of pulses and the computing is based upon the orientation of the retina. So if you see a person suffering from schizophrenia, we know definitely there are heightened pulsations in some part of the brain that's interfering with the retina to compute properly the geometrical shapes to which his memory is projecting. We are changing our whole concept of our psychological problems into more tangible electrical conditions and getting rid of a host of illnesses that were merely not illnesses no more. All right let's take an addiction, what is an addiction and what is a habit? A need and what is the need? Something over and over, repetition, so the repetition causes a pressure to build up. It's like pumping air in a balloon, you have to keep pushing and pushing so the pressure keeps building up on the expansion so the urgency and the craving is heightened. So there is an electrical charge in the body and it centers in certain areas of the body and within these areas they fall within the 14 loops or bands on the body, they have to fall between these 14 because these are the energy bands of the body. Now you may have an addiction and I may go to your big toe and stick you or squeeze your big toe to release the addiction, why should your big toe be important to get rid of it? Or I go to your ears to get rid of your alcoholic cravings but we do get rid of addiction by the ears, it's called auricular therapy, pull them up. Now I'll show you something, when your children misbehave what is the feeling you get to do to them? Ring their ears right? Well this is true, body language is bio energy, bio energy is therapy and at the same time is the key note to illness because of the body language. The body language can only follow the thought pattern and the thought pattern is an energy release. All right let's locate some of the acupuncture points and see what body language will tell us, let me show you simple body language, you ever seen this gesture? This is body language, that's what you call the heart meridian so you wear your heart on what? On your sleeve, the gesture is indicative, we didn't invent this, nature didn't invent it, nature placed it there and we act it out. It's called mudra, mudra yoga, or gestural language, we haven't learnt a single thing new in this world that God didn't put there a long time ago and cherry trees produce cherry trees, they don't make tomatoes. The gesture is simply that this is the heart point, right at this edge of the finger here is the first entrance for the heart, that meridian runs all the way up controlling the heart and each finger is the same. Now on this side of the finger it's called this small intestine because we eat first before we get a heart attack and if we don't eat properly we're gonna get heart attacks but that's on this finger and so when you eat you're very very showoff-ish or wear your love on your sleeve, gesture, you see? The finger is already telling us so we're going to get diseases similarly in relation to the thought pattern and the correction of the disease is why the doctors don't like the concept, it's too simple, too obvious, they can't understand why such a science would exist like a humblebug to them with all their particular mechanics that come with such simple types of communication, it's too simple but yet very very effective. You can correct the problems on this meridian, one band, there are a lot of diseases that you can correct in there but that's the heart. Audience: (Inaudible). Adano: Most of our deafness is locked up with our lungs and our liver and we find that we treat deafness by working on the lung or the liver meridians. 1:10 The deaf mutes today in China and most of the world, acupuncture is releasing them right from working on the liver point in the ear. Now this finger here is called the triple warmer that means you have three ratios of heat in your body: the heat from your shoulder to the top of your head or the temperature is hotter than the temperature from your neck to your groin and from your groin to your foot is colder. Then this would be hot, hotter, hottest that's how it works, triple warmer, triple temperature. So you get the concept of cold? Cold feet, you never hear of a cold head but "keep your cool and you won't blow your cool," you won't get excited, these are natural bio-language or body language. This finger, you're familiar with this gesture? But you see where you put it? Your nose, it controls your lungs because you have to breathe and you're thumbing your finger up at the world,

you're showing that you're puffed up, tremendous behavior of the individual like walking around like a peacock, all puffed out chest and this is the gesture for it and the lung and the large intestine are locked up in here: big gut/big chest, those are the diseases that follow from and we treat the disease of those types of the lung and the large intestine on that meridian. We can't treat it here, it ain't going to work, nature already put the thing up perfectly. Now are you familiar with this gesture? It's a dirty gesture to most people but you know it's a funny phenomenon, this controls the sexual organs and it's called circulation/sex. You treat every sexual disease in the human body by working on this meridian. Conception, we can call the person who is pregnant to have a delivery by working on that particular meridian and nature placed it there and we as children growing up as adults with our own body gestures and think we're doing a lot of dirty things, we don't even know there's no such thing, "Everything I made is clean," there's such thing as unclean, it is we who make up the mental blocks, you follow me? All right now let's come to the big toe, when you say you stump your big toe it always seems to make you humble, quiet you down? The spleen, "he's full of spleen," the guy is too braggart, lots of spleen, lots of bragging, full of wind, it's right on that big toe, that's the spleen meridian. Nature didn't put it any other place, she put it right here and you control all the so-called braggadocio problems: psychological, physical, go work on that meridian. Now we come back to the liver, you know liver is one of the biggest organs in our intestinal makeup and when we want to prove ourselves to others, we can see how much we can drink our fellow man down so we go back to the other side of the toe and we correct on the liver. Now, the kidney there are two of them and they act as what in the body? They act as filters yet between the cave of the chest where the rib cage is there's a point that's like a "V," what's that called? Solar plexus, artificial brain, artificial filtering of the mind, not a real brain so the kidney is located right there in the sole of the foot right at the solar plexus reflex. It ain't going no place because that's where it's located right there so at the same time people who do massage can affect the kidney by working on the solar plexus, it filters out both psychological and physical. Down here is the physical reflex but this is the acupuncture point and that's the reflex point. Now we have gallbladder next, the gallbladder is this toe, the fourth toe and the bladder is the last toe. Now that's 12, the front of the body is called the conception vessel and the back of the body is called governor vessel so we have 40. Problems dealing with conception or generation are triggered along the front of the body, problems dealing with governing that means mainstay, backup, major muscle action, major decision actions, major mental problems, work along the spine. So these are all set up by nature, we didn't make them, we just can work with them. From body language we got electro language, from electro language we got therapy. Now the tides of the blood that I taught you and I gave you that is involved with the whole principle, the eating of solar nutrition is synchronized, these things cannot work without solar nutrition, solar nutrition is their basis for their model. Acupuncture and all of them are only as accurate and valid as long as you got solar nutrition as the working model for them because the blood changes its location of flow every two hours in those organs and in those bands. Now let's say somebody has some kind of a cramp or pain in the body between 11 and 1 PM at night, an ordinary doctor in his hospital and emergency ward would not know what disease to treat, it would take him four days of extensive observation and x-rays to arrive at the decision of the cause that pain in the body that occurred in the human being between 11 and 1. That's the length of time before you ever arrive at a decision of what caused it after he's gone through all the pathologies and everything but if you call in an acupuncturist or a reflex therapist, all he's going to ask is the time of the pain. He doesn't have to see the patient, he can feel his pulse and he will tell the person that he has a problem in the gallbladder and that's the cause of this pain between 11 and 1 o'clock at night, his gallbladder produced that pain. 1:20 Now the doctor may say you're nuts, the acupuncturist don't have to touch the man, he just finds out the time and he tells him the type of pain, what's causing it, he tells him the disease because the energy band tells the time, he says it's in your gallbladder. Now the pathologist may say you're nuts because they haven't ascertained that, they didn't find that out, they may have to prove the man wrong, the acupuncturist wrong then the acupuncturist will come over and if it's a man, he will take his left hand and check the pulse. We have our six pulses in each hand, you're a nurse, how many pulses do you know of, how many pulses do you read as a nurse on a patient when you go take his pulse? You only

read one pulse and the one pulse tells you what? Systolic and diastolic and that's all you can measure from your training. An acupuncturist can tell you now when he holds your right hand after a few seconds if it's a man and he knows the time of the ailment, he knows already it's gallbladder, he's going to go to his left hand and feel the left hand and when he feels the left hand, he will identify the pulsation of the gallbladder and he's 100% accurate. Now once he identifies the pulsation of the gallbladder in the hand by the pulse, just from the same blood that you just read, he's going to go now and tell exactly when that occurred in there and how long that situation was in there by the beating of the blood in the pulse but it's only related to the gallbladder. All these things you got to find out and prove pathologically in four days time and he's arriving at all this information in a few seconds. Now he's gonna come over to the gallbladder point in the toe and press and that guy's going to yell like blue murder and then we know. Audience: You're establishing that it's the gallbladder by the quality of the pulse on the man... Adano: ...depending on the sex, the hand varies. Audience: How are you tying in the time between 11 and 1? Adano: That's the only organ that's going to break down between that time because the blood is magnified in that state at that particular area of the body. It's all in there because the blood is high tide in the blood in those organs for two hours. In every organ the blood has a high tide and a low tide or an energy level, every two hours it shifts, it's never the same throughout the body so we know exactly it's going to be in the gallbladder between 11 and 1 at night and we can verify it by the wrist, we can verify it by the acupuncture point in the foot. Now we can correct it by three different methods: one is an invasive method, two is a normal method, and three is an electro-stimulant method or non-invasive method. The doctor knows of one method after four days of examination, destruct surgery which means to cut the organ out to get at the stone. The acupuncturists don't cut nothing out, he leaves you with your gallbladder but he causes the stone to break up by ultrasonic frequencies or he can give you printer's ink that will cause the stone to collapse because he knows that all gallstones are cholesterol-based from saturated fats in the body and by virtue of these methods, he can cause them to collapse and you urinate them out and he can give you now electrostimulation by inserting the needle on the gallbladder and sending an electrical current through the meridian. Audience: (Inaudible) ...kidney stones... Adano: Yes but you don't have to find it because you can get rid of it in 24 hours. Well it's very simple, let them go get some parsley and boil it and make a tea and drink it one cup full for every hour, the stone will immediately dissolve itself and pass out like little pimples because that's what parsley is for, the chemical in parsley is the actual reaction on the kidney stones that are composed of cholesterol. Audience: (Inaudible). Adano: Will parsley work on phosphorous stones? No it will not work on a phosphorous stone. Printer's ink, one drop to one glass of water, printer's ink, it's in dosages, you drink it and it'll cause the stone to soften up. The next other thing you can take is pure beet juice, that will put it in what is called now semi-plastic suspension and cause it to move and soften it up and it will float in that and move on. The oxalic acid from the beets will do that because beets go right through and make you urinate red you know. When you eat beets, your urination is always red, that is proof that it is going all through and carrying the oxalic acid with it. Now if you take an egg and pour vinegar on top of it and cover it, in a matter of hours the egg shell will all come off and the egg will be like a little plastic ball. You can pick the whole egg up and pass it through the mouth of a coca-cola bottle without breaking the egg because there's no hard shell now, the calcium is off, it's just the skin, the albumin holding it. Then you fill the bottle with cold salt water and drain the water off after 12 hours and the egg will come back as it was before solid, hard shell then you got a puzzle for a person, how did the egg get in the bottle? Which came first, the egg or the bottle? That's the same principle in the neck of the ureters and the kidney to the bladder where the stone is fighting to move on, it's too small. Now the oxalic acid from the beets will go in there in concentrated form and soften up the outer shell of the stone and encapsulate it and start moving it down and you will urinate it out. 1:30 Therefore it will not rupture in any area and cause bleeding, it will come out but you see your urinating red in you so that's from the beet juice anyhow, raw beet juice. Now if you want to be a hundred percent safe, take raw beet juice and parsley juice together and drink it, you cover all bets that way.

Adano74\_04\_4MassFirstRetreatQ3 - (Group chanting then meditation). (Very poor quality recording, to be transcribed at a later date when audio can be improved). 0:30 When I met her, she had a strange disease but she had the stillness and she had these experiences of seeing lights inside. She can't eat vegetables, she'll get deathly ill, she has to survive on meat very rare and alcohol. She must have it, doctor's orders and her son has the same disease. Now she's a well qualified artist who makes her livelihood through art and she looks like a screen star, and he said "all gussied up," a very beautiful woman. To backtrack now, it's the Swami's actual daughter when he was a young man in his late twenties going on to his thirties and he was working with Gandhi at the time and the girl was just about 18 years of age. In India he was married at the age of 13 so his daughter was two years at the age of 15 so if you add 18 years to 17, his age will be 35, he'd be 35 years of age and she'd be 18. Now she wanted to come to America at the age of 18, he didn't want her to come to America he says, "Don't go to America, the people over there eat meat, they live on alcohol and of all the places you want to go is to Hollywood to study art" and he didn't want her to go and he took her up in the mountains to show (audible) his Guru and while she was up in the mountains, she ate contaminated food and died and the son which was a young boy, he was 11 years of age, he ran away and he ate contaminated food and died and the father never could forgive himself and all through the years he pledged that someday by the grace of God he may see his child in their reincarnated body. Now to show you how karma works, we die and get what we wish for and the only reason we reincarnate is our unfulfilled desire. Her unfulfilled desire was to come to America to be an artist and the brother follows the sister. So she was born in America, she's a very wonderful artist, makes her profession by painting, she looks like a screen star stepping off the stage, and she got the weirdest disease in the world where she can't eat vegetables or no bread or no fruit, she's got to eat meat rare and drink alcohol to stay alive. Now after he recognized her and told her everything, she wanted to meditate. He says "No, you can't meditate because the condition you're in, it's no good" but the grace was that he would meditate for her and all she had to do was repeat the Holy Name and in a few months her whole body came back normal but he was living in Dallas, he stayed about a week, he took out his begging bowl as a Swami and he said "this is my only last possession in this earth and I'm giving it to you. I don't own anything not even the clothes on my back." So he gave her his begging bowl and she lives in Dallas and he went back to India but it was that night that when I met him, this happened in the afternoon in the daytime, and that night I was standing in the room in the back of the hall with Margaret, never saw the man before and he just entered, there were over 300 people, and he looked around all over the room and he walked straight right through the room and he came over to me and he said "I'm going to make you a Swami right now" but you could imagine Margaret's reaction, "Well if you become a Swami you renounce the world, you leave your wife and you go away and everything." So he says, "I'll make you a Swami and you don't have to quit nobody." (Laughter). She's still upset about it, she hasn't reconciled the fact that it was the end of our marriage. I'll say this, the more you try to understand that it was only in the West, even in India they are not discussing openly the Science of the Soul on a scientific level. We are doing more discussion of this Science of the Soul on a scientific level, a very informal attitude. In India it's all philosophy, (inaudible) in the nebulous regions and not getting down to the real facts behind it and I've grown up with the philosophy and I know the philosophy but I'm too scientific minded to only hang on to philosophy and I try to work the science of the thing. So a lot more will be done with the Science of the Soul or Yoga because those who are deeply interested in it will see it do something more constructive than just the philosophy, they'll get something out of it so that more people can enter these levels, these states of awareness without having to spend long tedious hours. You see you can spend hours and years meditating to enter certain levels to get certain releases of certain karmic tendencies and by virtue of that you can induce the same result by one and a half to two hours recycling and put you in that level and you have all those tendencies you need that you (inaudible) start your life much more effectively than eight, ten years of sitting down. I spent many years sitting down and meditating to realize these levels only to come to realize that they are shorter ways but it was never traditionally explained that it was more important to go outside of the boundary lines of Yoga because Kundalini is a bad thing now to try to find out what lies behind these boundary lines that we could actually do these

things in much simpler ways and that we're really trying to build up tradition and there's a lot of deism and less scientific understanding and more freedom. So more and more of penetrating to the science, a lot of things are breaking free for the first time but we can correct a lot of things in our nature karmically from the understanding of how this energy works in the spine. You see the lure of the Yoga is that once you awaken Kundalini you will be free from a lot of things but they never really specified what "a lot of things" means and you'll be "gifted a lot of powers" but they never really specify how these powers really work so they're very generalized in their writing but when you start to go into it more in detail and analyze it, you start to see that there's more to it than just the allurements, that the actual science has to do with understanding how the body works in sleep, how it works in partial sleep, and how it works in wide awake states, and what tendencies are governed by certain endocrine action then as you comprehend that, you begin to trigger them by reflex motion. You see these were all no-no's at one time, you dare not touch a person in meditation lest he enter into some weird experience. You can touch a person at a different point in meditating now and turn on different levels of consciousness by recycling and therefore break free a whole host of tendencies and blockages that are really not damaging things, they are strictly psychological patterns and in the psychological patterns there are negative charges. 0:40 What we call addiction in the psychological language is a repetition of a particular problem over and over producing an addiction and the chemical condition is that a certain amount of toxins have accumulated to create the tension, these were all the different hypotheses for addiction and the tendencies of addiction. Now we know that these are not 100 percent accurate, that addiction is electro-pressure of a galvanic nature in the cells and that therapeutic conditions can be induced to release it and they are releasing tremendous conditions of addiction in a person by merely stimulating what we call certain triggering points in the body. These are what they call pools of negative charges that are released for the first time simply because people have dared to go beyond (inaudible). It's same thing with deafness and deaf mute, there was a certain acupuncture point in that area of the body that was forbidden for acupuncture at one time and nobody ever told them why and I've read that for years, they never said why, you knew that it was just forbidden and if you study physiology, it's too close to the hypothalamus which would be a forbidden area to go stick a needle in because you can puncture the medulla and that would be the end of the person. Yet eight years ago somebody broke through, a fellow in China, simply because he had a deaf/mute relative and he wanted to do something for his deaf/mute relative so he experimented with his own body right in the very area this was considered forbidden. So he pushed the needle and he was judging from his own body the reactions, if you could induce what is called nerve talk then he would actually be affecting a change in the area that regulates the healing. So by sticking the needle in gradually and feeling for the sensations and taking his time and according to the traditional teachings you only stick this needle about one centimeter, that's as far you go and you're forbidden to go beyond that point, he went 1.5 and he didn't feel anything then he went to two centimeters and the first thing he felt was that his brain started to ache and he went 2.5. Now three is exactly where the hypothalamus is and point five more you're in the hypothalamus, you're in the medulla, at 2.5 his body has what we call nerve talk for the first thing and he just rotated the needle and pulled it out. (Inaudible) ...he broke through a forbidden area. Same thing is happening now in Yoga, we are breaking through areas or taking on things that were considered a "no no" by the ancient Yogis, I'm trying to find why they're saying "no no" and where the real importance of the thing lies, is it in the Siddic energy, is it in the so-called extra-sensory abilities, is it when the tendencies or the karmic patterns or is it because if you go a little more you can gain the control to correct all these things in a natural way. So in recycling we have come to the realization that we can actually go into areas which were considered not practical at one time without the aid of a teacher and now release pent up emotional conditions that are blocking and inhibiting the energy flow and making the person back to normal and free in themselves without these tendencies of fears and insecurity now, they're actually breaking through from the areas. More and more in the West as they study the Yoga and study all the Oriental sciences that are coming down, we will be making our own headway or our own contribution to the Science of the Soul and equally true the concept of Bandara, we're making our own contributions to it. A lot of things are happening over here, in other words we're

doing it a little different and we're expanding the concept so we are entitled to our own. Yogananda used to say and I liked what he uses to say at times, very few Masters put it the way he put it, "You first have to imitate until you can originate." Ghandi said "imitation is the best form of flattery" but it's good to imitate but better to originate but you first have to imitate before you can originate because you have to know what you're imitating and then you have to go past the point of imitation into origination. You see like Buckminster Fuller, he imitated a square box house until he originated a round top house and we imitated a pyramid and ended up with the A-frame. And I want to thank everybody for this wonderful retreat and Bandara and I know I carry all your love with us, I hope everybody can come down to Tyler. (General conversation). 0:52 Audience: I don't know how we can thank you for coming up and spending this time with us. Adano: Thank the Masters and the Lord who is responsible for it all because everything is falling into place photo finish. (General conversation then group chanting).

#### 1974 April Part 5 - Massachusetts First Retreat

Adano74\_04\_5MassFirstRetreatQ3 - (Group chanting then general conversation then inaudible). 0:18 Audience: (Inaudible). Adano: There was a woman who was a Hatha Yoga student and taught Hatha Yoga (inaudible) and one day while Yoganada was lecturing in 1950 and she said the same thing in her mind, she didn't ask it openly. She was never introduced to him, she's just a person in the crowd and he was lecturing on the gifts of God's grace, this was told to me by the very woman herself. He looked around and he said to her "Helen, this body was given to me by my Guru, big as a fullback in American football and if you think there is any fat in it, you are entitled to come over and lift the skin up" and he pulled it himself and dropped it back. (Inaudible). She tried from the neck all the way down, she couldn't even lift an eighth of an inch, it was all muscle then she realized what she had encountered. He had wanted a large body, he was a very skinny boy (inaudible) 0:20 ...and his teacher blessed him because the teacher told him "Yogananda, you're looking too skinny." And he told him the Divine Life Power within was the only healer and giver of body. In other words if he could fix his brain waves from beta level to the alpha level, he could trigger the Life Energy to build the body to what size he wanted and then the Master blessed him (inaudible). Similarly because he, Yukteswar, had the same problem. You see you always attract people with the same karma, anytime you get a blessing from the Guru it's a funny phenomena, (inaudible). But he was skinny and he wanted to gain weight one day so he went to Lahiri Mahasaya and said "Master, I'd like to gain weight." "How much you want?" "I'd like to get back to my original weight." He says "Well it's done right now." Well when he walked home from the ashram, his mother said to him "Yukteswar, you're swelling up like a balloon." The body comes by grace you see and Yogananda wanted to weigh over 200 pounds, reading about footballers in America, a fullback has to be over 200 pounds. So he was only five feet five you know. (Inaudible). But she was amazed that he was so big and he was all muscle and what amazed her more, he can do all the postures. When a person is realized and has never studied any Yoga posture, as soon as he's realized he can go into the posture because the posture is a representation of a state of consciousness. Hatha Yoga is not what you think it is, it's not a gymnastics, it's a collection of postures representing different levels awareness. (Inaudible). We train ourselves into these postures simply because you're triggered by the imagination but the realized Yogi who knows God, the Principle of Life, knows that these levels of consciousness. Why is a peacock a peacock, why is a scorpion a scorpion? These are all expressions of consciousness taking on form so being in union with the word Yoga means being in union with life, you enter that outward space and automatically you retain that posture as long as you want to retain it and it doesn't matter how big or how skinny or how tall you are. The Joy Permeated Mother, Ananda Moi Ma, they call her "Ma." I've met one of her disciples who lived at her ashram, he said Ma never practiced Hatha Yoga but anytime she would think of a posture or think of a state of consciousness she would want to elucidate or talk about, about God, her whole body would flip into the posture. Now have you ever seen spastic action of the muscles of the human being, how does it put them into contortion? Now if you photograph that person and show them after they come out of the spasm of their muscular contortion, they would never believe they were in that position. That's just a minute little indication of what the autonomic nervous system would do when you alter your state of consciousness.

Now we can understand why acupuncture works, we can insert a needle in one part of the body and make that person do the peacock posture without him ever learning the peacock posture because the muscle spasm will pull him, it's all biorhythm energy that are working and the body will just follow up. There are a whole host of things the Yogis don't come out and talk about but just do little things to encourage people to get on the path. (Inaudible) ...karma of the disciples determines the shape of the body of the Guru. You see a Guru cannot have a body in the first place of any type, color, or shape without the karma involved (inaudible), it is their karma that molds it. Now where was this Guru coming from? India, to live in America and Americans are supposed to be big? They have to expect somebody big, they're not going to accept somebody skinny so the karmic consciousness, the karmic ideations of this particular environment, Europe and America would trigger in the cosmos the need of some form to which they can relate. Bigness means strength, bigness means power, bigness means authority. So when he wanted to raise funds for his ashram, he used to do feats of strength but they don't tell you that. He would actually lie down and six or seven men would try to hold him down, the biggest men in the country and he'd just do two breaths and throw them off his body. He would get a locomotive on a track and tie a chain and pull it, there are lots of things he did that nobody knew. (Inaudible). 0:30 And really a Master doesn't do anything for the general public, it always has to do with his disciples who are linked to him in some way, in some sort of current that draws this relationship, the grace, and you see the body is determined by the karma of the disciples, the birth is determined by the disciples karma and the death is determined by the disciples karma, they are all determined by the karma of the disciples because the Guru has nothing to do. Once we accept that God works through a form, it matters to him not what form, (inaudible). Basically the Guru, the word means dispeller or lifts up, one who dispels darkness, one who lifts up one from ignorance and makes him conscious of his own nature. Audience: (Inaudible). Adano: His devotion comes from the fact that he has triggered these thoughts into the cosmos and then when that form is crystallized to bridge and confirm certain internal experiences to him, then he knows he has found Guru, the individual who tends to pull or stabilizing him, acts as a mirror for his own internal growth and if he stays with the contact, the more he stays with the contact the more he grows, this is what we call the Guru has no other alternative than to hold the focus for him. The Guru doesn't do the work, the Guru is an intercessor, the Guru is a bridge, the Guru is a mirror and once the contact is made, then this process goes on inside and the consciousness linking the sleeping consciousness of your students with the awakened consciousness of the spiritual person (inaudible). Audience: (Inaudible). Adano: The first thing, God is the Guru and I'm your brother. Remember you couldn't come unless God grants it and then who do you think initiated you when you came? God initiated you, God brought you, "No man choose me, I choose him," that's what it says, you don't choose the consciousness, the consciousness chooses you out of the level of which you are to bring you back you. You are struggling in your own level of consciousness looking for some direction of inner peace, you can't appreciate where you are, then all of a sudden in your search for this inner peace from all different types of books suddenly you are drawn to one individual who talks of initiation. Before that nobody talks to you about initiation then you hear of initiation and you're drawn, then it tells you "tomorrow is an initiation" and if you are there come hell or high water, God brought you there, and if you ain't going to be there come hell or high water you ain't gonna be there but whenever you're there, rest assured God initiated, God brought you, and God is taking care of you. Now if God showed me you before I saw you, that's God looking at God, this is your brother, nothing else and that's the Guru. "I of myself can do nothing" but the spirit, the light, the energy of the Light Principle inside, this does everything. So remember Jesus said "He that doeth the Will of the Lord is my brother and my sister. He that followeth in my Word is my disciple," see these statements are very specific. "But I no longer call you my disciples but my friends," that the highest title you can bestow upon a person, I'm your friend now, more than a brother I'm your friend and that's your Guru. God is the Guru, God is the disciple, God is the initiation, and God is everything, this form is just a wave on the ocean but we get hung up on Guru image, we get hung up on Guru association, we get hung up on "my Guru is better than your Guru" when in actuality the Guru is consciousness, he's not form but consciousness works with a form but if your consciousness that is reaching out from your level of desire, which is limited, and it's

reaching for a level of desire which is unite-ive, all-inclusive, but you don't know how to get out so the question comes up "When the student is ready, a Master will be there" so I wrote Yogananda once and asked him "What constitutes readiness in a disciple?" You know what he wrote back? One word, this way, this way, this way, the whole page one word and the one word was "frustration." When you're totally frustrated and you have nothing to hide behind: no verbs, no adjectives, no pronouns to hide behind in your mind then you are ready for the Guru to dispel the darkness. What is the darkness? The (inaudible) of not being able to accept yourself as you are and as soon as this happens to you, you are free, "freemen all, lord of yourself" and all of the dispelling, giving you the techniques of how to meditate. That's what initiation is, introducing you to your Sound Current in your brain, no longer there's any frustrations when you hear it, no longer is there any frustrations of the mind going away and wandering because. We don't have instrumentation for all these particular principles, we tend to feel despondent and very left out and we go looking for all kind of fanciful notions that's going to solve the problem of calm mind. When we know how to go in those states by the very techniques that are given, the result is always here, peace. "The peace I give, the world don't give," the peace you experience by going from the beta level of the brain to the alpha level of the brain, ain't nobody can give you that, you have to bridge it yourself, you have to know this techniques of going in. The easiest technique to go in there is written right in your scriptures, "When your eyes are single," when these eyes are focused right here, "the whole body is full of light." You're in the alpha level immediately, no matter how you try to get out of it, you're gonna be there. So how long you stay in there that's determined by you, how long you can sit down and keep it there, "when the eyes are single, the whole body is full of light and the light is shining in the darkness," that means alpha level is already existing in beta level. Audience: (Inaudible). Well naturally you're going to get a headache because that's the first symptom of shifting from an alpha state to another state. Your present state is beta level where you've got many many frequencies going fantastically out, attracting you a lot of vibration so you're very very happy here, you're very content, you're very normal. As far as the Yogi is concerned, you're very sub-normal because that's a very sub-normal state to have all the energy going out. Ego, energy going out. 0:40 "E" is a unit of energy and going means to leave you and go out through your five senses through these doors of perception. It's going away from you that means it's dissipating from you and you want to impress somebody, you got to blow it up, that mean you got to extend your range of control around the environment by generating more of it. So don't you see people who are egotistical, how do they act like? Like if they're running the whole show? Generating more energy to show that they can control their environment? Now pull the energy back in you got what? You got devotion, energy that is being divinized, energy that is being sublimated for the first time, that's what devotion is, it's energy going inward, the return of the energy back to its source right here, the alpha level. Audience: (Inaudible). Adano: Love, pure light. When you die, they're going to know if you stink up the place or you go someplace or you don't rot, that's the evidence that you have arrived, if you don't rot, if you take off and go right away in a flash of light with your body, you have arrived. There's only four ways to be born and only four ways to die you see, one you're born not remembering your past life. Two, you're born remembering of one past life. Three you're born remembering most of your past lives or immaculate conception, remembering most of your past lives. And the fourth, direct materialization, they don't come out through the womb, every one of those births are mentioned in your Bible. Now there are four ways to die, die and rot, die and not to rot, it's called non-corruption or non-decomposition. Die and take off with your body, it's called resurrection. Or not to die, just dematerialize your body at will like in the case of Moses, every one of these deaths are mentioned. There is no death, it's all birth but there are varying phases of birth in the whole universe of life. The more we understand what we're talking about, we have we have confronted with the most fantastic science, that Bible of yours is eventually going to be a science fiction book. Audience: (Inaudible). Adano: What are you worrying about? You're an initiate in the first place. It's not you who will determine where you will be. You're an initiate number one, who do you think is gonna meet you when you die? Audience: The Guru. Adano: All right what is the Guru there for in the first place? Audience: To guide you. Adano: To guide you where? When we die we all face the Lord of Karma, it stands on your left side of your body, the light, the energy called light in the form of the Lord of

Karma or the Angel of Death who accounts for every karma that you've done. Now if you were never initiated, if you were never made aware of the Audible Life Current which is the Guru, if you were never made aware of that, you will never know it when you die and you will never gravitate to it so you can't be on the right side of your mechanism. So the individual who introduced you to this particular principle in your body, his radiant form will be there to sponsor for you that you don't go in the downward current of the life energy. (Gap in tape) ...ransom is the sponsor, not in the form of consciousness that is there, you'll see that you are drawn now to one of the 84 million life forms that is human providing you practice your (inaudible). Now the law of karma and the Lords of Karma demand that you come down into the realm of the eighty four thousand life forms to work out your karma, the person who is sponsoring you to make you aware of this Audible Life Current in your body, because God is Sound, God is your Audible Current, that consciousness has to rise above light, that consciousness has to detach itself from light, that consciousness has got to be free from the desires of light, the illusions of light is the universe, that consciousness has to be centered and focused intimately in the Sound Current and know that the Lord of the Soul is centered inside of him. Now that consciousness will sponsor you through the very levels of creation and there are only eight levels in this whole universal setup and you will pass through these levels by the Sound Current at death. So you go through Matter acting on Matter by the Sound Current. You go to Energy acting on Matter then you go to Consciousness acting on Matter then you go through Energy acting on Energy, there you will pass the Lord of Creation, he will look at you, he don't like you to go but he can't help because somebody's paying the bill for you, that person taught you this technique of getting out of his creation by showing you how to listen to the Sound Current. So what happens? He has to let you go? He lost one to the Lord of the Soul so you go up to the next level now Consciousness acting on Energy then you recognize why this particular association between God and Man via contact of initiation because the Sound Current is vibrating there permanently now. Then you go to Consciousness acting on Consciousness and then you go to Beingness acting Consciousness and finally from there on only you and God and the Sound Current can go, nobody can go there. The last phase is you and God, you'll realize then that at that phase God became you. So the Guru is only a consciousness of the same God who makes the whole universe to take us back up.

Audience: (Inaudible). Adano: Let me tell you a little story, you were not here when I told that story. There was a man who got off a train, he was a businessman. This is a true story and it happens on the inner realm and this was told by the Grandfather of the present living teacher. This man got off a train and a porter met him, and the porter said to him "I have two prices: one, I charge a three bucks and I don't talk to you about God the other price is I charge you a dollar and I talk to you about God." So the businessman ain't got nothing to lose, he's very economical minded, he just came back from his big franchises and he got a good medical checkup, what does he got to lose? He can afford to spend a dollar and hear a man prattle about God. No matter what kind of God he talks about, that's his prerogative. Anyway he gave the man a dollar in the man kept talking about God. The man said to him after a while, he said "You know I've been blessed by God to see the future and tomorrow you're gonna die at 12 o'clock." The businessman listened to him and said to himself "Big deal, what does he know? I just had a medical checkup, the best in the country, they say I'm ok 100%. My business is doing fine." "Well I'll tell you, whenever you die the Angel of the Death always comes and asks you one question, it asks every Soul the same question when it comes and that question is 'Do you want a good karma first or your bad karma first?' Now I would suggest that you take a good karma first when he comes." So this guy humored the guy and he went home. The next day he went to work, he's in his office and bingo at 12 o'clock he dropped down and died. Who should appear to him but the Angel of Death, Angel of Death said to him "You want your good karma first or your bad karma?" Well so far in the businessman's mind this porter was accurate, he's dead for sure at 12 o'clock, the Angel of Death is standing there and asking the same one question. So he said "I'd better gamble or play hunches because I'm a businessman and I'm going to gamble on the porters suggestion, I want my good karma first. 0:50 So the Angel of Death says "your good what?" "Yeah I want my good karma first." He says "You know usually people ask for their bad karma first so that they can face it and when that's all over they have something good to look forward to when they've finishing the bad karma on the inner realms

but you're asking for your good karma now?" "Yeah, I want my good karma now." Because he's a gambler, he might was well gamble all the way, the man is proving accurate. So the angel of death starts going through all the files and he don't find nothing but down at the bottom at the edge of one of records... it's all bad karma you see, it's only one little items says "entitled to ten minutes in the presence of a Saint" that is the good karma that he is entitled to. So the Angel of Death says "This is your good karma, you're entitled to ten minutes in the presence of a Saint." So he says "A Saint? Who do I know that's a Saint? But if you say I'm entitled, I'll take it, what do I have to lose? Ten minutes is better than none." So he took him, the Angel of Death took him, brought him to the inner realms where Satsang is going on and says "Now you go in this door and when I signal for you to come and go face your bad karma, you come out because I can't go in there, it's not possible, the vibrations are too good." So the businessman walked in the Satsang and when he went into the Satsang, the distance he can walk in was four feet, he couldn't go any further than four feet, the vibrations were too strong, that is as far as he got into the Satsang. And looking into the middle of the Satsang, among all the different Sages who did he see sitting down in the middle giving the Satsang? The porter, sitting down and directing the Satsang. Anyway, the Angel of Death signalled that ten minutes was up, time to go, and the businessman gets up to go out and all of a sudden the porter shouts, "No one leaves my Satsang until it's over, sit down whoever you are!" He looks at the Angel of Death and he sat down. The Angel of Death is angry now because everything is going to go wrong in the universe because he can't deliver the Soul on time, he's got to go and get his bad karma. So he signals again and he tries to get up to come out and again the man who's given the Satsang says, "No one leaves this Satsang until it's over, sit down whoever you are!" So the Angel goes now to the next one above him to get the permission to take the Soul out of the Satsang to go face the karma because now he is in the fire. You see karma is the law of accounting for every single act, he can't waste no time in the law of creation so he goes to the Archangel and he tells the Archangel that this Soul doesn't want to come out of the Satsang to go face his bad karma. So the Archangel says "That's impossible, there's no such thing, everybody faces their karma." So he and the other angel goes down to the Satsang, when they arrive what happens? They signal to come out and he tries to get up to come out and again the man says "No one leaves my Satsang before it's over!" So he can't come out so eventually they're all late now with the Soul to deliver it so they all have to go to the Lord of Creation to tell the Lord that the Soul is late and doesn't want to come for his karma. So there the Lord of Creation is sitting down and they're telling him, he says "What? Which Soul is that, which Satsang you put him in? Every Soul has to come, there is not a single Satsang that I cannot enter in. There is no Yogi, Avatar, or Messiah or anything, any one I can enter, which Satsang is this Soul in that you can't go in and get him out?" So the Lord of Creation came down and he went to the Satsang and he said "This is the Satsang you put him in?" They said "Yes, he's entitled to ten minutes in the presence of a Saint." As soon as he goes to walk in, all of a sudden the Lord of Creation fell down on his knees and said "Sorry my Lord but that man is my Guru." He is the Lord of the Soul running the Satsang, he could not take the Soul out, he begged pardon for intruding, and backed out and went and did his job running the creation and the man who as entitled to ten minutes Satsang was granted the grace to stay in the spiritual light. The Guru is merely the individual who introduces you to the Sound Current in your brain, it doesn't matter if it's a porter that does it to you or Mr. Nixon teaches you, the fact that he introduces it to you, he is your sponsor in the bank of life, he is assuming your karmic debt so that you don't have to face it now through the Lord of Karma and the Lord of Creation when we pass on. We don't have to go down in the downward current of the Life Field, we go up through the current of the Audible Life Current therefore we are allowed to go back into the human form. Now we are promised to return back home to the Divine Created, Lord of the Soul by the Guru Consciousness, five life forms, five lifetimes in the human body but it doesn't say he promises to take us back in five successive human life forms, you are under the protection of the Guru consciousness who will see that you work out the karma that you've incurred and allocate to you opportunities of five human forms and in between those five human forms you may have to work out a few non-human forms but he will take care of that because he's responsible for keeping you in tune with the Sound Current. Now how is he gonna take care of it? So somebody buys a rabbit, the rabbit

has a litter of five rabbits, four live and one die, that one rabbit that dies, you burn up that karma because you have just to be in that form for six seconds to work out that karma. Now you get another human form and you may be born in a home and you may be born a cripple but you work out that karma. Then you're in between again and you may be born in a horse but the foal dies, the karma is being worked out, paid up in terms of debt. Then you get another human form where you're born as a human being and you only live up to 21 years then you pass out then this is the second life form now of a human form and then you go on and become now an egg. Somebody breaks the egg so it doesn't last too long in this Creative Field and then you get a third human life form in which you may live for 50 years and you may do something constructive in society and then you pass out. Then in between again you may have another life form as a dog. Now in the fourth lifetime, the fourth human life form you may be born as a baby blind or some illness and may live for a little while, a few months, a year or two, and then he passes on. 1:00 Then again you'll have another non-human life form like a tree and that's a long incarnation as a tree because but if you're lucky somebody may chop you down before your time, you don't stay too long, or the snow come along and kill it so that gets rid of the fact that you're staying in that karmic pattern longer than normal. Then the last human life form is this, you're born, take one breath, and pass out then everybody says "How come God can be so cruel, give the woman a child, and it didn't live too long, just breathed and died" but the human life form has been accounted for by the Guru Consciousness to compensates for your karma. In between you have other forms of experiences, all diminishing the conditions in the human body, all diminishing the conditions in creation. Now a person who is not initiated will live longer in these forms by their karmic debt, the person who is initiated the time span is absorbed by the consciousness of that individual, that's why when it's turning into a life form they are using that particular time, they have built up sufficient credit in the Bank of Life to warrant you to live out a shorter span of time in these forms that you have reacted to. Now when you're initiated, everything that you did before initiation is absolved by the Guru consciousness, everything you do after initiation you're accountable for. The consciousness is not going to punish you, you're punishing yourself by your own actions so you have to go through different levels of things to compensate it. Audience: (Inaudible). Adano: If you were never initiated before, you would not be sitting down in the room hearing of initiation in the human body, you had to be initiated before and it doesn't have to do with the body who is initiating you because that body has to die too. That body of Jesus died you know but weren't you sitting down one time in front of one of his apostles or disciples at one time? You think Peter (inaudible) but you might have been there the time when Peter did bless a couple of people and initiate little kids and everybody and we might have been one of those Souls there but we have been initiated. Once initiated, you'll always get initiated, that is the principle. Once we are introduced to the Audible Life Current in ourselves, this is what the initiation really is, once you're introduced to the fact that God is the Audible Life Current in your brain and in your body, every incarnation you will be encountering this experience. You will hear it in your body when you're born, growing up, and don't even know what it is like the doctor who talked to me and he said to me "You know for 40 some odd years I've heard this whirring sound in my ears and didn't know what it was and I went to all my colleagues and I wanted them to operate and cut it out and now I'm ready to be initiated, what am I going to hear?" I said "That same thing is what you're going to hear, that whirring sound, that is the God you're looking for but I'm telling it to you. Before nobody was saying it to you that it means that but now if that is what it is, you have had it done to you before in a past life by some other individual and if you think it's me in the past life, it's not me physically neither energy. That Divine Consciousness passing through is me, not little "me" but cosmic "ME," it's the same principle that's going on all the time. It has to make contact all the time so it introduces you to the Sound, it's not Adano, it's this Cosmic Principle that is working all the time so hook it up and every time you introduced to it, whatever incarnation you come into, you'll hear it, and once you hear it, you're gonna go looking for it and you may want to cut it out but you think you can cut it out? You can only suppress it, that's as far as you can go with it. Then eventually one day, you will be drawn again by the same nauseating, harassing principle to go and be exposed to then you're introduced again back to it. Once you're introduced back to it, you'll realize this is where the spiritual life is, you start leaning in again, you're on

your way back home so we're never left out by the Current. Audience: (Inaudible). Adano: No you say your grandmother passed on and she was never initiated, how do you know she was never initiated? How do you know if her minister or somebody never spoke to her about the buzzing sound in her ears before she died? How do you know if she never heard this buzzing sound and wondered why? (Inaudible), a brother disciple of mine, he came over to America and he studied with Yogananda and he could hear all the Sound Currents inside and he was well on his way to spiritual realization and when he was given the opportunity to go lecture, when he returned back home to visit his mother in Europe and now he's a full-fledged minister and teacher and he comes down to his mother, mother is sitting in a rocking chair and rocking, looking on, no conversation is passing between them because he's too sophisticated and his mother's old, antiquated old ideas. Then mother says, "You know son in my old days now I usually pray to my Lord when I sit in my rocking chair and I hear the bells you know, they ring sometimes and once in a while the drums plays son and not too long ago I heard the harp, beautiful music coming from the harp and then I hear the bagpipe." And the son is listening and he says "Holy Moses, she's already there and I'm not even up to the bagpipe yet." But he thought he had something over his mother, he thought because his Guru initiated him that he was something special, not realizing that the woman might have encountered an ordinary minister who might say to her "all these Sounds are there." That doesn't say that the minister is more advanced or less advanced. If any individual who make you conscious of the fact, that's what they call Guru, one who lifts you up. The Current goes up, or anyone who will disturb the darkness or dispel the doubt of why this thing is buzzing in your ears, that person is called Guru, the person who will dispel that condition of your mind. If a child comes along and tells you the sound in your ears is God, what would you do? He's initiated too because he's confirming to you something that you're doubting, he's confirming in your mind something that you're looking for and don't have no reason for understanding and "out of the mouths of babes comes the truth sometimes." Any individual who can make you conscious of this particular sound inside of you (inaudible) has to do with the actual meditation. Your grandmother was initiated, don't worry. (Inaudible general conversation).

#### 1974 July - Five Element Ideogram

Adano74\_07FiveElementIdeogramQ5 - (Very poor quality recording, to be transcribed at a later date when audio can be improved). General topics: Five element law, David and goliath, spiritual significance of the slingshot, five element law indicating how to balance the five forces (air, water, earth, fire, ether), parents expectations. Collective feedback of the unity of all things, Lahiri Mahasaya "drowning off the coast of Japan in many bodies" as example of the five element law, forgiveness balancing out five element law, "there is no condemnation in the Father," Jesus forgiveness, life only worth living if you forgive. Discussion of father / son concept, ether, can't be out of balance in the presence of a Saint, balance / homeostasis, "out of sight, not out of mind" as the unity of Life, all are linked by the Life energy.

#### 1974 August 8 - Rockland Massachusetts

Adano74\_08\_08RocklandMassQ3 - (Group chanting then meditation). ...hear the president's talk tonight at a very critical moment of our country and those who are aware of what this future is holding to us, tonight can be a deciding point in the forces that protects the balance between negative and positive. So we're going to listen to his speech and then we pick up from there. Audience: Someone want to reach over and turn the television on? Audience: Would like to elaborate on your comments before he starts? Adano: If he steps down, we can be liable to have a military government in this country. 0:10 (Gap in tape). We are facing at lot of changes in the so called peace conditions that he mentioned, we can be brought into the conflict pretty fast. How this new vice president reacts and how the people react could force military action in this country. We got 14 hours of "sitting on a powder keg," it sounds good on TV but someone is going to (inaudible) in the shoes of the other man as he walk up but it is in those 14 hours, a lot of things can happen. There are many cosmic forces at work, not

human, but cosmic forces are at work and there are many cosmic forces at work and those on the outside in other countries recognize our weakness now. The promises they made to him are only as good as the next 14 hours, how they think militaristically, what is the condition that will force them to change their thinking can drastically affect us. Right now we are affected by shortages because, it's inflation we have a shortage, we don't have no grain, there is no store house in this country, it's on the ground growing waiting to be harvested and it's already sold to the man on the other side of the water waiting to receive it and if mother nature don't give us the climate we need to bring in a bumper crop, we're going to see some real rioting action taking place even in the support of acting president. The senators know it, they're shouting already from their heads different new places in the world telling us it's already here. Spiritual Masters have already told us already, we got a couple more years to go by the grace of God before we start a tremendous internal rioting program. People are discontent with all forms of authority, good or bad, simply because trade has become the authority to make the world slaves, economic slaves. Right now in Switzerland there is a computer built and the secure thing about this computer, all the money in the Swiss banks used to have names before for the owners and numbers, no longer they're all typed into the computer now and the only way you can get your money back out is by an identification mark put on the wrist and on the forehead by a laser light and if you don't have it, you can't claim your money back in the Swiss bank. Everyone that has some holdings in the Swiss bank will be forced to have it indelibly set, it can only be seen when infrared light is shown on it and the heirs of the people are the depositors, when they pass on that number is imprinted on the heirs from birth and that's how they'll keep track. We are going to be finding ourselves not controlled by political men, political men are the scapegoats for businessmen who pull all the strings behind. Mr. Nixon's base in Congress is not a political support, it's a financial support and let us not fool ourselves, our energy crisis and all the things that we've gone through is in the financial realm. We don't have a solid dollar no more, we don't use gold no more in the last six or seven months we don't use gold as a basis for the American dollar, we have what is called a soft dollar now since Mr. Nixon has signed by pressure and let gold go on the market to be purchased. I'm not just talking for shock's sake, I have to buy gold to make bracelets for (inaudible) and I was already warned by the smelters, you're not going to get it when you want it and there's not going to be any control on it no more and anytime they have their will to raise it or lower it, Congress can't do nothing about it, it's all over. Our friends in foreign countries, they may be considered our friends now, realize the situation they are in now and how they can stranglehold us in this part of the world so by making us committing ourselves to supply them the necessary grain before it is even harvested while it's growing in the ground, they have the first priority of the purchase. They realize that already, they realize that there are five basic things that we can stranglehold the world, not United States alone, but mankind. They'll stranglehold on mankind with the food, they'll stranglehold mankind with the oil, they'll stranglehold mankind with his weight of exchange, they'll stranglehold mankind with freedom of travel, and they'll stranglehold mankind with his right to think, we're moving in that direction already. There are only two societies that we have: a capitalistic society and a communistic society. 0:20 At best they both have faults yet within these two societies there is a third society, a non-profit society but that's a very small minority on the upswing and the upgrowth. In the capitalist countries, we have non-profit societies also in the communist countries, the recognition of the non-profit society has made inroads on all levels now, individuals who are working for the benefit of others in service and their own self-integrity, helping themselves to help others, these are the individuals who are looking inward to themselves for guidance, these are the spiritual people. Many years ago, I don't know if you've read The Autobiography of a Yogi many of you have and many of you have not, but when Sri Yukteswar met Babaji and was deeply concerned Western Man and Western man's direction of spiritual growth, Babaji told him that he perceived many Saints waiting to be awakened in the West. These Saints are among us now, you are the seed root of those Saints but we got a long way to go to make this spiritual force effective to hold a balance in the world of the five negative forces that confront us: greed, anger, lust, attachment, ego. No matter what political structure we find ourselves in or whatever genetic bond we come from, we all have to face these five forces. We are passing through one of the world's most trying times in this Kali Yuga entering the Aquarian Age.

That means we are in the Kali Yuga of the Aquarian cycle, we're entering it with some of the traces of the Piscean (inaudible). We're going to bring all those five negative forces with us and the only people that can control those five forces that make us slaves to them are not politicians, they are the whipping boys, merchants who trade back and forth to weaken your faith in yourself. Now I'm not against the merchant but that's the core because once you control the individual's greed by depriving him of what to eat, he gets greedier. If you control his rate of exchange, you get him more angry. Once you control those very basic things that are physically and psychologically inherent in every human being, you have a mad, angry humanity that will destroy itself by internal violence. It will take the sacrifice and the foresight of spiritual giants to ward off that particular type of life and its destructiveness. Yukteswar foresaw this, his disciple Yogananda game and tried to build a bulwark and many other spiritual Masters have come and are trying to build a bulwark in every part of the world to set the seeds of Sainthood moving against self-destruction. The only alternative honest men have outside of Saintliness is military power, it seems funny that this honest man outside of their dishonesty, their next alternative is military power too. If you can be dishonest and still have military power and if you're honest you still got to have military power, military power seems to hold the balance. Very few of us know how to defend ourselves and I don't mean by using arms or weapons, I simply mean using your two physical arms that God gave you. When the great Buddhist monasteries were overrun by outlaws thousands of years ago there came a monk who converted the religious man from a scared rabbit into a roaring tiger by teaching him how to use his two hands. Even the nuns were afraid and when they were taught how to defend themselves, men who were bandits never bothered to attack those monks no more. They learnt their lesson and there was a great period of time when everyone began to respect human beings. We're approaching that level and if we don't know how to defend ourselves with our two hands basically, we're gonna be taken advantage of. It isn't that you shouldn't turn your cheek when someone hits you, turn the other cheek, it isn't that you shouldn't pray, all these forces are available to you but at the same time Yogananda said "Don't bite what you can hiss." A snake don't necessarily have to bite back to show that he's a venomous creature but it can hiss to make you respect it. We are human beings and when human beings want to take advantage of us in whatever form it comes, we will have to learn to hiss. So this country has never faced a military takeover, it was working towards that. In the time of de Gaulle, he managed to sneak in a democratic dictatorship as a legal procedure of powers entrusted to a president. Mr. Nixon wasn't that fortunate but let it happen in his time but if we're turning back this power to Congress and the people are discontent and Congress is manipulated by powerful trade blocs, the military is not going to stand by and maybe that president will be forced or be reinforced by the military and you know we say "it can't happen here" but better not kid ourselves, we're human being and if we do like he said "fight to the bitter end" but we realize that we would have no base or no group to give us the vote of confidence, than we will have to switch over. Somehow we will find ourselves in the same predicament, he is already giving us insight of the years to come of what can happen to us. Master already told us there are going to be tremendous food shortages, the water is polluted, since 1945 there's not a single American in this country that ate a grain of healthy food, sounds like a shocker. Any child born after 1945 never ate a grain of pure food or good food, those who were born before have the elements in their body to withstand the years to come, those who born after 1945 don't have those minerals inside. 0:30 The children today and the food they eat make them very susceptible to diseases faster and we have more powerful drugs to offset it but we don't have food that nourishes us no more, we have food that stimulates the body. You know you could eat a piece of bread years ago and you felt enough energy and pep after you ate it and yet if you buy the best bread and eat it, do you have any pep after? Do you realize how much you got to eat to feel some kind of pep to do some work? You don't have pep, you feel tired, you feel listless, you feel drugged and this is true of the vegetables and everything and the water. Now we agreed to allow them to put fluorine in our water simply because they say it's good for the teeth, you know not one drop of fluorine in your water that you drink ever get to your teeth. The only time it gets to your teeth is when its passing to go down. So what good is it doing to your teeth? It's making it mottled but they gotta buy it because they don't tell you why they gotta buy it. 500 feet below the ground is your water table and the people who manufacture

fluorine, which is a byproduct waste from the Alcoa refineries, have rid of the fluorine excess by burying it down 500 feet and when the water table is polluted at 500 feet and it shows up in the upper table then whoever complained that there's no fluorine in the water, go measure your water, it got fluorine, how does it get there? The 500 water table is already polluted by the waste deposits but the upper table in every area starts to show up. Not too long ago from close to where we are in Texas radiation showed up in a 40-foot water table, how did it get there? But that's just the start of what is going to show up more and more from the water table but in the meantime the aluminum companies are going to bury it in the ground, it's gonna show up in the water table all over the country and to avoid any conflict and saying that they are polluting it, why not go ahead and make the counties agree to buy fluorine and throw it on the top side of the water table which is a very good excuse to say to the general public, you need it for your teeth but it's going on and there is no way you can argue or get rid of it. Once it's approved it goes through, throw it in, so many parts per gallon every day. Now this comes as a shocker, you better quit drinking it because you're gonna gain weight. Nobody believed it at the time when a biochemist was working on the research that fluoridated water had not one ounce of goodness to your teeth but had every ounce of badness that make you gain weight and nobody believed. Anyway there's a girl and her father is a biochemist and he told her not to drink the water that grandmother has in her tap or use the Cokes that the water is made from or eat it the bread and the meat that they serve but take a lot of stuff that they have in the house and the girl says "oh daddy" and the son said, "oh daddy, you're a fuddy duddy." Grandma lives happy in the country, she's well off. All right, the two of them went and they spent two weeks with the grandparents and when they came back and they got on the scale each one was 20 pounds over in a week and did not know how they gained the weight and the father asked them and they told him and he said "you doubt me now," they didn't believe him. Anyway it so happened that the girl had to do a science project for her science teacher and she came to daddy and says "daddy, what can I do for a science project to get some mark?" "Prove to your teacher that fluoridated water raises the weight of human beings or creatures, take that as a science test and go do it." Well she went and told the teacher, the teacher says "oh come on, your dad is way off key but if you can prove it, it would be a very significant paper on very significant research but do it on mice and make sure you don't hurt the mice." Well the father agreed to buy 200 mice to satisfy the girl so that they will experiment but the girl didn't want the father to have anything to do the research because he was afraid that daddy might pollute the mice or do something chemically to raise the weight of the mice. So they finally located a mice farm run by a certain doctor who supplied these mice there in Texas and they went to the farm and the doctor agreed under the supervision with the doctor and the girl, his daughter, that they would work the checks on these mice and put them in different cages and feed them the water from the tap, the water from the ground that is coming up, and water from distilled water regulated. After two weeks of testing and the results were evaluated and the paper were turned in do you know how many pounds those mice gained? Those that were fed the fluoridated water and nothing else, just fluoridated water all gained to their body weight 20 pounds and those who were fed the water that came out from the ground, well water, where they didn't bother to test it, they gained about 10 pounds and those that were fed pure distilled water lost three pounds. Those that were fed distilled water with vinegar and honey added remained one pound above what they started out but that was not the only problem. It was two months after that those that were fed the fluoridated water began to lose their hair and their skin began to become scaly and their sight became bad and those that were fed the water that came up from the spring merely lost the ability to be very active. Those that were fed the distilled water became slightly lethargic and though that were fed the water with the honey and the vinegar put back remained fairly active throughout the period. We don't have foods that nourish us now unless you grow them yourself and you're certain where they're coming from that they are no sprays added to it and the ground is not polluted because the food you're eating they only stimulate the cells, they don't nourish. That means it makes yourself feel satisfied but you don't have energy, you don't have pep, you gotta eat a lot of it. We are coming into some very very serious times and spiritual people primarily are here to eat to live in order to live not to eat but we may not make that last development at the rate of our pollution of the very soil and the food that we may have to eat to live from and have to grow it and if

we can't grow it when the soil is polluted, it's going to make it more difficult. The prices have to go up, there is no way we can avoid that now. Once in a while you'll see s-a-l-e, that's when they want to get rid of something that's already too old and all the vitality is gone, it's been around too long and the preservatives that are put in it are starting to show up to discolor the plastic. 0:40 The sales are not gonna change our situation, the cost is gonna go up more, and our wages cannot go up proportionately, it would not be possible. So during the war times you grew your own garden, you remember those gardens "for victory?" Throw away the word victory and better grow your garden for vitality, change the word from victory to vitality, or victory over commercialized slavery because we are facing it already, the seeds of self-destruction have begun. I'm not trying to be a prophet of doom but I'm trying to merely make aware those who are interested in getting out of the psychological and physiological dilemma of self-destruction through environmental process that is planned to make us all into commercial slaves and I have no intention to be a commercial slave for nobody, only for God if He wants me to be a commercial for Him. So number one, five years ago I decided I was gonna get out of this particular condition by acquiring land and growing food, I have no other concern merely to grow food and to house ourselves, to work for ourselves, and to be capable of defending and healing ourselves because I lost a gallbladder a long time ago for nothing when I didn't need to lose it in the hospital simply because that was the only method they knew to take it out gallstones when natural methods can dissolve them and take them out but many of us are so weak from the food that we eat that are only stimulating the cells and not nourishing them therefore we have to resort to final surgery. I'm concerned or interested in a very natural way that this body is designed to heal itself and that doesn't say I don't accept drugs when it's necessary but I've never found where once you put a drug inside the body, it's the same after. The drug destroys certain things in the body that cannot be replaced, it has certain side effects. I'm not interested to go fight nobody's war either but I believe that if you're in an environment, it's a matter of choice what does that particular karma put you there for. Each one of us has got a karma to be in a certain area or born in a certain area and therefore we have to face that type of karma. Now one can be a conscientious objector and by due process of the law, he may be forced to go to jail for his conscious objection, better to go to jail for your conscious objection than to pick up the rifle. Or become a part of the movement without carrying any arms simply because the country has provided a protective measure against its enemies thus protecting you on your four bearers but that's how the karma sets it up. If our parents are protected in this country by the certain military movement and we are the children and we're called upon to defend it, that doesn't say you cannot go into the movement but you can refuse to bear arms, that's one choice. You have another choice, you can refuse not to bear no arms and go to jail, it's not a bad thing simply because you believe to be a peaceful person. It takes a great deal of courage to be a Saints and Saints aren't born, they are made by the challenges that face them and not decrying the fact that you shouldn't defend yourself. I don't believe in defending myself simply because I want to destroy the other person, unless a man is seriously ill or crazy, he's gonna shoot an unarmed person but when it comes to defending himself against an unarmed person, I'd like to be well trained that I can defend myself without the use of arms so that I know I have an even chance with the person. Also I'd like to know that I can pray for the person before he gets to that level of self-destruction to attack me but in order to do that, I must have the physical strength and bodily integrity to do it so I need the environment and I need the time and if God gives us the time to do it and we don't do it, then we're at fault and not God at fault. We have a little time, not a lot of time, we can't fast like years ago to clean up our system. Years ago you could drink water and fast and nothing would happen to your body but you drink fluoridated water and fast and all the toxins will go into the bone marrow and you'll be more sick than you were before you ever started and again your body would start altering, you'll start gaining weight, you'll start retaining fluids, the organs will start to go off their normal equilibrium. So the third society is growing, it is the non-profit society, the spiritual society, not communes, it's a society of men and women aiming for standing on their own two feet and living within the law, within the functions of society, not running away from society but at the same time capable of taking care of themselves on all levels (gap in tape) ...tends to go run down the road without any self-protectiveness or self-integrity, spiritual life is the same. We are going to find ourselves more and more

confronting the dollar shortage in terms of earning it. Years ago we used to say "those cheap Japanese equipment that came over here," the reverse is said of all goods when it goes to Japan so things are changing, the people are getting smart for themselves, and we are actually backsliding on ourselves. We got to realize that we have an opportunity to be spiritual and we can do a better job, we have all the chances to do a better job than the Orientals. The Orientals gave us the the guideline by starting it in the East but they made one mistake, they became very spiritual but they became very dirty at the same time, they neglected their sanitation therefore they have their diseases, this can happen to us and that has happened in the commune groups. They are trying to be spiritual and neglecting sanitation, let us not make that type of mistake in this society, let us be spiritual, let us maintain our sanitation, let us keep up our health, let us keep up our ability to defend ourselves without resorting to arms. Master Yogananda said in his book, not the autobiography, these were personal notes that he wrote, it was now coming out to the public, The Road Ahead it's called. We're gonna face tremendous problems because our friends and our enemies are going to be trapped in their own mental conflict and they will begin to fight among themselves and we will be forced to use nuclear weapons. We said tonight that there's a limited nuclear weapon system but how can you limit it, where can you limit it to, and who is going to be the first guy that's not going to pull it? But he said of all the countries that would produce the spiritual giants of the future and of all the countries that have the opportunities and the possibility of producing the best spiritual giants, it is right here in North America. 0:50 The movement of the young people is the seed of the Saints to come, they are changing the thought patterns of the adults already. Some of us are old diehards, we just don't see nothing and we don't want to see nothing and we're got to be swept away, we're still hanging on to our old ideas but the young people are seeing it already but they don't understand it and they don't know why it's happening and why it's coming, they feel it already. The others don't see it yet but those who can see it are making every effort to correct. The spiritual giants will come out from all levels and in fact we will be such a caliber as we develop ourselves, the miracles in the bible will seem like child's play in comparison to the miracles that will be performed by the spiritual giants in this country when we really turn on this Divine Power in ourselves. Simply because we would have a better background of comprehending these forces from our industrial development and the workings of the laws of nature, our education has brought us this far. Early (inaudible) people did not have that as a backlog, Orientals did not have that, they perform a great deal in miracles, there is a lot going on in the East, they can do a lot but (inaudible) layman does not know what's going on, his understanding of these laws would be superstitious, speculative. We are fortunate that that veil has been torn away from our eyes, our inner mind by the development along the physical laws that the scientists, the mystic, and medium are all saying the same thing at last for the first time in different semantics and we the inheritors of this wisdom will move forward much more dynamically to do the spiritual life with scientific knowledge much more than doing a spiritual life based on assumption and hit and miss. When we know what we're doing, we can do it better, when we don't know what we're doing we're hitting/missing and taking it sheerly on faith, let us not be in that position. We're given a chance to be born in this world, in this environment. You don't realize why we're born in this environment, why of all people you selected to be here? Do you realize it's not the first and last time? You had to be born, you came from some other culture with a craving for spirituality but also you crave to know the laws of why and how, you create wisdom and understanding, that's why you're thrown in this society to have the fundamental understanding of the law of physics, others don't crave it but others may die craving it, it's their good fortune. Many Hindus and Chinese and Orientals are being born with some spiritual craving but a tremendous amount of craving to know the physical laws simply because they are dissatisfied with their sanitation environment, they've polluted themselves that way. We have polluted ourselves with the industrial way, we got to make a balanced now, we gotta take advantage of these two faults and correct it. We don't want to see a militaristic action go on in this country but we are bordering on it and we are bordering on a tremendous amount of revolutionary actions among dissatisfied people who don't want no law and order not no more because to them law and order is already standing for corruption, advantage takers, and the whipping boy is the politician. When they themselves know that the politician, the dissident elements know that the politician is not the

fault, they know who the real guy is behind it all, they know it's the man who is buying and selling and holding the mortgage over your head, he's the guy that ties you together in knots and when he can't tie you sufficiently in knots, he uses the whipping boy to enforce it because he can't enforce it. So self-security is something we need, there can be honest businessmen too, there's nothing wrong with being honest, all spiritual activity runs in the business too, they have to otherwise they can't run but it's based on a non-profit function. The idea is to make us conscious of what is facing us and to work as groups towards those critical moments that may come up. Back in Tyler we have a program going in which we are putting aside food and putting aside the land to make it work. A year ago when I spoke of the food shortage and the energy shortage of the gas, I was thought to be a crockpot, I lived through the energy crisis and saw a lot of them but the food crisis is a different thing. We know there is no shortage of energy in the form of gas or oil simply because the merchants don't want to release it. Now we know there's a shortage of food because nature ain't growing it and the land is not turned loose to farm it and we paid the farmers at one time not the farm so that there wouldn't be an excess in the barn but that happy days are gone, no more land is turned loose and we don't have no barns stacked up with food. I made a trip from Texas to the West coast and I've seen barns that are empty that used to be full with food and we're trying to put it together in a natural harmonious way so it wouldn't be toxic to our system. Another thing is this, if there is a crisis we have the food to share with those who do not have it. If there is a crisis I have three choices to do with that food: share it with others along with myself or sit down and eat it all by myself and be a stinker or the third thing not to store the food and wake up every morning and say to myself "whose food will I eat today?" So that's my choice you see, either to store it or not store it, either share it when the crisis comes or not to share it, or just go and say "now who do I beat up today and take away," that's the alternative I have left. If we have it to share, we will share. If we have the know how to sustain ourselves while we are sharing it and trying to grow it by the time the government decides to do something to make the land more open, we will do that. If there is no crisis, we haven't lost anything, we have gained simply because by the time you go to buy it at that time, you couldn't afford to pay for it so we haven't lost anything and this is exactly the situation we're in. I knew back in 1968 when gasoline was selling for 32 cents a gallon and milk had jumped to 98 cents a gallon, I said to a very good friend of mine, "The merchants don't like that, you are holding back the price of gas and raising the price of food, you're making people slaves." People don't recognize they're being made slaves by raising the price of their food and keeping the price of their transportation down. I said "When the time comes to equalize that, to raise the transportation in proportion to the food, you're going to have a tremendous problem" but the only way you can make the public accept it, you've got to put on what is called a fraud, make them believe there's a shortage, that's 1968, you got to kid the public that there is a shortage to bring up the balance between 32 cents to 98 cents. 1:00 We are paying almost 50 cents more for that gas and a fraud has been put upon us but the other thing was this, that gallon of milk how much are you paying for it today now? When it gets to two dollars and almost like gas, it have to go up too. By the time you do that, the thing you have to eat cuts at children, adults, elderly people, the thing you have to drive doesn't affect everybody because you can pool and travel together but when milk goes to two dollars a gallon then it becomes compulsory to put formaldehyde in the milk to preserve it for the general public, that means they're already killing you before you even go in the grave but it's compulsory that they put formaldehyde in milk to preserve it. You cannot preserve food unless you put these chemicals in, we are in that state already, we're drinking it into your system. Now these conditions, these additives, are weakening the cells, you're not getting the minerals that tend to build the body no more, we're getting weaker and weaker and there are three obvious diseases that are appearing from this particular chemical poisoning in the food. One, the whipping boy called cancer, they don't know no cause for it, they don't know no cure for it, the cells go rampant and there are all types of reactions inside and this is coming strictly because the body is being polluted more and more. The next thing that is building up is the heart attacks, more and more we have heart damage and the third thing we have that's building up is arthritis, children are already getting arthritis and diabetes, it is a disease not normally seen among children, it's for adults but these are already occurring in children. My wife and her ex-husband used to grow chickens and sell eggs and she's a doctor of chiropractic and she

said to herself she couldn't see where these chickens raised in cages to supply these big manufacturers were healthy. So one day she decided to kill some of these chickens to examine them pathologically, do you know that every cage chicken has premature arthritis in it? Every one and before it shows up and before it is condemned by the USDA, the chicken soup companies come along and buy them to make them into chicken soup and if they can't get it fast enough to make Kentucky Fried Chicken, it goes down to make fertilizer or it goes to make dog food but everyone has got premature arthritis in it. In the egg, you couldn't see a an egg that looked like a chicken egg, years ago when chickens ran around in the barn the color of the yolk is entirely different than the one that you buy and you have to keep adding more and more additives for the chicken to get it stronger and the chicken is not getting stronger, it's getting weaker and weaker simply because it has to lay eggs after eggs to keep up the production but it's not producing healthy eggs. We are not getting food into our system that is nourishing, we're getting food into our system to stimulate the system. It is compulsory now to put what is called "measurable tolerances," that's the term they use, of additives to food in order to preserve it so it can have a longer shelf life. So if you're going to use milk for your future babies in the world and you don't have a goat around, I'd rather you go get yourself all the nuts you can get and grind them up into butter and use the distilled water make yourself nut milk because it's almost a consistency of human milk and drink it so that your own milk carries its consistency and strength and value for babies in the future. Now these reports are not my making these are makings of the research department in nutrition in this country, the doctors who were talking at a convention that I attended a few weeks ago were giving this information to a cancer research program and a heart program and the blood program of hemophiliacs. They stated that the blood in the blood banks throughout the United States, ninety percent of the quality of the blood is that from alcoholics and we do not have blood from healthy people, the percentage is very low. Now you can't store blood too long, it loses its potency so if there is a run of the slightest nature in this country and a hemophiliac if he don't get blood he'll die let alone a healthy person, we are in a bad shape because the blood that we're putting into you would be from a very low vibratory nature where it came from whatever communicable disease or whatever mentality program, it's going to transfer to ourselves. The reason why we want to maintain our own health, maintain our own garden, maintain our own self-defense systems, and therapy system is that we want to be able to heal ourselves so fast that it defies modern science to understand it, cut your foot and pass your hand over it and heal it and don't leave a scar. You can heal burns by new methods that we know today that is called alternate medicine, if a person has burnt his foot we usually use ice, today we don't have to do that no more, we can do something even better than that. We take the foot and wrap it up with tinfoil and take a very fine wire with a clip and clip the tin foil and to the other end of the wire we take a little probe and attach it to the upper portion of the body away from the burn and in five minutes all the burning is gone, all the redness is gone in about 10 minutes, and it'll scab and you can take crystallized honey and just coat it and leave it for about six or seven hours and the scab will form and fall off leaving no scar. Now here is an interesting thing, I was at this convention of biologists and there was an MD there and we were discussing what are the chances of survival and medical care in this country in a place cutoff from hospitals and a drug store and the MD said to me, "You know if we had 100 people to take care of and just the two of us were the only people who had some knowledge of healing, I wouldn't know what to do without a hospital and a drug store. I can take their blood pressure and so forth but how can I recommend a prescription? My knowledge is all oriented to surgery and to the drugstore being supplied and everything. I have 10 useless fingers now and 100 sick people standing in front of me all with different kinds of belly aches from cramps and everything." 1:10 And he said "I may run for Boy Scout book and even so the information still requires some basic." He says, "What would you do?" I said "Well first thing I'll control the pain and the second thing is that I don't need a drugstore because if I'm on a certain area in the woods and there's a willow tree, I'll take the willow tree and break off a twig and give it to the person and let him chew." He says "What for?" I says, "Well Mr. Bayer is a smart guy you know, he sold you a bill of goods, it's called Bayer Aspirin, where do you think he gets salicylic acid from? He extracts it from that willow tree and packages it and sends it to you in a nice blue bottle and you extend it out for so much to your patient." I can't afford Mr. Bayer but I can afford a willow switch

and that's where salicylic acid is, you just go and take your will break it off and chew it, you have a walking drug store all around you in your grass if you recognize it, it's all there, that's the type of information we want to know, that's the type of survival plan you want to know. Where and how to use the very stuff we are walking on and kicking and calling weeds, you know there's a book called "my doctor the weed," that's the weed, we kick them out. For instance if a man fell and injured his hip and didn't break it and the doctor is not an orthopedic, he wouldn't know what to do. All he can do is just put the guy to lie down, he wouldn't know how to pull the hip back, he would have no knowledge of putting that hip back in place let alone if the man twisted his neck, he wouldn't know what to do. The man would be in pain, he wouldn't have no salicylic acid in the form of Bayer aspirin to give the man, he wouldn't have no ice to give him, there may be cold water running from some creek but he's going to be very limited because he's put himself in a position to be cut off from nature and he's dependent on the merchant's production. The alternate medicine is the one that doesn't depend on the merchants to help him, he's depending on his knowledge of nature and how to use it. Now any pain in the body can be corrected by your finger, it's interesting, and if you have a pendulum or you have a magnet, you can adjust a neck out of it's position or a hip of it's position and you can cause the bone to pull itself back together but it'll not fuse but you have to put a splint around it but it'll pull it back. Those are medical oddities and a medical man will think you're a fakir or a crock or something but you see the medical man is not trained to understand that muscles and bones follow the laws of magnetism, all he understands is they're just minerals or they're tissue. If your neck was out and you walk around with a crick and all you had was a magnet and if you were shown how to use the magnet, the neck will go back in place. If you're a chiropractor you can adjust the neck, if you not a chiropractor and you knew how to hold the neck in a certain position and just press on a certain reflex, the neck will slip back in place. If you knew how to bend the foot and arch it, you'll cause a neck to slip back in place. Primitive men had to rely on nature, medical man came along and compartmentalized it. We're not condemning them because that's the way it's setup, we're trying to help the individual to learn these things and that's why we don't know how long or how soon we will find ourselves with a condition facing us. The Masters they all said around 1976 is the most critical year so far. Mr Nixon merely hinted him he has a few things he knows up his sleep but he ain't telling us. He knows what's gonna happen two years ahead, those Israelis and those Arabs are not gonna stand still and the Russians are not going to stand still for the action in the Middle East but he knows that already where is going to be the biggest breakthrough. But don't look gloomy, there are a lot of wonderful things, you have time to do something. The meditations and the opportunity to put aside enough for where you are. Remember whenever there was a crisis in any time, who were the groups that really stuck together before government ever did anything? Do you know it was always the religious groups who in 1914 and the 1940s war, it was the religious groups. Now your religious groups are more aware of what is happening and the Seventh Day Adventists already have stores of foods tucked away, they're not trying to impress you no more and tell the world. The Seventh Day Adventists are putting away stores upon stores, the Mormons have already stored up a lot of it already, the Quakers are putting away now. Not too long ago this was an interesting thing that happened in Dallas, one of the ward bishop came through to give a talk to the Mormon church and a friend of mine attended the meeting and she knew that we were storing food and she attended the meeting and when the ward bishop got up on the pulpit and he looked at everybody for a few seconds he said "the time has come, in three months from now we all have to prepare to move on to our place in Missouri so get yourself ready to travel lock, stock, and barrel." She said it was like a pin hit the floor, everyone was taken by surprise, and then he says "don't be alarmed, this is just a false alarm. The next time I'm by, it's not a false alarm and if you're ready to go, just tell your boss you're going fishing." 1:20 So if you're working with some people and you see a Mormon tell his boss that wants it, the boss gonna give him time off and dock his pay but he knows where he's going, he's going to Missouri, certain areas that they own where they going to be able to weather the storm of what is coming. The only place will be safe in this area is in the mountains not by the seashore, the mountains are the only place to go and I would suggest that you put away something to spare like a spare tire even if you don't have to use it, at least you got it. I was in Richmond not too long ago last year and

when they had that problem in Richmond and they closed down the bridges and they had a slight hurricane that went through there. I drove in with my car and as soon as I crossed the bridge I saw the military behind me and they were shutting down everything and I barely made the bridge before they closed it off and I looked back and the man said "where are you going?" And then I heard on the radio what had happened and just out of curiosity, this was a friday evening, just out of curiosity I went down with my host Saturday in the downtown area to see the supermarkets, we were talking that night. The supermarkets were open but you know there's not a single thing inside that you could eat, this is Saturday morning. Friday night practically everything that could be eaten was brought up and what couldn't be eaten was left and that was what the merchants were left holding in the store. You can eat glasses and you can eat forks and spoons but what could be eaten was all taken and gone. Audience: (Inaudible). Adano: Folk medicine is just coming in back on its own, we are slowly now trying to compile all this data and we're holding retreat sessions that teach the individual to use it but we hope that when we have all the data, we can send out manuals to the various groups, the basic survival manuals, not only in the herbs and the food and water but the therapy manual and we have enough time but the time is still running short. Not panicking but I they say the longest journey begins with the first step, one should think that. We don't drive a car without a spare tire, we can't leave ourselves stranded in our homes merely with a few cans of food that is not going to serve us properly. We need food that will nourish us not food to stimulate us because when you get sick under those conditions and drugs are not available, you have problems with blood, and the healing, and you need to know how to heal yourself, you need to know things to get the body to heal quicker. Military men hundreds of years ago never went to war without their comfrey in their little pouch and it's the only herb that you can put on top of a wound and seal it and it will heal that wound without leaving a scar, it doesn't require stitching. There's a marvelous chemical in it but when you extract that chemical out of its natural synergists, it doesn't do the job as effectively yet when you take the leaf and wrap it and leave it, it'll do the job, there's something about that particular phenomenon. And comfrey is not only good to heal you, it's good to eat and in fact the whole plant, not only the leaves for food and the leaves of medicine, the root itself for tonic, for vitality, it goes very deep. In fact what they are feeding animals in this country now is supposed to fatten them up and prevent them from having what is called different types of intestinal diseases, they have begun to feed them comfrey pellets coupled with the alfalfa. I was at a farm where they're making it and saw it, big blocks of the comfrey pellet, they took the actual roots and everything and compressed it. Now the people who are making it are not concerned with the leaves, the leaves they will give to a cow to fatten him up and getting bulky but the roots are what they're concerned with because the roots are what they're extracting all the medicine from. Now just like ginseng, the ginseng leaves are good but the better part of the ginseng is the root and your comfrey root is just as potent as the ginseng and in this country you can get as much comfrey as you want and grow them because if you can eat the whole plant, root and leaves and everything, it's food and it's medicine. If you got some little place in the backyard, the next thing if you don't have a backyard to plant you got one little room that you can spare and make it into a little greenhouse, you know you'll be forced to do what is called "hanging farming." They grow in buckets too you know, food grows in little barrels or little crates, you want to have the best strawberries, don't put it in the ground, fill up a little crate or a bucket with dirt and perforate it on the side and plant the strawberry and let it grow. You'll get more delicious strawberries than putting it in the ground, just hang it, it needs very little water. And do sprouting, in fact people should take advantage of Anvik Moore's knowledge right here in the Boston area, she is so sufficient, she will never starve if anything should happen because she knows how to survive on the minimum. She's got the seven basic grains that she sprouts to keep the body healthy and we may find ourselves in that situation. The seven grains are winter wheat or wheatgrass, sunflower seed, buckwheat or rye, mung bean, soybean, alfalfa, and lentils, these are the basic seven. Now in the wheatgrass you not only have food for nourishment but food for therapy because when we have a depression and a condition of crisis, the human brain will go into a state of schizophrenia, people will get very very neurotic, very uptight, simply because of the fear and the panic of the possibility of not being able to feed themselves and seeing others who are wretching because they can't hold down their food or

there's no food around. Your wheat grass will keep your brain from going into schizophrenic states and your sesame seed will strengthen the brain and prevent it from being hallucinating. Alfalfa will give you strength but sesame seed, the reason why the turks could not be brainwashed during World War II by the Germans, they didn't realize that they were always eating sesame seeds and the sesame seeds was keeping the alpha level of the brain high and the Turks would always go into the alpha level, they couldn't brainwash them and the only other alternative to a sesame seed is every human being except you is the devil, that's the Jehovah's approach to it. See the Jehovah Witness that's their approach to keep you from brainwashing them, if you're not a Jehovah Witness you're the devil so you can't brainwash them because Man is ought to fight the devil and he's got God on his side, who's gonna be against him so you see the psychology works. 1:30 If you if you're not a Jehovah Witness and you've come to talk to him, "No brother, you're the devil and I'm here to fight you to the bitter end." You could never brainwash him you see and he wouldn't go to war for nobody, he'd even go to jail for it because you're the devil. He's been programmed that way but that's one of the psychological immunization techniques against being affected into schizophrenic or depressive level. Mantra Yoga by the Yogis is the same thing, there's nothing else here but illusion so repeat your mantra, repeat your Holy Name so initiates have a head start but the world is not initiates, the world is human beings and we are not going to find ourselves in an exclusive class. We can't just think of ourselves when we're thinking in these levels, we have to think of humanity as a whole, we are our brother's keeper too you know. Society will break up and decentralize itself from the large cities after these crises, people are no longer going to find themselves living in cities in these crowded ratholes, everybody's going to try and get off to some little green patch wherever it's possible to get out. In fact, the majority of humanity in the years to come will be like the gypsies and the Calvins. It isn't that the big cities may not function but you will not find too many of the big cities being the entrapment or the allurement for mankind no more. The underdeveloped nations may not survive, they will be totally at the mercy of nature and its whims for growing because their land is polluted by bad sanitation already, they have used human feces to fertilize it and that would be the detriment. The internal communicable diseases will spread too fast through their society and destroy them, we have been fortunate not to use that to pollute our soil that way but we are polluting our soil with the deadening of the senses by the type of chemical that we put in the water to drink that makes us ineffective to think clearly and at the same time it's weakening the sight, it's weakening the heart, causing premature aging in our mechanisms. Audience: (Inaudible). Adano: Yes it's reverse osmosis but I did not get it because the company still has a problem. One of the basic problems of that technique was that it's a hand cranked principle and they can't produce them fast enough and they're trying to find some other way, some alternative to filter water so you have to go to a still, distilling it.

#### 1974 September 1 - Ego and Music Tyler

Adano74\_09\_01TylerEgoMusicQ4NW7 - You see you have a particular experience between the onlooker who slays the real ego, slays the real, ego is the slayer of the real, ego is the one that destroys E-G-O, it is that part of you that deprives you from God-realization, e-g-o, looking for the pulse beat again, trying to relate to it back after you miss it. That destroys the reality of you, that is why you can't stay in God's realization. Only those who don't use e-g-o to destroy the reality of the non-association and deprivation of the sensory stimuli to relate to life, only those know the truth and can say in one voice "No man take my life from me, I have the power to put it down and pick it up again." They know without all doubt that e-g-o don't run their mechanism, E-G-O is doing it all, the whole universe is run by E-G-O. That's why your blackboard and the writing is on the blackboard but anything that is important about that writing, we forget about the blackboard, we're too involved with the writing on the blackboard. We're always involved with the onlookers but not the comprehenders and the comprehenders is not judging. When you try to comprehend where you were or what happened to you, what happens? In that brief moment you've lost the pulse beat, you see how close you came to God-realization and how far you've gone from it and every split second you're there and every split second you're away from it. God is ever so close and yet ever so far from all of us, we will search and search

for God outside of ourselves but we will never understand the God inside of ourselves because He doesn't want any grave image or any type of goodness before Him, the real. Any type of generation from e-g-o as to what you are, where you are, and how you are does not work, it's E-G-O. Yet all very very (inaudible), you can actually put your finger in it and yet somehow you can't seem to grasp it. When you sit down to meditate, think where you are, see how deep you are inside of yourself, and then realize why you're not there, why e-g-o keeps you away from E-G-O. Anytime you hear of somebody performing any fourth dimensional ability, he had to break e-g-o to enter E-G-O because only in that moment you can live and die in the Lord, e-g-o dies, E-G-O takes over. There's a vast difference between e-g-o and E-G-O, brainwashing, hypnosis, auto-suggestions, psychiatry, every form of therapy that's designed by Man all conflict in e-g-o but God made one therapy like He made one way to eat by the way they grow, He always use one method, (inaudible), everything He does He puts one and then He puts the exception to the one lest you try to reduce Him to a rule. He give you an image process, that's why it's called image therapy, the image you make of yourself is what heals you. E-g-o, here's what I'm saying, E-G-O is putting it together and trying to make something out of it and e-g-o will try to tell me what it things E-G-O did with it. The reason we don't seem to have the contact with it, and that is the E-G-O, Sat Purush or Pure Self, Brahma, because e-g-o controls us up to the fourth realm. It takes a human being who has submerged his e-g-o with E-G-O, this is that brief moment (inaudible) you are lost in some unknown region when you try to identify with the pulse beat, your brain and the pulse beat through touch. Sensation of touch is the closest you'll ever come to pinpointing where you are in time and space and the anguish of not having any sensation of touch, of stimuli deprivation, the separate-ness, when you're aware of this separate-ness, the stimuli that goes on between you, between e-g-o and E-G-O, between the onlooker and the comprehender, non-relationship with your five senses, you can't seem to relate with your five senses. You touch your wrist, you felt the pulse beat, your brain synchronized to tell you you're touching and then all of a sudden your brain didn't tell you there was anything to touch and when your brain didn't tell you there was anything to touch and there was nothing coming through for you to recognize, then the onlooker in you began to panic, right? Observe how quick we will panic from inside and it shows us how weak and how undeveloped we are. Spiritual development is not based upon how much you can spout scripture, neither is it based upon performing miracles, it's based on this relationship between e-g-o and E-G-O, how to merge because it deals with that condition called death, the last enemy, deprivation of sensory stimuli. Meditation duplicates sleep at one level where you dream but you are the dreamer, in sleep you are not the dreamer you are dreamed through, something dreams through you so that you think you are dreaming. 0:10 E-G-O gives you a little play (inaudible) in the form of a dream and e-g-o thinks it dreamt and wakes up and says "I dreamt, I who dreamt." Where are these images kept? Not in e-g-o, they are kept in captain E-G-O and when the sensory motor functions are shut down, that means you're deprived of stimuli from outside, then a little part of that energy is released to e-g-o to have an image replay. Then when we begin to tabulate these images in order to make some semblance of understanding for it to tell ourselves we are having some information, e-g-o begins to make something out of it. The images are only coming back to satisfy e-g-o, then e-g-o is constantly kept fed in this flux, in this unreal state which continues to destroy the real, e-g-o is inflated now, that's where the inflation of e-g-o begins. Not in the outside world, somebody says that Man has an inflated ego because he's bombastic, no the inflated ego is the flooding of images inside that gives him what is called a collection of dreams which he has no control over, the dreams that tends to inflate him, pump him up. This e-g-o, this particular function is the slayer of the real because it can't relate to the real nature, it is hanging on to every stimuli to inflate it, to make it important inside therefore it dreams and craves for dreams to reinforce it. Then when it leave sleep it tries meditation and the sleep again allows it to drift away from centering into a dream so those who say they are going down into levels are dreaming too because they have to create an image where they're going, they have to create their laboratory so they are also in the e-g-o and those who are hypnotizing have to create an image and those who brainwashing have to create an image and it's all in the e-g-o and those are trying to dig out the dreams to put them together, polish them or wash them or do something or launder the whole thing, it's all in the e-g-o. We are never going to remove these conditions by

attacking them as conditions in the brain, they will always feed the imbalance which is pain in the body, they will always continue to grow and fester and continue to concretize themselves in the e-g-o nature because they are all the products of the e-g-o nature. The e-g-o nature gave birth to them by craving them to be released from the capital E-G-O nature. 0:14 So when we meditate, we are trying not to bring back the memory patterns of drifting around into a mediumistic state or into levels where we fall away from the center of being. You want to be ever-conscious of where you are even if you don't feel anything, see anything, hear anything, smell anything, touch anything, you want to be conscious. You want to be there, that's the real, you want to be here and now, it is in that state E-G-O in you is making a physical change and when you've come out that physical change would be obvious to you, that the cells themselves would carry the state of peace. This is the elation, this is the ecstasy that many people experience by spiritual healing, instantaneous or otherwise, and don't know how it happened and give credit to some unseen being in some remote region for its results. It is not that the unseen being does not exist, E-G-O does exist, it's the real, it's the you of you but the you of you has to experience when e-g-o gave in, when e-g-o ceased to interfere or impede the flow of the energy in it but e-g-o is the one that's got to release in order to recognize E-G-O so it takes a long time for us ever to break that in meditation. The mantra is an aid to prevent the mind from wandering but more than a mantra is the Presence, no one can make it by himself, that's one of the problems of meditation, you never hear of anybody who meditated and made by themselves, they are just one or two exceptions to the rules. In the history of Man there have always been exceptions to the rule that come out with the peculiar phenomenon of transcending, 99.99% of us only make it by grace. Calming the mind and learning to live from within is slow, gradual, don't rush it, let it happen. Remember that your e-g-o will pull a lot of tricks on you and make you fall down and you're going to use your e-g-o to evade the consequences of your e-g-o. 0:20 You see you know now where you are in your spiritual growth so when you hear someone who is fully realized, you know he really made the big battle and the big battle and the last challenge of the big battle is involved with breath, anyone who has jumped from e-g-o to E-G-O had to have a fantastic ability to breathe. His ability to breathe is involved in the ability not to breathe, sounds very very paradoxical and the ability not to breathe is like the ability to eat in order to live not to eat. Both laws are there, we die by eating all the food we were supposed to eat or we live by not eating all the food we're supposed to eat. We die by breathing all the breaths we are supposed to breathe or by not breathing all the breaths we're supposed to breathe we will live. Equally true of the motion, we die of doing all the motions in the body or we live by not doing all the motions in the body. In the nutrition we have one road, the way it grows, in meditation we have one road, trying to come to grips with E-G-O via the internal breath. The Sound Currents that go on inside of us, how we can hear it from the meditational practice, the daily practice of the meditation and listening to it, a high-pitched current, more and more as you listen to it and become merged in it, one day it will give you the strength to have the one respiratory act called the Breath of Life that breaks the gap between e-g-o and E-G-O and then you would be really merged in that state. Just as much as the person who eats to live and live not to eat by eating through the growth pattern and gradually working for the solids to puree to liquid, gas, pure vibration and one day you will make that big breath that will switch off in the medulla and you will find yourself drawing energy like a plant through the back of your head, in both cases there is a respiratory act involved. In the motion, we're not for that yet but one day you'll take that big breath and then you know the difference between reincarnation and resurrection. Audience: Would you call the Sound Current energy? Adano: Audible Life Stream therefore it is conscious energy, it's audible and its life and it's free. If it's conscious then it's energy, God is power but He's a conscious power and He is E-G-O, the only I AM there is, every other I AM which is us, the onlookers in creation, we are the slayer of the real in ourselves. The game is going on inside of ourselves, our little e-g-o constantly slays or separates or distorts the association on a conscious level with E-G-O, it blocks E-G-O from working through us. One man merely gave a clue how we can avoid this crash between e-g-o and E-G-O by saying "Let go, let God." Let go of e-g-o, let go of the onlooker in you, and let the comprehender in you function totally through you, that's another way of saying it. You are more familiar with your nature, with the term onlooker in you and the comprehender in you, the comprehender in you is the one that makes

you feel stupid and the onlooker in you is the one that makes you seem important to yourself. Are you familiar with that feeling? Good but that's what it's at, the onlooker in you is always thought of as the important part, it knows it. The comprehender in you is the one that makes you feel very very unimportant, very non value, very incompetent, it makes you realize that you're a creation and not a creator. And the onlooker in you is the one who is busy boosting you up with the idea that you are the creator but you see it's the two poles of the one energy and you can't have a creation without a creator and you can have a continuity if both forces did not act in the same vessel. This candle has two ends to the onlooker, to the comprehender how many ends? No end, there's only one, there's no end to the candle. The onlooker sees two and the onlooker debates with itself from the question that there is one end but in the comprehender there is no end because there is no two either, there are no ends in the comprehender because where are they going to push the ends into? If you squeeze the whole thing and burn it right down what you have? Audience: What you started with. Adano: Right, so there are no ends in the comprehender, the comprehender is the dot like in the middle of a circle. The comprehender generates this marvelous condition but the onlooker sets up the whole illusion. Maya or illusion or creation, Mother Nature is the onlooker, that's Brahma Vishnu Shiva but all locked up in e-g-o but Brahman, Sat Purush, E-G-O, the comprehender, there's nothing here for him. There are only a few moments we're ever going to recognize Brahman, there are a few moments whenever you come close to Him because most of the time we are all worshipping Brahma, e-g-o, the creator. One time when you don't worship Brahma the creator is when you fall asleep and don't dream, when you meditate and you don't generate dreams in your meditation, it's called curia-sleep, the sleep of the dream-less state. And when you die and you don't have desires, these are the only three times that you come close to Brahman. Now they Sages tell us sleep is not a practical state, imitating sleep in meditation is also not a practical state, and dying is not a practical state, there is a fourth state that is the razor's edge, they call it the Path. That fourth state or the fourth way, everybody heard of the book called The Fourth Way written by Ouspensky trying to describe what the fourth way is, the path? It simply means this, the fourth way is the art of how to die on a conscious level every second then you're always in Braham, not Brahma, you're always in the comprehending state and not in the onlooker state of your nature. So Paul put it another way, "I live and die daily in the Lord and I rebuke you in your rejoicing for I live and die daily in the Lord" that means every second shutting down the unreal for the real and Jesus merely put it another way "You see me, you see the Father. I and the Father are one." 0:30 The Yogis all say we start off coming down from "So Hong" which is the I AM state and return by "Hong So" state, that's the reverse state "Hong So" or "So Hong." You go back from "He" to "I" or you come down from "I" to "He" the Word is "I am He" but the "He" or the Soul is in the throat and it's the mouth that betrays us all, that is merely trying to tell the world outside "I, I, I, I, e-g-o," and that's Soul. When we let go of the ego or the "I" from the throat nature, that's where the thyroid is, that's where your willpower is, the Will center, those are familiar with the chakras or endocrine glands, the real center is in the throat so what do you do? "My will be done or Thy will be done?" Audience: Thy will. Adano: All right so the cervical center in Man does a great deal to make him a stiff-necked individual, this is why the Creative Intelligence and all the scriptures always call Man who digressed from the real and remain in the unreal as a stiff-necked individual. You don't know why you were called a stiff-necked individual, you're called a stiff-necked individual is because you're stuck in the throat with the (inaudible), the "I," never breaking away back to the "He," never merging with the E-G-O so you're stuck there. It's when you come to grips with the reality of what is happening inside between the comprehender and the onlooker in you, then you'll see that the onlooker in you is leading you with a ring through your nose and the comprehender does not pass judgment on your behavior but "Unto the Son is given the power to judge," something inside of you is judging you though, there's another part of your nature that is judging you, that part which is not the comprehender and that part which is not the onlooker. We all have a part (inaudible) passing judgement on us but not penalizing us, we are penalized by our own selves through the law of cause and effect, we are judged by junior, you know what that one is? Big Daddy, Junior, and Spooky. Father, Son, and the Holy Spirit. (Laughter). Now you know who is Spooky, we are all going to be judged by the Master consciousness which is the intuitive level in us, the Christ level in Man or the

intuitive self in Man, that's the true judge, that's the one that separates the goat from the sheep, that separates the unreal desire nature of e-g-o from the real desires of E-G-O. An intuitive nature is the separator, the sorter out that gives you the reality, what you are. The basic disciplines that we find around us are the rules of the game and how to live with the law of cause and effect and it is the intuitive part of you that is going to call into force the law of grace or the law of retribution, we do it to ourselves, nobody else. We can't blame any God or cause for punishing us, we can't say that we have a rotten deal when we're born with one arm or minus a leg or all the other things that happen around us. (Inaudible) people say "How can a God be so good and allow these things to happen?" Those individuals are living in their e-g-o and have no comprehension of E-G-O. Only in meditation you are coming to grips with the reality of these levels of your nature and it's not sitting down and drifting away into a nebulous region, it's coming to grips with the reality that there is a link between the pulse-beat and the brain-beat and there is a sensation that occurs that tends to separate you from the pulse-beat to the brain-beat and that sensation can be very very very traumatic because you can panic so people often hear "don't meditate, don't practice meditation without a teacher." These are all fairy tales, meditation is to make you realize that you have to master death and once you know the rules of the game, you can play it but you don't know the rules of the game, you'll speculate about it and then you can develop all kinds of propaganda of what not to do with it. There is nothing more realistic than the physiology of the body, you can't be more than dead than dead when you're dead, just as much you can't be further away from panic between brain stimulation and brain deprivation and you can't be any closer to the devil than you are when you judge yourself. You can't be more possessed and be exorcised than when you're busy dreaming up your dreams by e-g-o so nobody possess you, nobody obsesses you, and nobody's gonna exorcise you but you see they don't want facts, they love the fiction, they're love the mysterious least so the reality of being a healthy mind in a healthy body (inaudible) and no fun in it. We love to be sick, we love to be pitied, we love to be cuddled and told we are happy people because we are sick people. We want people to love us because we are sick but you see what the e-g-o is doing to you? It doesn't want to free you, e-g-o is your true slave Master, you are not made a slave by craving, you're enslaved by e-g-o by allowing you to enjoy craving, that's the whole gimmick about it, that's how you're made a slave. If you don't enjoy e-g-o you can't be made a slave, once you break free from it then you have control. So don't say to yourself that you're going to cut out your ego, you're going to destroy it or bury it in some corner because that's not possible but we can transcend it, that means you can work around it. I think we gotta go to bed and get up early, get that meditation at 5:30 in the morning and keep that inner consciousness communing with each other because here is where you put e-g-o to sleep and allow E-G-O to work for you. The internal unity of all life can be experienced when we go to bed, not to dream the dreams that we can't control but to dream the dream that we are in control. You'll always be in that position "No man take my life from me, I have the power to put it down and pick it up," that's the ability to dream the dream of control. (Gap in tape) ...somebody we're going to work on in the lumbar region and we're going to go back for it. (Adano plays various chords on the piano). "Me" is E. Now what is a C#? Audience: C# is a half step above C. Adano: There's a reason I want to establish C#, play it seven times so we can establish it. (C# chord played on piano seven times). All right, play it a few times so it can resonate in the room. (C# chord played on piano). Ok, now play C. (C chord played on piano). Now which one makes you sick? C# makes you sick. Which one made you feel uneasy? Play it again Robert, C#. (C# chord played on piano). Now play C. (C chord played on piano). Now which one gives you the uneasy feeling? The C# because it's resonating directly on the adrenals all the time. C# is always in the atmosphere around you therefore you have what is called...

1974 September 2 - Spiritual Chanting

Adano74\_09\_02SpiritualChantingSuicideQ5 - (General conversation). We've covered a lot in musical therapy and I know a lot (inaudible) you can apply to yourselves to work with and going back to the meditation applying the simple technique of "So Hong" and (inaudible) from red right back to white, you can unlock a great deal of inner tension and stress. (Inaudible). If you have questions, I'd be glad to

answer them now. Audience: You were going to give us some techniques to protect ourselves from the intrusion of the Sound Current coming (inaudible). Adano: The brain is normally vibrating at beta level all the time and therefore it is always invaded by the different sounds outside. Now to insulate yourself against that close your eyes whenever you can and try to repeat the Holy Name, build the tension and let it go. Now this is a form of immunizing the body and mind and the repetition is without doing the sound and therefore it has to do with the mind, that's where the immunization begins. The scripture says "don't take the Name of the Lord thy God in vain" meaning don't use it with the spoken voice because that will only add to the beta level of the brain and the rays will go out and bounce back and there wouldn't be any physical change but what is actually occurring inside when you repeat the name mentally? This is the brain and around you, you have waves that are constantly bombarding you and when they hit the body they bounce off so they put the body in a state of stress, this is what you call your life stress reaction under constant bombardment of the rays, coming in and hitting you and bouncing off. If you were to repeat anything audibly, you will automatically start sending out into the outside environment from inside, you will be added to the (inaudible) and therefore the beta waves will start multiplying around you, your concentration will start accumulating, you'll have an accumulation of sound waves and then the stress will come in more intense. You will acts like a magnet to attract it and that's why they say "taking it in vain," it's like pouring more water into a cup and all that happens is that it will overflow, that means you will add more concentration of the thought waves around yourself. Now to break the pattern, immunize yourself against the stress is to mentally repeat without moving the sound and this is what happens when you mentally repeat without moving the sound. You build up internally a spiral force, that's where they get the word Spirit, spiral, Spirit, a spiral force is built up inside of you, you become like a coiled spring now as you mentally repeat over and over inside without moving the sound. The vibratory force goes up and then this outer wave begins to crack, eventually the outer wave starts to take on the same perspective as the inner wave. As you keep it on, it starts to get more and more, that's how come the vibratory rate of Masters is so strong or people who meditate, their vibratory rate is strong. So it begins to affect the environment in which we live in, the whole nature starts to touch everything: plant life, animal life starts to be affected so we have now what is called spiritualization. Now you can take a song and spiritualize it in three levels to break the atmospheric or environmental wave. Doing that is what you call Kirtan or chanting, that's where the Yogi would sing at certain times of the day certain chants and certain types of chants at night and certain types of chants in the middle of the day, and certain types of chants in the evening, these are called Ragas and Raginis. 0:10 The Raga was the male and the Ragini was the female which means the active tones were used at morning and the passive tones were used at night. The Raginis were used at night and the Ragas were used in the morning and (inaudible) is one of them that is always used to invoke this particular quality. Now if we use Aum, we can start the whole room changing its tonality because Aum is set up in various parts of the body too. You have Aum going straight up from the coccyx right up to the head, you have Aum on the right side of the heart, and Aum is on the left side of the heart but you have different parts of Aum broken up also on this side. So you do vibrate all through your whole nature when you chant Aum, that's why Aum is found to be the most universal sound by the (inaudible). It's not the word itself, the word when given by some spiritual Master is a word that has been used by him or handed to him by some other individual who used the word, who was handed to him by some other individual who used the word and all the way down that you'll find that word only has five individuals that have handed it down, after the fifth person it's changing, the word itself will change after the fifth person because it loses what is called potency. Potency is only up to five representing the five elements, once the five elements are being brought into balance by a spiritual individual in five successive line of spiritual growth then they have to change the tone. They don't have any more reaction, the tones are all stabilized so earth, water, fire, air, ether, these five forces are stabilized by a certain note or a certain word in a successive line of five Masters or spiritual Teachers. In which lineage you will always find five and they will give you a particular mantra or sound or intonation to enfold the consciousness out of the outer levels back to the center, it will pull the level of consciousness back there and start pulling it that way and it has to pass through these five elementary forces. So the first Guru or Spiritual Master who

comes and says "I use Coca Cola color," you start off with "Coca Cola, Coca Cola, Coca Cola," he will live his whole life to the point where the word began here, "Coca Cola" but he will pull it until it reaches this point where he is "Coca Cola" himself. He and the Word have become the seed itself, the very presence of the man who uses "Coca Cola," the very touch of anything gives a flavor of "Coca Cola," he has become the sound itself by the intonation. Now, he will radiate this out into every form of life in this particular person, then when his disciple comes along and wants to follow the path back to the inner source, he says "Ok, here, now repeat Coca Cola mentally." Now it will work for this man, how? Because the first one holds himself here, this vibratory nature is impregnated enough just by movement. So that next person will intone it to bring himself right up to that point where his body mechanism will start doing the same relationship. Then the third one will come along and he will get the same meaning, then the fourth one will come along and he will get the same meaning and the fifth one will come along and that will be the end of it because all five elements are now satisfied and permeating the atmosphere to the one word. Then the fifth one, if he's going to pass it on before he dies, he will say now to the fifth person, "Now you make up your own word, you pick a word from the (inaudible) level, from the Sonic level, and work your way through supersonic back into ultrasonic." He tell his student now, "work your way back in, find your own word, use Mercedes Benz or Volkswagen or Cadillac but pick anyone you want, you've got million of them all around you in the (inaudible) level, work your way back into ultrasonic level and be identified because God is the Word." "In the beginning was the Word" in the ultrasonic level this is the reality, "the Word was with God and Word was God," you and the thing become one, you exude it all the time. "And the Word was made flesh and dwelt in Man" and you can make it an actual reality in yourself. This is the principle of the Audible Life Stream, working your way back into that principle, it pull your mind all back together at once so basically, as you realize it, you are actually immunizing yourself by the mental repetition. Now, Yogananda showed us how to spiritualize now in his own cosmic chant, you first sing the song audibly on the sonic levels and then you sing it on a (inaudible) level, that's the supersonic. Then you chant it mentally without moving the sound on the ultrasonic level then the chant is spiritualized. Then whoever picks up that chant or hears you intoning it or starting it, it starts to carry the vibration right through the mechanism, it opens subtle forces within you. So you have to take something and work it but it has to have a certain amount of numbers to make it spiritualized. Every sound in the universe is spiritualized at 35, everything is set to 35 because it has to be an octave when you add it across. Now you have 16 physical elements to make up your physical body. You have 19 elements to make up your electrical body and 19 and 16 is 35 which makes up your idea body. 35 and 35 is 70, "as it is in heaven so it is on Earth," and then you have polarity which is two and you have the 72 Names of God and you read the book called the (inaudible) or the 72 Names of God, you come up with the same thing, "as it is in heaven so it is on Earth." Now we have 52 letters in the Sanskrit and so we did come back 7 when we add them across. The Sanskrit alphabet is imprinted in the Chakras and there are two that is in the (inaudible) which is above the Lotus so we have actually 54, five and four is nine, seven and two is nine, you can't go outside of the law. Even in Hebrew or in Sanskrit you come back to the same thing, the Law of Polarity is setup, the 1000 Petal Lotus is setup, and (inaudible). So we know that is the way the Creator has made everything is (inaudible), you can stay away from the Creative Force by leaving ultrasonic, going supersonic, and then into the Sonic levels, and then all the life is in the Sonic levels but when you move back from Sonic levels, Super, into Ultra then these waves all begin polarize themselves. You have to go in, immunizing yourself again from what you call entities, entities are only discarded ideas out of polarity. This bombards you with wavelengths outside here and makes you feel like you're being attacked. It's a very rare situation in a society like ours, you never run across somebody that is actually occupied or (inaudible), we don't live in a type of environment that permits that type of condition, we don't have individuals that are (inaudible). So when you hear of these things called exorcism, you know it's just another propaganda going on. It's a very rare case that you'll find in our society, you'll find it more in primitive society where the ideations have been trained to accept things at a spirit level, that everything has got a spirit identity, and that if you don't treat it right, it will attack you, and therefore you automatically, in a primitive society, have set up the condition of obsession or possession, there is no such thing. 0:20 We can generate

these sounds, we can hear these sounds, we know these sounds from past associations and our mind, from the subjective level, will feed upon it all the time to bring it, from the Sonic level to the supersonic levels and the supersonic level will pick it up and retain it and feed it until it becomes an obsession, a hallucination, and then the ultrasonic level will come in where you're actually ingrain it by visualizing it, you begin to see it all around you from the ultrasonic level. You will automatically produce it yourself so therefore you begin to have what is called internal projections of yourself. Now the psychiatrist can't do nothing and the priest, he is going through the motions of trying to drive it out and end up only recognizing its existence and hurting himself. Now in the case of the man was possessed by seven devils, Jesus never drove out the devils, there is no mention that Jesus drove them out, all that is mentioned that the man was obsessed and the man said, "We know who you are." Simple that these ideations are full possessions of their true meaning, knows fully that within the Master Jesus the Holy Vibration is already synchronized, and that he is living on the ultrasonic level. So they said "We know who you are, let us go." Now he couldn't stretch out his hand or correct or exorcise that case of anything, all he did he looked at them, "Depart in peace." Ultrasonic is speaking to sonic and where does the sonic go and break itself up back in the sonic field? It has to disperse in the sonic field so leaving the man was what we call recycling, or letting go of the tension in the body. For the first time these ideations of the primitive life and the nomadic life impinging upon him, hanging around in the cemetery, and being told that you're gonna be obsessed (inaudible). Knowing these ideations and trying to relate, he merely said "Depart in peace," that means let the mind let's go for the first time from a sense of authority. We would accept some individual in authority saying that when the mind releases and it is said that "the ideation left him and went into the pigs and they committed suicide." They didn't go into another human being proving that this feedback is that the Audible Life Current is not in the animal life stream or the animal life to realize it. When the Audible Life Stream decided to be in-resident in the human form, it took the human form to realize it. So the human form realized that when it spoke to another human being, "We know who you are," this is a direct relationship of feedback, this is a correct balance in between the two forces. Therefore the excess energy that generated these ideas patterns, these negative feelings that were generated, had to filter themselves out into another physical form and goes into the animal kingdom to release itself. Yukteswar used to say that biting insects, stinging insects, all the things that are poisonous and venomous are the precipitated negative thoughts of human beings but if that is a reality, imagine what the precipitated thoughts of feedback into the pigs, suicidal, what was the man's whole purpose of hanging around in a cemetery? Wasn't that a form of evasion of society? It was suicidal tendency that made him hang around the cemetery, you can see the relationship of what he is doing to himself, submerging himself in that type of environment but eventually, when he did let go of the energy pattern and accepted the reality of the spiritual nature of the man Jesus and the man Jesus merely setting the polarity of saying, "Go," this energy had to release itself back into the animal kingdom where it would dissipate it and suicide would be the most normal release because he was suicidal in his nature to society. Therefore the release of the energy goes back in the animals who would be suicidal so if the man was negative and Jesus is positive/negative and he recognizes this polarity leaving and Jesus was saying "Depart in peace," the energy will have to go out through some other form and lock itself in to dissipate itself. Therefore it would either have to explode or have to go through some form of death to release it back into its primordial essence because he in himself, primordially, instinctively was killing himself by disassociation from his own kind and by living in a cemetery as a means of relating to his own personality. He was in essence dead to society, he had literally committed a form of suicide in society. Then by virtue of reevaluation and confrontation with the Spirit in the man Jesus, now this energy had to go back by feedback, it had to be recycled so the image was broken, that's what the image therapy is, it's the breaking of that image, "having no other images before Me," or graven image, "Thou shall have no gods before Me or any graven image before me," that's ideation of the pure Spirit, it can't be anything thing but that. This energy now had to flow back into the animal kingdom where it had to dissipate itself and therefore the normal behavior of the animal was to commit suicide. So if you are bombarded the thought patterns outside that are tending to break you down and you're gonna run in a corner to hide or you evade society, you are automatically doing

the same thing like the man who went to the cemetery to hide, you are in a sense committing a form of social suicide. So instead of running, start generating counter energy, start immunizing yourself, start giving yourself the spiritual vaccination from inside, start cleaning up this inner consciousness because once this energy starts moving from inside, you have a wave that is build. This discordant waves outside cannot combat it no more after it's built up, that's why we say if you're in doubt as to what you're seeing in mediation, repeat the Holy Name over and over and over and put your whole consciousness into it because this Name has the power of breaking down any (inaudible). Now if it's a genuine experience of some value, it will stay and have to prove itself (inaudible), so you know what to do, how to immunize yourself against the negative feedback of your own thinking. Let's spiritualize some sounds and Yogananda has done this for us so we don't have to work too hard at it, we can enter into it and reap the results. (Gap in tape). 0:30 (Group chanting). 0:47 You notice for the first time you're alert? Now listen, keep your mind on God and if you really listen, you can hear people walking on the street. If you're listening very intensively to your inner self, you can actually hear the grass growing, you can hear the trees and the plants making their sounds inside by their growing, you can hear their growing pains. You can hear your organs moving inside, you can hear the blood beat, flow, the sonic waves travel through everything therefore nothing is hidden to the ultrasonic level, everything is an open book at the ultrasonic level. 0:50 Here is an opportunity to expand (inaudible), try to hear love. (Meditation). Do you like the sound of it? Anybody can describe the sound of love? Audience: (Inaudible). Adano: Silence. (Meditation). Audience: The beat of the heart. Adano: The beat of the heart. Audience: (Inaudible). Adano: It's the Sound Current, that's right, it's the sound of love right in your own heart, your own heartbeat. "Listen listen listen to my heart song. I will never forget thee, I will never forsake thee." That's the sound of love, your own heartbeat. (Adano makes thumping noise). You can travel along the heartbeat into the infinity of love, it becomes music after a while, you'd be surprised at the various symphonies that take place. Outside there is a machine that shows the sounds of the human body (inaudible) but we know for sure, beyond all doubt, the human body is the best musical instrument there is, every cell is giving off music. We live and die and we don't even know we have such beautiful music going on inside the body. All the music that you hear (inaudible) that seems to pull us and carry us to such heights are all coming out from the cells of the body. When the brain of the composer slows down and he can put these things into comprehensive awareness, he is taking the sounds out from inside of his body. (Inaudible). Now can anyone describe the music of (inaudible)? I bet you if I hum particular sounds, you'll recognize each pattern. (Adano hums some music and group laughs). 1:00 (Inaudible). The composer merely captures the (inaudible) of the vibrations and puts the whole thing into context and helps you to transport yourself into that vibration. (Inaudible group conversation regarding music and chants then gap in tape). If you're not happy here, don't expect to be happy somewhere else, the Masters have all said this, the Earth is a place where you discover how to be a portable paradise. (Inaudible). 1:20 So it's only the grace that given you back the lifeform of Man. (Inaudible). God is always in the world in the form of Man in each generation and He is always giving the grace out to the world in forms of initiation and hooking you into the Life Current. You're always going to be granted via the Christ Principle or Master Consciousness but that does not say that you have a guarantee because you still have your own karma to live out and it's only the grace of this association that will give you the Man form again. The Man form is not something you inherit or something you're entitled to, the Man form is a gift from God by virtue of karma and grace and contact with a spiritual individual so you don't have a Man form every time. (Inaudible). That's why the scripture says we are our brother's keeper, the average individual cannot understand what "our brother's keeper" really is, "our brother's keeper" is only understood in the relationship between disciple and teacher because there is a bond that exists for all infinity even Yogananda says "I come again and again and I've been here many incarnations." Once you've achieved the Man form, you've achieved a taste of being "your brother's keeper." (Inaudible). So we start off loving ourselves, loving our loved ones, then loving the whole of humanity as God. (Inaudible).

Adano74\_09\_03HappinessFlashBulbExperienceQ4 - (Group chanting). Look at the flash and let me explain the color pattern of the gold, the blue and try to hold it on ground, on the floor of your mind, hold the image in your mind. You're looking at the light and when she shoots it, your direct the after image to the floor, look at the flash. (Clicking sound). Now follow it, keep following it, see the gold ring and the blue? Now direct the image down onto the floor. (Inaudible then meditation). Now see if you can keep it steady. (Meditation). Everybody see it? (Meditation). You noticing that you're starting to feel like you're losing your awareness with it? Don't try to block it, don't try to come back to consciousness, just go with it. Watch for the flash and keep your eyes on the after image of the light and try to follow it as long as you can with your consciousness, right down into the different levels. (Inaudible then laughter). Are you ready? Watch for the flash: one, two, three. 0:10 Go right in the middle and fire it so everybody can see it from the middle. (Inaudible then meditation). Now close your eyes and see if you can see it, just follow it. (Meditation then gap in tape). Now you were given an exercise in which you bypass the will from the cells to focus upon an internal image, it broke the stimulation and caused your body now to automatically slip out. (Inaudible) then you would be seeing in front and behind, sideways, you'd have what they call omnidirectional vision and then you discover that you don't see with your eyes no more, that something is seeing through you, physically, (inaudible). In other words, you begin to recognize what is called "Divine Will be done" or this Cosmic Principle of life that is holding the image of your self-identity as it dis-associates from the cells. (Inaudible). Your scripture says "Nothing moves except by Divine Will," there is no experience except by Divine Will yet we can trigger or generate experiences by our so called "craving will" or "trained will," (long section of inaudible). 0:20 Now what actually occurs is on a physiological level, the real Cosmic Will that holds the molecules, the cohesive/adhesive force are holding this together (inaudible) and this rapport occurs in the theta level at the point of diminishing. You see you're able to hold onto it inside and took it from that level and brought it in and held it, that is alpha. Now when it starts to disappear and you're afraid of losing it, then you should go with it, that would be the break between psychological will and physiological will called Samadhi. (Long section of inaudible). The industrial man can, by these different changes, these different reflex, he can actually develop certain conditions for the brain to go through these inner changes faster than the man who lives on the outskirts of society that has ingrained traditions and taboos that are already not genuine anymore, they're still hanging around in the brain of that individual from his environment and there's all kinds of different mental assertions to different physical laws that are there. So they have got this whole mental block and the more we explode these blocks and put the right perspective inside, then it's easy to go into what is called a sensory withdrawal, a sensory deprivation to focus, thus breaking the association between psychological will and physiological will. The real Cosmic Will is in physiological will, the cohesive bonds of this mechanism, this is where tremendous force lies in physiological will not psychological will. Psychological will is that illusive will that is constantly assuming that it can control a condition from within or without on the basis that it can draw from an unlimited energy reservoir. (Inaudible). Now physiological will is the opposite, letting go and letting things happen then you begin to see the difference between the two. The physiological will would be the Cosmic Will and the psychological will would be the ego will or the individual craving to hold this particular phenomenon and once you can go to the point where it seems to merge, the observer and the subject, when these two things become synchronized for the first time, we have now a release or union. That's where the word Yoga comes in, a union between these two pulls, psychological pull and the physiological pull and you'll even see, they say "meditation with seed" and "meditation without seed," you're centering the attention on an image as a seed, something objective, something related which you saw, and then trying to synchronize and let it occur for the first time and what occurs is what the Yogi calls Samadhi, a sense of at-one-ment and your body begins to hear itself as sound resonating, it becomes like a fourth dimensional experience, your vision or internal awareness now is omni-direction. (Long section of inaudible). You want to get to that point where the psychological will diminishes and synchronizes with the physiological will, it's the real You of You and it's the most rewarding experience to get down into that level because in the theta level you have this omni-directional feeling or one-feeling (inaudible). 0:30 Now, since you're not getting sleepy and you're turning to come out again back into the outer

world, that means you're starting to float up. (Inaudible). So trying to get sleepy or trying to get back to outside to pick up where you left off is the psychological attraction, is the psychological will to control and that's what they call the illusive will, that area of our inner nature tends to delude us by floating us up, you become like cork. Now to weigh you down is to take more centering of yourself and then you float up, the closing up sensation is like a whole host of things trying to pull you up because these are what you call your attractions, they're all tending to pull you away from your bottom to the top. (Inaudible). So the more you go in and get weighted down in it is the less attractions you have outside that will stop to you and pull you back up. In other words your karmic patterns are like corks strapped to a big anchor, after awhile what will happen to the anchor? It will float, right? It will always come to the surface and that's not where you want it, you want it come back to surface areas because there are too many corks attached to it and cork is a very light thing so it's very deluded, it's a symbol of realizing how your true nature is, your true nature is weighted inside, form, and the more attractions that you have tend to put it in focus so the more you're entangled with these blocks, they will weight you up, pull you up, make you float up. Now as you chip away from these type of buoys or different conditions that tend to pull you to the surface to float, the more you precipitate down, then in that state you are going down like a diving belt. (long section of inaudible). So we have to go down into that mechanism to see these physiological factor on an omni-directional field and then we have now this one-ness with life. (Inaudible). See you can't have a modern body or an industrialized body unless you made all the efforts to disassociate by long deprivation in monasteries and long treks through the desert, long treks up the mountainside and going through all these different civilizations of self-chosen solitude and seclusion to get to this level of inner composure. So he's born now in an environment where all these reflexes can be put to the test. (Inaudible). Now, we are right now in this industrial complex working towards an internal unity, it's preparing the body for the next incarnation that will put us in a far more complex society that may be occupying space stations or different areas in other life support systems where the ability to drop down from psychological will level into physiological will level will be normal at age one, two, and three continuing on and we would have this ability of dropping down to these levels faster because we would be called upon to use them in an environment that is already caught up with some of the basic changes to provide for this unusual sensibility of the human being. (Inaudible). This is the journey of Divine Expansion, you see because right now we are in beta level, we've left a lot of beta level to come into alpha level in this industrialized society. (Inaudible). Now we have moved out from beta to alpha, we can do a lot of things in alpha and work with alpha and we're preparing ourselves now inwardly for our theta environment. So when you're born in a theta environment, a primitive would be in alpha and those born with this unusual ability to drop down into the level would be in theta. More and more according to the Master in Autobiography of a Yogi, these levels are setup, we are evolving into this Divine Nature but nevertheless the form must trip right through from beta all the way down to delta and some of us all the way back to omega, you do have a few that will go through like that because those individuals have learned how to dissipate (inaudible) from any type of attachment to psychological will and can lock into physiological will, this is what they call the desire-less action. (Long section of inaudible). ...is such a marvelous self discovery of the basic rules of spiritual training, when you apply what has been given as discipline from the outer world from the beta level as a religious background you will begin see how come things can't work. Now if you suddenly realize that it's going away and if you give it love, all of a sudden it begins to magnify, it flies through you like a bullet and that's not the most shattering part of it, the more love you have and the more non-relationship you have with it, that means the more you're unattached, the image starts flying through you, you become the focal point of it instead of it staying away it, instead of you looking, it's becoming you now, it's rushing towards you. But you have a problem, when it starts to come in there is a confusion in the mind between psychological and physiological will patterns, which will have supremacy. The fear is that you don't want to give that particular energy level control of this physical level because you don't know what's going to happen but nothing can really happen, it's just the two things are passing into each other. (Laughter). (Inaudible) You see we are placing the emphasis on psychological will to represent ourselves to give ourselves a sense of confidence when in actuality the sense of confidence really

comes from the physiological will. Now it's the psychological that triggers the psychosomatic condition in the body and then physiological will eventually satisfy because there's nothing else for it to do than to provide an outlet for that reinforcement. So on a physical level, the pattern will start coming through as a pain condition, as a pain memory. Now until we can resolve this particular attitude by releasing it and accepting that the psychological level is elusive and is not real and allow the physiological level to start pushing through, it can be very very painful in the early parts to let it go because certain images will come up that have been suppressed physiologically and I want to be contracted psychologically and you may not be very clever and therefore you have put into two conditions... (inaudible). It's when you don't fight it and begin to accept it and go along with it under two or three repetitions, that's where the therapeutic effect comes in now. Repetitive action of the thing, you would begin to see now not only the self-discipline by repetition but the therapy from repetition. The therapy is built-in and self-discipline is also built-in, it is a reinforcement principle so that it starts correcting itself. Now we all do feel sorry for ourselves, don't kid ourselves, we all got this kind of problem inside. (Inaudible). It's a very very interesting way of image release of the images that are included up by the psychological will to be important to the consciousness and once you can actually go into it, sometimes all these things start to open up and crying or hammering or hitting is one of the levels. Some researchers have gone to the point where they call it bionetics or the energy of the body itself from this confrontation making the individual wanting to stamp and shout but it's actually psychological release for these painful experiences, they are there and they are very strong and what is interesting about this if you would observe when the pain came on, there is always a color associated with it, a very significant association and the color keys you or cues you in what psychosomatically or psychologically is impinging and causing the reinforcement and if you can think back before the bulb was flashed about the painful sensation, what color comes to mind? You don't have any mental reservation so automatically you'll give a specific color which will indicate the shock accurately, then the release will come or the feedback will come. So usually you'll find most of us will have a sort of a color, no color, then eventually there is a color or automatically find a color right away but always a struggle to go through that decision point. The trouble manifesting in the body is the result of a shock or a stress that leads up to it in a matter of 24 hours or three days or four days when the stress is leading to a culmination point of the actual experience. The experience itself (inaudible) would carry a color but it's already programmed into it to bring this about. An example a patient here had a lot of problems and could not know why suddenly one day the body collapsed and she went to a lot of doctors and usually people don't come to me until they give up to die. So I had the case histories of the different diagnosis. I says, "well that's all good and fine, you've got it all (inaudible), but I'm going to ask you a stupid question, what color comes to mind when you think of the problem?" (Inaudible). 0:50 So when she told me the color, she says "red," but at first she didn't want to tell me the color, it took her awhile to decide. (Inaudible). She says, "how can I say what color pain/burning is?" I says, "Just try it." She says, "red, I don't know why it's red." The physiological will released the actual impact of the shock (inaudible). The one portion of the conversation led to the next unconsciously releasing and then she began to describe what really threatened her lifetime, her husband came back from the war and she was working in the big city, everything was going fine and suddenly he was going to buy a farm and have cows and sheep, she's going to be deprived of her city life. That was definitely a threat to her lifestyle, she didn't want that, couldn't cope with it. (Inaudible), she threw all the overload into conscious mind, psychosomatically it would trigger it off but then she saw the whole pattern as she reviewed it back saw how it came back. She was so vehement about it, the anguish, that she tells me on the conscious level, "well I forgive him for taking me there" but that's psychological forgiveness but not physiological forgiveness, the big difference between the two levels and every time she closed your eyes the pain will flash back of the incident. She forgives her husband, yes on a psychological level, (inaudible) she's not accepting psychological forgiveness, it's not physiological forgiveness. See this is why we say "to forgive and to forget," but Jesus didn't say "Father, forgive them and forget them," "Father, forgive them for they know not what they do." Physiological forgiveness is forgetting whereas psychological forgiveness is (inaudible) and inwardly say ok, but physiologically it's not that ok because you're just going along with

the situation to put on appearances and there is anguish. So you can go into the meditation and observe that (inaudible), these are all basic ways to get down into that level but getting down into that level is to know what you're looking for, to recognize that you're there and how not to come back to fast (inaudible). The reason why people in the olden days used to say "you can't do it by yourself" simple because they were living in an agricultural society where the mental block was so different and the complex nature of man starting to cope with natural laws but we have outgrown a great deal of those patterns. (Inaudible) and we come to realize that when we go in, there is no (inaudible) pitchfork waiting for you, the psychological part of you is the pitchfork and the physiological part of you is the knight in shining armor and you're actually rescuing your sense of identity. This is the story about St. George and the dragon, this is the actual internal confrontation between physiological will, psychological will, and a sense rationality, where do you place the emphasis of rationality? St. George is you physiological will, the dragon is your psychological will as consciousness pulling you back in and rationality is the sense of balance. (Long section of inaudible). 1:00 Now this object that's existing in space can be measured this way, this way, and can be measured this way, get it? Length, breadth, and I can have the depth, all around I can do the measurement with the ruler, we call it a bathtub for the sake of convenience. Now a bathtub will roll around in space, let's say shoot it into space like a balloon, floating bathtub. How are you going to measure it? You're going to measure its motion now, you measure its motion with another type of ruler, a circular ruler with indicators. (Inaudible), that's what it really is actually, you're Otherwise it's motion without ruler I'm struggling but that's the rule that's what it really is actually, you're measuring the motion of this object going up and coming back down to the ground, the time it took to go up, the time it took to go down, a certain distance with a different type of ruler now. (Inaudible). Now, the alpha machine is also a ruler for going from one pressure level to another pressure level in you so you have a way of measuring this particular (inaudible). It's indicating how long it takes you to get in there, the needle is giving us an indication of how long it's taking the brain to slow down. (Long section of inaudible). So once you recognize that, you recognize a certain feeling of how the brain and the body feels when it is in that level so you can actually tell when you're in alpha. (Inaudible). Now working in that level is the important thing, arriving at that level and recognizing that level is your first orientation. Now working in that level is different, how can you work in that level? (Inaudible). That's why they say you have to have the eyes half open and half closed. You look at the pictures of Saints and all these different artists they draw them with their eyes half open, half closed. The squint is the focal point of working in that level because you are actually trying to stay at the borderline space. Now your brain would cause the body to get hot (long section of inaudible). 1:10 ... and it's called Triple Heater or Triple Warmer, this is actually a physical rheostat set up in the body, the line of energy that's passing through it. You don't have an organ in the body called Triple Heater but the closest thing that would seem to have this phenomenon is the pericardium and it would run through the pericardium line and it's called the Triple Heater. Now if the body is cold or hot, you can regulate it by rotation on the finger, you can raise the heat of the body by turning it two times forward on the top end if you want to raise the heat in the head. If you want to raise the heat in the foot you have to rub this bottom part two times forward, you want to lower the heat, you turn it one time backwards. (Inaudible) ...and it interesting how long some people take to even to go two degrees up. I'm just going to show you the psychological will and physiological will, the real tug-of-war of the truth about yourself. Psychological will believes and knows and is convinced so thoroughly that it can raise the temperatures up from the surface area and physiological will knows pretty darn sure (inaudible). Those who have done any degree of meditation can raise the temperature easily simply because meditation is a half awake, half asleep state, the individual begins to realize that it's a form of physiological relaxation and physiological will control and not psychological will control when you start to condition the body to meditate so the temperature will go up for that person, the one who meditates because he's going to let go psychological will and allows physiological will to run the body. So when you sit down to meditate you will center your mind and it's obvious, the moment you close your eyes and take up here, you can actually feel the sensation of the body shutting down. You think you get cold, it ain't true,, you don't get cold you psychologically think you're getting cold but physiologically you're getting hot. (Inaudible). This is because of the illusion of

psychological relationships and psychological relationships, one is an illusion. The Yogis or men of the East realize that this is a phenomenon of association, that this world that we call a world from a psychological realm is an illusion but in a physiological level it's not an illusion. In the physiological level it's a natural realm but it has this dualistic play between psychological control over it and physiological control over it. Now, you use the words physiological but it's not a correct term, it's the cosmological control but we have to relate it to substance in some form, we can't throw away the substance, the substance is there in some way to relate and in essence it's energy, we know it's energy and cosmologically it's there and it's controlled by certain internal laws. (Inaudible). When it learns the lesson of letting go from the illusion of trying to trigger this control and let the control occur from within, that's why they say "Let go, let God," outwardly, mentally when in actuality, it doesn't do that. When it learns the lesson of letting go from the illusion of trying to trigger this control and let the control occur from within, that's why they say "Let go, let God," let go and let the psychological condition dissipate and let this cosmological forces work without impedance, then these forces will start vibrating. So you will find even if you didn't do anything and you just relax and just close your eyes (inaudible). The more you struggle to raise the temperature with your will, it don't go, and the more you forget the whole thing and say "Ok," the thing goes right up fast and there you really learn the lesson of "Let go, let God." The true essence of thing is the psychological control is diminished for physiological control. (Inaudible). Now if the room is cold, the worst thing you can do is try to keep warm, you'll get colder but if you just sit back and comfortably purr like a pussycat and forget the coldness in the room, you start getting warm because you'll find a comfortable position. (Inaudible). Astral level is in your theta level. You see you would experience astral disassociation, that's what the word really means, not travel, if you continue to follow this image in the brain until you merge with it between the physiological control and psychological control where you begin to experience oneness, you have what is called a sensory disassociation from your physical body. Now because you have this sensory disassociation from the physical body, you begin to see yourself outside of your body, (inaudible). For the first time you have for the first time you have what is called a cosmological vision that you never were in your body in the first place. (Inaudible). 1:20 (Adano drawing what the real body looks like). This is my psychological will to make me think "here I am, this is me" because this real me is pushing this way, it's what they call cosmological pressures. So the adhesive/cohesive function of the atmosphere, if you were to take away the atmospheric pressure, this is the pressure on this surface area that gives to the brain a sense of reality of your existence. Now if you were to take away this pressure from the whole entire surface, what would happen to the body? It would just blow apart so we're only held together by this condition called "the real you," giving this some kind of an actuality, this is not an actuality, it's an illusion. The real actuality is this force field, this is the actuality. Now when you have the internal experience of going in this direction, that's where you get the feeling of projection, you're really not projecting, what has happened is that you've broken the internal stimulation on the surface of the skin by slowing down the brain for the first time and to have this part of the body now lose all type of sensation and therefore you see yourself outside, you begin to have this type of an experience. The real you is here now for the first time by disassociation from inside, you may get disassociation from inside of yourself to cause this condition to be observed and look back down. In other words it's like a TV screen, these two pictures are out of focus, they don't seem synchronized. (Inaudible). Don't lock the mind to real experience and get locked on to the attitude of astral projection because then you're losing off what is the actual reality of what is happening, you're getting carried away with illusive reality. That's not the real reality, the really reality is that for the first time you are experiencing the real you that holds this physical you together as a unit, you're experience your true self holding it together and therefore you seem to be "down there" looking down at yourself but "down there" is the illusive you, the real you is here looking at it, projecting. Now this "real you" has to get back into phase with it (inaudible). Now once there is no confusion, then you realize that there is no such thing as astral projection, there is a condition called electrical expansion, the cells have now opened up the electrical nature to give you know light emission. So from the Kirlian camera we begin to see this type of emission, the Kirlian camera gives you the picture so when they photograph a person supposedly under the sensation of astral projection,

the body has a vast emission of light and therefore the range of control or the range of feeling or the range of identity seems to be out in space and because this is reaching out, this particular movement would seem to touch every unit of space (inaudible) and this is what is actually happening inside. There you have the difference now between what is called astral projection and omnipresence, you're experiencing now for the first time omnipresence which is a true experience. If you keep on holding on to this type of a condition then you will say you are having astral projection but if you don't hold on to that condition, as I said you can merge which is actually theta now, you will have omnipresence or oneness which we call Samadhi, you have the sense of at-one-ment. (Long section of inaudible). So cosmic consciousness or God-realization is total memory, now you understand why they say is all total memory. The total memory of past, present, and future all occurring now so this is what they call the oneness. So past life, future life, present life, all co-mingle as one. Now the advantage of the experience on the theta level is how to make use of the present body form and go out when you're ready to leave it, not being pulled out of it, because you can leave it on your own volition, that's where the delta level is now, and carry with you certain qualities that you want to retain but when you carry these qualities into the delta level as you go out, this is where they say Jesus carried certain qualities in his own body when he was ready to die, "Be of good cheer for I have overcome," these qualities were all incorporated getting ready to go out and he "gave up the ghost" on the cross, that means he didn't physically die on the cross, he just dropped down into the delta level and in delta level the body would show no indication of physical symptoms that pertain to life. Now on a stethoscopic level, not on an electrical level, if you touch the heart of the man Jesus on the cross (inaudible) and if you stuck him with a sword, no grunt. Now on the ultrasonic level, he was as much alive as you and I but he is in the delta level of the brain now. The level of the brain is reconstruction in a deep sleep but fully conscious, not dreaming but fully conscious of the matrix or how the thing is held together. So when they stuck him with the spear, he didn't grunt, water and blood came out but the man is not trained to know, he not a physician, a dead man from a living one. All he knows a grunt means alive, no grunt means dead that's all he's concerned about, report to the centurions the man is dead. (Inaudible). Now when they wrapped him up in the sheets and put him away then he went from delta to omega level. It's in the omega level now where that matrix or that archetypal pattern is maintained and can decide not to rot or to materialize or dematerialize out. That's why he said "I am alpha and the omega," I'm the start and the end, it's in that level that this mechanism now sheds the quality of having a shadow, it sheds the quality of decomposition because it's all pure energy, it's at another level.

#### 1974 - June Retreat

Adano74\_JuneRetreatQ2NW1 - ...it's a very important association, it's fellowship with truth. Normally we don't realize what takes place at a Satsang, it's not an open discussion or debate, there is a different relationship going on between the devotee and the living Master in the world at Satsang. Jesus when he was in the body he said "When two or three are gathered in my name," not in the name of Jesus, gathered in that Sound Current gathered in the Master consciousness, "there am I in the midst." Any sincere Christian meditating at a Satsang by closing his eyes can see the radiant form of Christ, he's that sincere, let alone a living Master. Satsang is to get you to realize that the radiant form is always present and that you can always experience it and it's not just a mere get together and when I hear people say "We don't have no more meditation because we're falling apart," that's your loss, not mine. People who tell me that they don't get together to meditate in groups can't blame me, blame themselves for not understanding that they are losing out on a contact with the Master inside of themselves, the purpose of a Satsang is to experience that. Now I'll tell you a story and this happened with the living Master, a woman who was a very good friend of his one day said to him, "Master, you never come to a Satsang, you're never there, we never see you, we never have a chance to meet you" and he said to her "Who told you I am not at Satsang, I'm always at Satsang, I'll be here tomorrow." She said "Master will you come to my house tomorrow for supper?" "Certainly, but I'll be here at Satsang tomorrow as well." The next day at six o'clock he knocked on her door and she opened the door and he said "Sister, how come you didn't show up at Satsang and I was there all day?" She said

"Master, I was too busy preparing for supper knowing you would be here." He says "O sister, what a price you paid for one lousy meal." Master visiting you in your house never gives you the blessing, there is no blessing in that way because he came and graced your home and ate a meal with you, the Living Consciousness won't give you nothing that way. The Living Consciousness is only present with us at Satsang and it's not because he's sitting there. Satsang is going on (inaudible) right now, the living Master sitting right in the Dera and everyone in this group is getting a blessing by sitting at Satsang, (inaudible) the satsang is going on in New York, Chicago, Boston or any place where they are having a Satsang by a mutual agreement, that mutual agreement binds the Master to be present at Satsang because he is always with us in that Name, in that Current. We don't realize what we lose when we say we don't go to meditation or Satsang, we've lost everything because at initiation he wipes out the debt of the karma from birth to initiation but at Satsang every karma that you have accrued from past lives is being wiped out when you attend Satsang. So where do you think you're going to wipe out your karma, by good works? Not possible, only by grace, we are not lifted up by good works. Good works is only to sharpen our consciousness to make us stick to the path but it's the Satsang, it's the grace, the presence at the satsang that removes the karma of the past lives. Initiation removes the karma from birth to initiation, that's what it meant "taking away the sins of the world," not the world out there but the world image of the individual who's initiated, what is his world image, what does he think the world is to him, what it means to him, that is removed by the grace of initiation and at that point he is now liable to associate at Satsang, "When two or three are gathered in my name, there am I in their midst." Any good Christian gathering in that consciousness can have the same blessing, just as much as any devotee following the path of the living Master can have that blessing because that is what it meant and that is what happens scientifically within the person. It is not philosophy, nor is it conversation or seminars or lectures or good words, it's special type of relationship with grace. There are three ways to merge back with God: the first way is by breath. "Come let us make Man in our own image and likeness, male and female created them" and "God breathed into Man the breath of life and Man became a living Soul." Through the breath Man can merge back to God but he doesn't know what he's merging back to because he's breathing, he doesn't necessarily see it. He may develop a very un-intimate association because God can be very impersonal to him from the breath relationship. Now the second way is "In the beginning was the Word and the Word was with God and the Word was God and the Word was made flesh and dwelt in Man," that's the Audible Life Current, the Sound Current passing through the body. That's the second way we can merge back to God, we can hear this Current and merge with it. That also is non-intimate, there's no intimacy in it, there's no personality in it but nevertheless you can merge back to God by the Sound Current and by the breath but then there's a third way, "He that seeing me, see the Father, I and the Father are one, only your son declare the Father," therefore we need a living person to relate to, that's the third way. "I am the advocate, I am the bridge between this world and the other world," the living Master is the only one that you can say he is the third way back to the Father by sight and by chastisement of the mouth because he will tell you when you're wrong and when you're right and your ears will ring and you're smart but you have to follow what he says because you've got no other guarantee, not by breath nor by hearing the Sound Currents. Sometimes they're good, they'll get you back, breath will get you back but when somebody tell you off with their tongue, you're gonna start running but that's the person you gotta love because you can see them. That's why the living Master is the key, at Satsang they give you this particular link to make you realize that they are always with you at all times and out of sight is not out of mind. Now we have three ways to go back to the Father and all three are valid but if one of the three that has more intimacy and sense of commitment, sense of responsibility, sense of measuring up, is the one that you can see. "He that sees me, sees the Father." "I and the Father are one." That type of relationship is the most dynamic type of merging back with the Father and it's not every thousand years that this particular relationship goes on, it's every Master passing on this sense of authority to his disciple when he decides to go to out of the body because the Master is the only real light of the world while he's in the world made up of light that is creating illusions. This light you see here is not the real light, this light is a light of illusion but the light that is the Soul in the living Master, that's the real light that lights up the

world, that draws you back to merge back with the Father. So while he's in the world, he is the light of the world and when he goes out, he has to pass it on to some other human being, transferring this power to make it possible to be a light in the world. Otherwise we would flounder again in the light of illusion and darkness and ignorance so we do need the individual with his little idiosyncrasies, sometimes he scratches his ears and trim his toes and so forth but he is necessary for the intimacy to develop the love between Man and Man. 0:10 You see why living Masters come to the world, to hold the focus, they are the sons of God, they are beloved because they have no link with the material realm, they have no attachment for material things, (inaudible). We are not beloved because we go back to our little pocket book, a lot of things we hold on to but the beloved son of God has nothing, even in all the levels of creation, he has nothing. "For this is not my kingdom," you see this realm of manifestation is not his home so why should he not be beloved for the Father who is all kingdoms, all consciousness, and all love so when we realize this, we realize that the Father is only realized within the human being when he sees the living Master. Satsang is that bridge, is that daily communion, that daily merging back to the Spirit and not because the Master's physical form is not present with us but his radiant form is always present with the disciple. The radiant form is always permeating, the radiant form is always guiding you and giving you grace. Now some people may never see the physical form of a Master but would accept the fact that his radiant form is all pervasive, he's one with the Father if he's omnipresent, he's one with the Father if he's omnipotent but he's not going to correct no problems for you, he's not going to perform no miracles for you, his omnipotence is merely to convey to you a guarantee for the time you're journeying in this material realm of ignorance that you'll get out by his assurance. When the time comes to account for your ignorance and account for your deeds he will stand as a sponsor for you that can get out from this creation and not be subjected back to return by karma, that's the omnipotence of him. "Satan has no power over me," the Lord of Creation, the Lord of Illusion has no power over the Soul that is identified with the Father so when the time comes for us to go out who may be committed to some attachment or find some way in which we want to be held down here, this radiant form, this particular quality of the living Master is a guarantee, it's omnipotent. The assurance is that you have made some contact with him to accept him and it will lift you up. Now as Jesus says if you believe in the Name, you are lifted out, let alone if you live in the time Jesus is alive. So it's the same thing applying to living Masters, even if you hear their name or you see them, the mere fact that you accept their existence and commit to the realization that their omnipotence applies to you, you are also lifted out, it's a matter of acceptance for how far this omnipotence goes. Now omniscience, that is their all-knowingness, Masters see you all the time though you may not see them. The first time I met the living Master in Dallas at the airport, he was sitting down and everybody was in the room, they were all silent, and then he looked around he says to me, "Are these the initiates?" I said, "Yes Master." He looked around "I've seen them before, many faces (inaudible)." Now none of these people never went out of America, I don't think they'll ever go out of America, yet he's seen them and he's seen them many times before. Now those who could not understand what he was saying missed the whole situation of what was occurring when he was saying that but the Masters omniscience was already permeating these lives, these Souls that were brought into his presence and that grace was already extending. Where he actually resides and in his deepest communication with the spirit, he's perceiving many Souls in their unawakened state or their awakened state and drawing them back to that nature, that Divine Spirit so we are not left out, in spite of ourselves we are slowly pushed onwards towards God-realization. Another thing that Satsang, I'll tell you another story. There's a merchant who got off a train one day and when he got off the porter met him and said "I'd be glad to carry your bags but I have two prices. Three rupees and I don't talk to you about God, one rupee and I talked to you about God, take your choice." So the businessman was very smart, he says "what have I got to lose? I pay one rupee and let the man carry my bags and talk his head off about God? I've got nothing to lose." He had just come back from a big conference and he had a good medical checkup, everything is honky dork, business is good and he's good and fine, he can afford to spend a couple hours listening about God and pay one rupee. All right, while the porter is carrying his bags, the porter is talking to him about God. He says, "I've been blessed by God to see the future and tomorrow you're going to die at 12 o'clock."

So the businessman smiles to himself, "What does this illiterate man know? I've just had the best medical doctor in the world check me out I'm perfect, business is going good, I'm going to die tomorrow and don't know about it? Phooey." The porter says to him, "In the event when you die tomorrow and when the Angel of death comes, he's going to ask you the one universal question and that is which do you prefer first, your good karma or your bad karma? That's the question he's going ask you, which would you prefer first your good karma or your bad karma? But if I were you, I'd tell the Angel of Death I'd like my good karma first, just tell him that." So the businessman took it as a joke and humored himself up. Anyway we went home and he was all right, next morning he got up and went to the business place and at exactly 12 o'clock falls over dead, so far the porter is accurate. Second thing coming up, here stands the Angel of Death who looks at the record, "What do you want, your good karma or your bad karma first?" So far the porter is accurate, the Angel of Death is asking the right question so being a businessman and a good gambler, he takes a hunch that he's going to gamble on what the porter said, "I want my good karma first." Well the Angel of Death says, "You're good what?" "Yeah, my good karma." So he looks through the record over and over, finally right at the bottom there's a little scribbling "entitled to twenty minutes in the presence of a Saint," that's a good karma, entitled to twenty minutes or a half hour or whatever in the presence of a Saint. He said, "that's my good karma?" The Angel says "Yes, that's your good karma." He says, "Well I'll take it." "Ok, he'll carry you on the inner planes to where the Saint is and let you go into the Satsang." So in the inner planes, all of a sudden they were traveling through and he finally he came to a Satsang that's going on, a spiritual communion, and he says "Now you can go in here," that's what the Angel of Death told the Soul, "You go in there but I can't go in and when the time comes and I signal to you, you gotta come out and go face your bad karma." All right, the Soul went in but he couldn't go in too far because the vibrations were too strong, all he got was about three or four feet from the door, that goes to show you how the vibrations are strong in that Satsang. So he sat down there and keep looking into the light more and more and in the Satsang who does he see sitting in the middle of the Satsang? The porter giving Satsang. In the meantime the Angel of Death is keeping a record, time up, he signals to the businessman, "Come on, let's go, time to go." So the businessman gets up to go out of the Satsang to follow the Angel of Death, just then the porter gets up and says "Nobody leaves my Satsang until I finish it, sit down." So you can imagine (inaudible), "He says I can't go, he says to come" so he's in between come and go, don't know what to do. 0:20 The Angel of Death says "Come on, I'm late, you're holding up karma, you're holding up the universe." He gets up again to go and the porter says "Nobody leaves this Satsang until I'm over, it's not through yet, sit down." So Angel of Death goes and tells the Archangel, that's the Angel above him down, what has gone wrong, that's the foreman now that something has gone wrong with one of the screws, the machinery ain't running right now. So when he told him that this Soul doesn't want to come and face his bad karma, the archangel says, "Where did you put him?" So he went back to the Satsang, when he went there what did he see? The Satsang and the Archangel couldn't go in either to take out that Soul, that Soul automatically as soon as he got up when he was threatened by the Archangel, the porter again says "Nobody leaves this Satsang until it's over." Right away the archangel and the other angel went all the way up to the Lord of Creation and complained that this Soul doesn't want to come out of the Satsang to go face his karma. Well normally people take their bad karma first and then look forward to good things last but this guy was taking the good karma first to look forward to bad things last. Anyway they went to the Lord of Creation and told the Lord of Creation what had happened, he says "Impossible, there's no Soul in any place or any Avatar or any Guru or whatever it is holding that he can't enter." The Lord of Creation can enter there and take out what he wants so they came all the way down to where it was and as soon as the Lord of Creation pushed through the door to take out the Soul, all the sudden everybody sees Lord of Creation bending on his knees and genuflecting and says "Oh my Master I'm sorry," the Lord of the Soul was sitting in the middle giving Satsang, the Lord of Creation was recognizing who is his true Guru now. The angel and the archangel recognized who the true Guru was, the true Guru is the God of the Soul not a the Lord of Creation but the Lord of the Soul was in-resident in the porter who was holding Satsang. So the Lord of Creation, the angel, and the archangel had to withdraw simply because once the Soul had

got that far, the spiritual grace, it could not come back, it had no karma to pay, he got there by grace. So the Satsang, you begin to realize is a very important association, that what is happening at this very moment in the Satsang is grace relieving you of many many karmic debts from past lives that form this physical body, that is how important Satsang is, we don't begin to realize what group meditation means until we go deeper into the spiritual life. Great Masters cannot tell us to do something and then not back it up with certain guarantees, that's when they say "When two or three are gathered in my Name, there am I in the midst" which means out of sight is not out of mind and the Master is always present and consciousness is always present, though we may not have the slightest inkling or feeling or awareness what is going on all the time. Now many of us come in just like the businessman for Satsang, all the rest that were sitting there that might have been initiated, there might have been initiates of that Sat Guru but the businessman was not, he only had a contact a mere association of taking his bags through the road, it goes to show you how much grace is being given to the world. The more we understand the spiritual laws, the more we see that we are lifted up by grace, the spiritual path is one of grace. And the Satsang is always that particular flow from the Master to the disciple or the devotee or God through the Master to the devotee, it's called Darshan, the spiritual sight. That's why Jesus said "Those who have ears to hear, let them hear," what occurs between the God-self, the Master, and the devotee can be perceived by the Holy Sight. That energy is radiant and it passes through and we don't realize what it is doing for us, that energy leaves the eyes and travels out into the world and if one has been blessed merely to see those eyes with that radiant energy, that person is magnetized and anyone who looks into their eyes after suddenly becomes magnetized by that love. My wife can tell you an instant like that when she was in India, it's very important for those who don't understand what Satsang is, why certain things are maintain, certain procedures of living are maintained simply because of the association. I'll let her tell of her own experience when she was in India attending Satsang. (Inaudible then gap in tape). 0:38 Thank you. When we begin to realize what is involved in the Science of the Soul, we take a backseat from the many mistake we make and stumble around in terms of devotion. The journey is one of devotion, one of love, that's why we are asked to love the Lord with all of our minds. Now that man had no other thought in his mind than what he was told to do, to sit there wait for the Master. And to love with all of the heart, the longing to talk, the longing to see. (Inaudible). With all your strength. (Inaudible). 0:40 And to love your neighbor as yourself. (Inaudible). The spiritual life is one of service, one of patience, one of love. (Long inaudible section then gap in tape). Now if you weigh out your whole body see how much energy she's got in her whole body in 24 hours? Remember she weighs 117 times 186 thousand times 186 thousand this is her whole body energy, that's her total body energy per second. Audience: Can you figure it out how long you'll live by that? Adano: Oh yeah, the amount of energy that you've got in your body is designed for you to live a long long time, we don't use it simply because we don't know how to use it. To show you what you've got, the life of one individual and the power locked up in him is more than that two or three atom bombs going off, you have the equivalent of twelve suns, that's the brilliance of the Soul, that's the amount of energy you have in your body, the equivalent of 12 suns and the radiance of 12 suns. It's already been measured by the ancient scientists a long time ago by their intuitive methods or seeing it inside that you can light up with your energy from your body equal to 12 suns, 12 actual suns in the sky that gives off their BTUs, you've got that much energy in your physical body. Now a Master who is fully realized the equivalent of 24 suns. Now the darkness in which we are trying to go out from this realm of consciousness and body relationship is the brilliance of 13 suns so when a person is completely detached from all physical things in this world, his body radiates the equivalent of 13 suns but he cannot enter into Satch Khand or Consciousness acting on Dnergy on his own, he doesn't have the power to go through that force field, the density is too dark, too thick, he needs the brilliance or the light of a realized Master who has the brilliance of 24 suns to act as a bridge to bring him across. So we're talking of physical things which are spiritual things at the same time, you see how far we are down the scale and yet you see how much energy we have and see how long we are going to be in creation spinning our wheels. Audience: Adano, I have two questions one is the power that we have is it scattering or is it just latent and how do you get that extra sun power if there is 13 for a realized person.

I mean right now like when I was sleepy and I knew that I would drift off into a dream and fall off my chair and be silly so I stayed awake, where was all that power was it scattered or was it latent? Adano: It's latent, the energy is latent in you, the brilliance of twelve suns are active in you which you dissipate out through motions of desires and the moment the desires terminate, then the full potential of 13 starts to become active or vibrate. Audience: What terminates? Adano: You let go of your desires which is causing energy to dissipate. Audience: What about energy blockage? Adano: That also is interfering so that's because of desires, that's the karmic action, the action of your desire causes a block. Whatever you do and whatever it reacts in you, that's causing an energy block in your body and therefore you're caught up in the energy block and you can't get out of the energy block so you say I'm caught up in one of these, right? That's the energy block so now if all of these were suddenly lifted out and you had a clear mind then the radiance in that mechanism is already clear so you'd say that person has now the brilliance in measurement, the equivalent of 13 suns but that person cannot get through that other forces field in consciousness in meditation except by the Sat Guru who has the brilliance of 24 suns, he is the true light of the world, (inaudible) 24 because it's in polarity, twelve by polarity, the twelve signs of the zodiac are locked up in us. 0:50 Audience: Again I have two questions, the second one is that a Master will identify himself with the entire mass of the universe if he's going to move like that, if he's going to be present at the Satsangs all over so he really has an infinite energy then. Adano: Now you understand why he says "I'm with you always to the end of time," "When two or three are gathered in my name, there am I in the midst," we are talking of energy, we're not talking of psychology, we're talking of actual energy force that is spinning the whole gamut of creation. Now if you imagine the 24 suns, how much energy this is putting out, you take 24 suns and concentrate it and see this energy, it will go in units of miles per second, you can imagine how far you have got out space. Now imagine this figure in terms of a straight line out in space, 4 billion 728 million 732,000 miles from where you standing out, this total energy stretches that distance per second, it's fantastic. Now when you come to realize that it has the brilliance of twelve suns that means multiplied by twelve so you first gotta find out that this is equivalent to 12 suns. So one sun has this brilliance so you multiply by 12 to give you your brilliance so you got that much radiance still going out in the time-space continuum so you begin to realize "hey wait a minute, I'm already wasting a lot of energy" because the Gurus they all say there are only three things why we leave the body. The three basic things we leave the body one, what you eat. Two, what you breathe and three, how much motion you make. Now your body is designed to process a certain quanta of food from birth to death. Your body is designed to process a certain amount of oxygen or gases from its birth to death and designed also to perform certain physical motions from birth to death. Now that quanta is already established, we cannot change that quanta, we can only adjust it in terms of conservation but that quanta is set up by cause/effect action, for every action is an equal and opposite reaction. You put in food, it's got to be processed, you breathe you got to process it, you move your hand it's got to process it so unnecessary actions are actions going on for the body. Now all these are tabulated on an energy level, now if one of these comes up first or used up first, then the body cuts off so you can't go before your time, even those to try to commit suicide, the physical action of committing suicide, some make it some don't make it and that's because you cannot go before your time. The action or the breath or the food that is processed has come up as the quanta to be terminated. So your termination or exit point in this universe is predetermined or preset by diet or food, by breath respiration, or by motion in the body and one of these will have to come first. So somebody eat the meal and have a heart attack so the food took him. The person drowned, the breath took him. Some person fell off and got a broken back and died, the motion took him. Somebody breathed bad air, gas, the breath took him again, see? Somebody was poisoned, the food took him. One of the three and the motion again will take him. Audience: Adano are you talking about quantity and then that's it, only so much and that's it. Adano: See the body is designed by these three motions to exist as a unit in this universe for indefinite periods of life energy. Now what you eat and what you process determines the length of time that this body handle it. Now what you breathe is already processed and set up as a time cycle and what you move and do, that is set up as a motion cycle and one of the three is already determined which comes first but you use up first. Now you using it up in the principle of generation, on

the generation cycle, we'll come to what is called the five element law of the generation cycle. You're using it up on a generation cycle, you're generating action all the time this way to eat, to breathe, to move. Now if you eat properly, you conserve. If you eat minimum, you conserve. If you overeat you do what? You're discharging and if you overeat and you eat wrongly, you are discharging, you are degenerating the cycle of the body. The science of the Soul is not a curative science, it's a preventative science, God is total prevention all the time, balance. Audience: Adano does this have anything to do with cooked celery requiring more work to digest than it gives you back energy, is that what you're talking about? Adano: Uh huh but we evolved down, not up, down, see we got the wrong notion that we're revolving up, we evolved down, we came down totally a Soul force having all these qualities by virtue of consciousness, "Man does not live by bread alone but by every word that proceed out of the mouth of God." The Soul does not need food to exist but the Soul left the Creative Intelligence and became slower and slower and got involved lower and lower in matter becoming dependent now on the solid substance as food to process it, becoming dependent on the air as a life support system, and depending upon the motion action as a means of occupation and involvement, we are the lowest peak in the spiritual growth, we are not at our highest peak. We left our highest peak simply because something deep down in you tell you this is not where you're supposed to be, you don't know why. If this is truly where you're supposed to be then you would have evolved to it, up, instead of down. Something is telling you that this is not where you're supposed to be so that means you left something better to come down to where you are. Now where you are, you are in a life support system that is using oxygen, that doesn't say your in a life support system using methane or sulfuric acid or carbon dioxide. So I look beautiful to you or ugly in this oxygen support level, look at me in a methane life support level and I look different but I'll be beautiful to you or you'll be beautiful to me in a life support system of methane because we always look at the same conformities of the tissues. So in a methane system my nose might be flared out more, my eyes may be pull around more, and the ears maybe pulled back more or pulled up more and we all look beautiful to each other in the methane system. Let us leave the methane system and come down in an oxygen system and right away I'm a crude looking creature or horrible looking grotesque type of a werewolf. Now here we are in the oxygen support system, we all look beautiful, take you and put you in a methane system what do you look to the people in methane? You look horrible. 1:00 So we get to the point of glimpsing a little of the spiritual truth, "beauty is in the eyes of the beholder," a very little (inaudible) of the inner truth of what is going on. Now take you in the sulfuric life support system where entities live on sulfuric acid to support them, the mouths are pulled back, in fact it's just a faint line and the eyes are just a faint line, they are no cheekbones. Our next astronauts that will invade us are from Jupiter the Shyvanians, their life support is carbon monoxide. What we are getting now is life support systems from Mars. We haven't done enough spillways yet to generate the carbon monoxide to attract the Jupiterians to come to us. You see a planet becomes a sun at the end of seven billion years, every seven billion years a planet burns up or burst out into a sun by one of two methods: implosion or explosion by virtue of the goodness of the character of the entity life or by virtue of the negativeness or evil of the characters of the entity life on that particular planet. So if all the entity life on this planet suddenly became good at the year 7 billion, the planet is only four and a half billion years old now so planet earth has got a long way yet to go in order to become a sun on its own and form a planet system of our own. Now she's moving so our entity life hasn't reached the point where it's going to be totally negative or evil or destructive nor has it reached the total positive point where it's going to be all good. If you reach one of the two first, the concentrated energy will cause the planet to become a sun, it will burst, go into thermal action. Audience: So this mean the people from Jupiter are more highly evolved? Adano: No, don't go jumping around, you're using terms of evolving, you're using that as a measurement in relation to mechanical activity and dexterity. Now when you say a person is more spiritually evolved, you're talking of something different, they have been around longer. 1:03 Spiritually evolved people are humble people, that's where we get the term "The meek will inherit the earth." The only spiritual people who will stay on the planet which means earth, not this planet, will remain in the cosmic system as a manifestation, are the meek, the truly humble, they are the inheritors. Now that doesn't say they are less evolved or more evolved, it is because they have

reached the spiritual quality of where their nature and their attitude is one of a child. That doesn't say they're childish like a imbecile walking around with chickens on the head, it's like seeing a full grown man 50 years with all the exuberance and the joy and the quality and purity of innocence of a child, this is what we're talking about. This transformation, this cellular change, and no matter what life support system you find him, this quality will be there. Now what would be peculiar about him is this, if you find him on the earth he's very slender, tapered, he will look more like a half man, half woman and the women will look the same, they all look like Krishna walking down the road. You haven't seen the Krishna body? They all look like that in every planetary system that has a life support activity of the fully evolved quality it's like that, slender reed-like body, they're all like that and most of them if you are spiritually alert and you can see fourth-dimensional, you'll see a star all in here, the five-element star on their forehead, it's open, not the eye, there's a star, it's called the five element law. How many points do I got? Five, this is an imprint of God on the forehead as a five point, the star of Creation. When you find him that person has total control of the five elements, what are the five elements? God-realized, he has the five elements under his control that means earth, water, fire, air, ether, this is if Sound force, this is the force in the thumb. We give life and we say this to an individual who is under what? Life or death. When we say this, thumbs down, that means that we take his life away from him. When it comes to justice, justice is a condition by which the human mind seeks the highest point of decision so when we appeal to justice we appeal to the highest point of our mind so if the radial energy passes through the thumb. When you look at your hand, nature has setup body language already, it's called mudra language or gesture language, it's the Science of the Soul but the thumb is indicating where the control is. So if you say "thumbs down," they're not going to allow this particular individual to exist beyond this point so his life ends there. If they say "thumbs up" then the energy goes up. Now let's look at the core circulation of the body and see if this is really true or it's just an imaginative principle. If we do "thumbs down" where is the circulation going? It's going down right? So circulation goes from left to right down. If you say "up," the circulation is coming up so if we grant the man a reprieve or life we always say "thumbs up." Now you know this other way, give me a reprieve from my foot. (Laughter). You see body language tells you a lot about yourself and at the same time it's Soul language, it's common sense and yet it's wisdom and it's true, it's comical like that but that's the way it works. We are learning more and more of our-cells and less and less of the so-called churchanistic ignorance you see but the church has a purpose, we want to know our-cells because it's the only real church, the body. Audience: What if you should see a sun on somebody's forehead? Adano: Well you're seeing the five pointed element star clear out of the sun. It represents the full control of the five elements, Lord of the Universe, it's gold, that means the person is in full control of all the elements, it's God-realized because he has to come from the fifth realm, it's all five, he can't come from the four, four elements earth water fire air, he's got to master the element of this one, this is the Master current, he's got the master life "No man take my life from me, I have the power to lay it down and pick it up," this is what a true realized man is, a true God-realized Master, a true Messiah or Guru, lift up, the word means to lift up or dispel darkness. Audience: Is this anything to do with the rule of current and the right hand law of electricity through the coil, the electromagnetic and those laws? Adano: Yes we have not found anything new that the Creative Intelligence did not make, we're only duplicating it and putting it in a particular type of semantics to satisfy our intellect but we have not found anything new. The whole universe of marvelous creations and inventions are looking you full in the face like that waiting for you to recognize it simply because you sit down with your intellect and only pick out a little of it. Audience: It's a model, like music? Adano: The whole body is a miniature model of the universe. If you can read the language of the body, you have the whole entrance to the language of the universe and take out any invention you want from it. Now when Henry Ford made his internal combustion engine, where do you think he got the idea from? And he wrote it down where he got the idea because he knew Yogananda personally. 1:10 Audience: Digestion. Adano: Yes, there was a dream he had one night where he saw the lungs and the digestive tract working as a mechanical gadget and it gave birth to the idea of the internal combustion engine and it has always been known that the internal combustion engine was taken from the lungs because that is the natural internal combustion engine in the intestinal tract, we have a working model of everything

here that you see outside. Now where did we get the idea of telephone? Not because Mr. Bell made it you know, you ever play around with a tin can and a string, two tin cans and try to plang it and communicate? That was the same thing, it came from the ears, hitting it, it will drone and if you squeeze a piece of thing on a piece of thread or a string it will make a drone and by that Mr. Bell decided to transmit those sounds electrically until the unit was put together representing the nerves and how they work and transmit then the idea of the telephone came into manifestation, it was all from the human body. Most of your early inventors, if you read into their autobiographies or their biographies, you'll find they were very very deep mystics, they all knew the laws of the human body especially men like Einstein and Edison, Edison found more mystical principles in his own body than anything else. Now the electric light was the thing that puzzled him the most, his mother was dying and needed an operation, the doctor told him he needed enough light to perform the operation so Edison took all the little lamps they had in the house and a big mirror and let the light bounce against the mirror and form the tremendous glow right over his mother's body so the surgeon could operate but those lights were all candles, they were not electrical power but he wanted to know how could he magnify candle power by bouncing it through a glass which was a mirror because he could close his eyes and see candle power inside too and it was bounced inside and you can look up in the sky and see candle power bounced on the moon at night from the sun and act as a mirror. So the concept was slowly growing inside of him, how to bounce it until he realized that it had to be a vacuum so what have you got? The incandescent bulb as a result of many years of work but the filament always burnt out because he couldn't find the right type of material for the filament until he found the human hair, the most natural filament, it's got silicon and tungsten in it. So when he put the tungsten around the wire and it lit up, it didn't burn down, it kept cool but at the same time it glowed and in the vacuum of the glass here he had illumination for the first time without heating up too fast. The models are all here but this is where it is. Okay anyway we're coming back to what prevents us from meditating, the thoughts that plug up our minds, plugs up the energy. Audience: Can I ask about clear mind, does that mean no thinking? Adano: Yes clear mind for the Chinese means empty minded, empty headed. Now when somebody accuses you of empty headed you can walk around and laugh because you got one thing over them. (Laughter). That means you are truly in focus, in clarity with consciousness and then perception is fourth dimensional, that means you see through the time lapse. It's called clairvoyant, seeing clearly, seeing for the first time through every dimensional matter so a clear mind is a clairvoyant individual meaning the third eye is open. You ask yourself why can't you not get results in meditation and what are you trying to do in meditation, it's because these conditions are blocking the mind from becoming clear. Now see what is causing the blocking? Look how much energy you are dissipating in a split second and the brain is fluctuating like crazy. Now how can we bring this down to a point that clear mind can be recognized, at what level can we get down this energy because the energy can't stop, there's no way it can stop, you gotta take the next breath, it's the only important thing in your life, the next breath and the one that you're using right now so if you don't use up the one that you got now, by the time you anticipate the next one it won't come, you have to use the one you're doing right now and the one you're using right now is allowing you to think all these things, you get it? You couldn't begin to think of all these conditions in your body if you didn't take a breath and you breathe 14 times to the minute so one quarter of it is allowing us to do a lot of fantasies in it, lots of imagination, lots of activities. You know how much energy it took to do that? A lot of energy, you begin to consider how energy goes like that, imagine how heavy is my foot, just from here to here and I can move it there, look how many inches I move it and look at the speed I move it, you see? All right you sit down to meditate, to hold this position, you have a lot of energy, a lot of weight/mass involved to hold the situation, to keep your mind steady. Audience: What about when you release an energy block, you've got energy out pour and then you put energy in, what are you doing there? Adano: You haven't lost anything because it's called conservation of energy, energy is not created nor is it destroyed so if it is not created and not destroyed then it's recycled. Now we come back to the word breathe, we have to regenerate it, we have to recycle the energy, that's the important part of the energy therefore it can't be lost, it's never lost because it's not created. You don't create energy so if we don't create energy and we can't destroy it, how did the

energy come into existence? It's a gift, energy is a gift by virtue of manifestation, "Come let us make Man in Our own image and likeness, male and female created He hem and God breathed the Breath of Life into Man," that is something he had to project out of Himself, to give out from Himself. This Creative Principle, this Cosmic Principle had to give this form something of value and that something of value is life energy, it has no start, it has no end. Now you ever see a spider? How does the web come into existence? Audience: Out of his stomach. Adano: You mean to tell me he's got a whole pile of web coiled up in there? Audience: No it's a liquid which has coagulants of sorts in it and when it's exposed to the air, it hardens and it sticks to itself and then he extrudes it and then he carries it along to the places he wants and attaches it. Adano: Okay now you're looking exactly at how God sets up the world, you didn't learn nothing. Audience: Plasma? Adano: Plasma, right! (Adano laughs). What do you think the whole thing is all about? Cosmo-bio-plasma. The answer is in you, the truth is in you, I didn't make the truth, the truth is in you, "Seek the truth which is in you and it'll make you free, free man all, lord of yourself." Seek the inward knowing, you know it intuitively by the model, the model is a spider. Now put it together in your mind and you'll have a clear comprehension, go over what you just said. Audience: There's a liquid which when extruded hardens and has form and there's design in the making of it which would mean that the states that we know of, plasma is a very difficult state for us to understand scientifically at this point and so there's gas and solid and liquid, those are slower, heavier, dried forms of that liquid which would be plasma. 1:20 Adano: All right so what do we got? Solid, liquid, thermal, gas, Sound: Earth, Water, Fire, Air, Ether. The spider is making the same thing out of his tummy because he's the result of those five forces, God ain't making no more new things, He done made it already. If you look at your hand, it's all five there right? How many senses have you got? Audience: Five. Adano: And when they work together you call it what? Sixth sense, coordination, or equilibrium, focus, balance, and sixth sense is what you call intuitive, knowing from within. So you don't have a sense in the true sense of the word as a sixth sense, it's a coordinate of all these forces acting as one which you call your spiritual nature, you see it now? Audience: Yes. Adano: Good so the spider is projecting all apart from his own mechanism out and extruding it out so in the web you see everything, all five of those forces are forming the web. Now the same way in this Creative Force of life, that's why it's a gift for Man, life is a gift not something that he can command, it's a gift. Somebody gives you a gift, what would you do to it? You would cherish it, unless you don't want it. Now if you take your life into your own hands who are you going to give it to? Audience: It goes back. Adano: Back to who? Audience: To God. Adano: Alright so take back your gift. Think. Audience: Well your Soul doesn't die. Adano: Alright so you don't give back your gift of nobody. You were given the gift of life to be a Soul, how can you give it back? He's not an Indian giver. They say the Indian giver takes back his gifts right? This Principle don't work that way, it doesn't recall, you're stuck with it, that's why you got karma and that's why you got reincarnation and you got resurrection, you got to go through the principle of degenerate, generate, and regenerate all the time, there is no way to get off of it now once the gift is given. It's like the cobweb, the fly is stuck with it when he gets in it and there is no way that spider is gonna pull that cobweb back into his tummy, he just up or leave it or extend it where he wants to extend it. Do you think he can take the cobweb back into his tummy? That's the model, the model is empirical, (inaudible), we just got to learn to understand it. Audience: So we have to live a balanced life. Adano: Yes and that is what you call the middle path, coordination, focus, balance, always maintaining the balance, the spiritual focus. Now when you're at a balance only then you can execute choice properly, otherwise you cannot execute your choice, you don't have the power to execute proper choice unless you're balanced, you'll make the wrong choice but when you're balanced you can be pretty frustrated because you don't know which is the right choice too. So it's better to stay balanced and don't make a choice and let it happen then you don't get frustrated. Audience: Would you say all that over again? Adano: I said when you're balanced you're liable to get frustrated to make a choice and if you don't make a choice, you can't get frustrated because you're already balanced so where's the frustration gonna come in? In can't come in because you're balanced, you're natural, then if you're natural it will happen, it will flow simply because when you're balanced every need is provided for you to stay in balance, not every want, your wants cannot be fulfilled when you're balanced that's impossible, it'd be

highly impossible for energy to do anything like that, but energy by virtue of balance and coordination will fulfill each need to keep it in a state of conservation, it can't be one-sided, it'll always flow back evenly just like the wave on the ocean up and down along the beach and back in tides. You have a high tide and the low tide but the water ain't going nowhere and now you put the heat of the sun it only goes up like a vapor and what happens to it after a while? Audience: It comes back down as rain. Adano: Good so the same law is going on to show there is no loss, it is always here in different cycles and your own spiritual life is based on a psychic movement, do you get it? You get it but you don't like it, that's what you want to say to me, you get it but you don't like the way it's happening, you want to do it the way you think it should happen to you for the benefit of you. Audience: Well that might be a good idea. Adano: We all want to be able to be in a position that we have a unique control on life that we don't want to face it because we're gonna make wrong choices. Audience: Could you say that again? Adano: We all want to be in a unique position to control life to make decisions and not to be accountable for it. We don't want the responsibility for your decisions or your actions so you want to have life where you can always draw on it. It's like what you call unlimited credit, so your mind will tell you that you can't do that after a while, your body will show you can't do that after a while. So basically when you're meditating what are you really trying to do to yourself? Coordinate so let us get back now to a true understanding again of the word meditation and we see why we are trying to meditate and what meditation really implies and see if all these things don't match up (inaudible). Okay we'll take the word meditation. See how we spell it, how we write it, like Chinese. The word is an acronym but basically the Chinese or the Oriental people have always used the word as an acronym as a way of compiling their whole cosmic science into one behavioral technique. To hide a science from the uninitiated mind, they simply compressed all the cosmic principles into one word and left it like that as a sort of a challenge and it's a Gordian knot. When the time comes along when the initiate or individual understands it, he can cut the not or get through it. "M" stands for mind or Cosmic Consciousness or Cosmic Self...

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Adano74\_RichmondQ1NW3 - ...inverted pyramids working upon each other creating an internal kinesis. This force is known as kundal or circulatory movement, not coiled up movement or serpent movement. Because it's circulatory and it's pyramidal in action, it tends to fly out like that but it's synchronized with sound, that's the phenomena behind it, it's not synchronized to light, we are synchronized to sound. Now chanting basically from one level only means to utilize sound by repetition: conscious, subconscious, and super conscious. When we use sound now in terms of therapy which we call now a sound therapy and try to make basic changes in the body then we have to understand how these forces move in the body and where to affect them. The words we use in the chant have to do with certain empathic feelings, certain tendencies, and the meanings are very subtle in order to make basic changes within ourselves. There are three ways to do a chant: one, we sing together. Two, we alternate with the voices, that is one group comes in and next group comes in like if we say Om, Om, Om, Om. These two types of chanting control the positive and the negative flow of the body, that's going as a group or going as part of a group but when one leads and all follow we have now the third movement and that is different because the person that leads must lead with a certain level of consciousness every time he leads, he must pull his consciousness, he must bring conscious down all the time, and therefore he must be able to enter subtle levels of consciousness within himself to make it transfer into the atmosphere. This type of chanting is different, this chanting is therapeutic because where that consciousness can go and synchronize with the life field, it will cause results to occur in the atmosphere. So you remember years ago on TV there was a person who said "Sing Along with Mitch" and a great many people were in spite of the fact they didn't know why they were getting well and happy because Mitch was pulling in his buoyancy or self-relationship down into the group. This has a greater effect in sound therapy than just a group singing together or separating parts and parts. The chant that we're going to cover have subtle meanings and we must know the meaning before we can really get the benefit of it, the one we will take as we start is "Listen listen to my heart song, listen listen to my heart song, I will never forget you, I will never forsake you, I will never forget you, I will never

forsake you." The way it's written and the way it's said you may jump to the conclusion or interpretation that is you are telling God to listen to your heart song and that you would not forget Him and you will not forsake Him and you may work up into a pathos, into an empathy feeling, you may work up into a state of great grief and yearning and great conviction to the Lord, when the very chant was never designed for that purpose because that would be the illusion of the chant, that would be working in a different relationship, the chant was not designed for that. The chant is designed for the reverse, it is God who is saying "Listen listen to My heart song, I am in the heart principle, I flow through you as blood but within the blood is the life force and this inner pulsation is My eternal beating." Now when you separate yourself a bit then you have illness, when you synchronize with it as you did when you were in the mother's womb being formed, in the process of formation, It does not forsake you, It does not forget you. So when we return back to the heart song and realize that it's the Creative Principle telling us from that Creative Consciousness at a lower level of consciousness by internal mechanics that we are one and the same and we can't be separated, we can be forgotten, then our so-called anxiety also called heart pressures and problems of the heart and illnesses of the heart: physical, psychological, parapsychological, all disappear for the first time automatically, it is the fastest way to recycle yourself. You've heard the term recycling and you've been involved in partial techniques like this, we are getting into more and more scientific approach to recycling on an inner basis of our nature, you are using the chance now to recycle yourself out of tremendous psychological problems but at the same time you must know where the energy flows from and flows to in order to tap it, you must be able to recognize the symptoms as they move through your body and how to stay with the flow that you get the best results otherwise it just becomes singing and I remember reading one time where Yogananda went to a church and he heard the choir master lead the choir in a great deal of singing and when it was all over they came over and said to him "Sir how do you like our choir?" And he looked for a long time around the church, didn't want to answer the man, and finally said "I heard good music but no devotion." See the last word really took the choir Master for a reaction, he couldn't understand what he meant. Merely singing and not knowing and not integrating does not bring therapy, it gives you elation, it gives you entertainment, but integrating and knowing what is going on and synchronizing comes devotion, that is energy drawn back in from within your nature to center itself on its true source. Emotion is energy going away from its source and scattering itself, devotion is energy drawn back and centering on its source. 0:10 Now if we and the Father are one, if we and Life Energy are one in the same thing by virtue of consciousness, then inward centering is the realization we're looking for, the inner platform to center on. So in the chanting you're going now not what has been taught years ago or what you hear, you're going to something deeper inside to open doors of consciousness that have never been opened before by chanting. So what I want you to do now is forget that you have arms and legs and just think you're nothing but a straight little worm, just swaying, you know they say the cobras sways to music, swaying is a means of loosening up the energy in the spinal column. All the energies tend to settle around the joints but they flow from those joints back into the spine up to the head and they flow away from the head down back through the spine into those joints and they settle by gravity and they settle by impact and shock. If the mind starts centering and swaying like a flower or a tree in the wind, this particular swaying or undulating movement is synchronization, is withdrawing from those locations where the energy is settling and starting to move back now up through the spine into the head so you feel yourself. Now when we chant, don't be in a hurry just to follow somebody, you must feel the need to make the sound so many of us are going to chant all at one time and many of us are not going to feel the chant at the same time. As one person leads a chance, wherever you feel to come in on the chant you come in, when you don't feel to come in don't come in but chant. Whatever word you want to chant or whatever verse you want to chant, come along into it so to stay in alpha level you have to keep your eyes at the point between the eyebrows so it's half open half closed. The swing is an automatic pulsation so most plants, why they are able to pick up the life vibrations and read your emotions quicker is because they are staying in that level all the time. The flower is always turned up, the leaves are always turned up and the human body is patterned after that and will have the same inner experiences. So learn to feel, feel what you are, feel the mechanics of your inner mechanism, feel those pulsations,

don't be in a hurry to join the leader who chants, whenever you feel the need to express, it'll come out. (Adano leading the group chant). Listen listen listen to my heart songs, listen listen listen to my heart song. I will never forget thee, I will never forsake thee, I will never forget thee, I will never forsake thee. (charted multiple times). The Lord is saying to you who is a creation and He being the Creator cannot forsake you in this creation of light and though we may not know it and feel we are separated from Him, He is assuring us that we are not forsaken here. If we hold fast, He will pull us out of the illusion Himself, it is His commitment to His creation. We as a creation must simply watch, listen, and be receptive. He as a Creator is obligated to satisfy our needs and the last need and the most important one is the release from the illusion of the creation. Our obligation is to watch, to listen, and be receptive. 0:20 If you find yourself yawning, that's the very first sign of release, you're breaking the stress patterns in the endocrine system, you're releasing yourself from the shock of the environment upon the cells so if you want a yawn go ahead and yawn. If you want to stretch, go ahead and stretch, let the whole body unlock itself. All from the shoulder blades, the neck, remember where the joints are there is where the energy is locked up, the energy should be flowing from the base of the spine freely up to the top of the head and away from the joints and the easiest way to get it away from the joints is to undulate or to sway hence the origin of the religious dances and the yawning is evidence that the body is breaking through the stress patterns. The solar plexus is letting go, the seat of all your emotional hang-ups, it's the cloverleaf of the blocked up energy and the neck is the area where everything goes into what is called bottlenecking, traffic jam so if you find that joint there not loose and it's tight, you have a traffic jam of the energy movement, just let it go. If you want to yawn that's a very good sign that you're unblocking, you're unblocking all those patterns, all those impressions and tendencies that have been stored up not only of this life from the time you were born but also tendencies prior in the prenatal state, in the womb state. Also tendencies prior to the prenatal state, tendencies from the various life forms in the process of evolution. Now you're gonna do something that nobody ever thought of, when we were kids that told us to pull our ears because we were naughty well we can give our ears a good massage and remember God is not forsaking us, He's the life force in us. The human ear is the fetus upside down, it has every principal point in the human ear like a baby in the womb upside down. The tip of the ears is the eye and the head, the top of the ears is the buttocks so give yourself a good spanking by pulling up the top and you'll relieve a lot of tensions and anxieties which your parents didn't do for you when you were young when they didn't pull your ears and get you straightened out, now you can unblock, let it go out. Mr. Johnson had the right idea for his dog, massage it especially around the top because it controls the sciatic nerve which is the largest nerve through the whole body, it runs up in the lower base of the spine in the legs and as you massage that you'll unblock a great deal of tension that come from the lower back and pains that come from the lower back. If you find it sore inside then you know there's something wrong somewhere in the mechanism that needs to be unblocked. Now the back of the ears, you just push upwards, take the thing and push upwards remember we listen with our ears so Sound Currents do affect us via the ear and we are formed by the Sound Current therefore the ear is a very important principle. It's the only tissue in the body that retains some of the fine tissues of the fetus, we cannot lose that part that is why when you pierce the ear there is no sensation and in modern therapy today addiction is corrected by working on the earlobes and the outer core of the ear. All drug addiction is corrected now by auricular therapy, it is the technique of correcting addiction. Now we we can correct it ourselves, if our parents had pulled our ears a couple of times when we were young, listening to your parents, listening to the heart song. If you listen to the heart song and knew that It didn't forsake you then you would not go off in tangents, our job is to listen. Now as we manipulate and massage the ears we also activate the extra sensory auditional functions of the brain, it's a natural phenomenon for the brain to pick up extra sensory and yet it's synchronized to the brain by the ears, the ears are the key, they are the antennas. Okay. (Gap in tape then Adano Chanting with group). 0:30 Om Namo Bhagavate Vasu Deva Om (charted many times). Om Adenei Eloheim (charted many times). 0:40 Only Thou of river of delight. Only Thou of through endless day and night. Only Thou assuager of all sorrow. Only Thou O giver of tomorrow (charted many times). 0:50 Om (charted many times then short meditation). My Lord I will be thine always. My Lord I will be thine always. I may go far,

farther than the stars. I may go far, farther than the stars but my Lord I will be thine always, but my Lord I will be thine always. Devotees may comes, devotees may go, devotees may comes, devotees may go, but my Lord I will be thine always, but my Lord I will be thine always. When I die, look into mine eyes, when I die, look into mine eyes, they will meekly say my Lord I will be thine always, my Lord I will be thine always (chanted several times). Slowly open the eyes.

1975 March 15 - Rockland

Adano75\_03\_15RocklandQ1NW8 - Any questions? Audience: (Inaudible). Adano: What He is doing all the time. Everybody is so peaceful. (Laughter). That's the purpose of Satsang, to find peace, peace is inside of you not outside. Audience: You talk about peace being inside of you, you said that there were 10 levels of consciousness and 10 worlds, can you tell us how many worlds there are or is it just this one world? Adano: Now when we use the word "world," we are using it very loosely you know, that this is a world we live in. As far as we're concerned when you use the word "world," you may only relate to the planet Earth and the few nations in it but that is not the true use of the word, there are many levels of existence, many forms of existence. The one that we are familiar with through our five senses is Matter acting on Matter, this here physical universe with the planets all going around it interacting on each other. Even with our biggest microscopes and telescopes, you only see these forms of Matter acting on Matter, it's one of the first levels of consciousness and the first level of existence. The second level is when you can slow down your brain, you can't speed up your brain to see it, you have to slow the brain down to a certain vibratory rate and that's Energy acting on Matter, you begin to see another universe entirely different than this one interacting upon this very universe as a sort of a stabilizer which this universe reflects, this universe is a reflection of that one. Now there are certain vibratory forms in music that vibrates from that universe to this one, that nourishes this universe. Then again you have to slow the brain down more and as you slow the brain down you're getting closer to what is known as conscious death, that's what Paul meant when he was in the body, "I live and die daily in God," you begin to see the third level of consciousness or the third universe, that's Consciousness now acting on Matter. You're in contact with conscious entities of another level of existence and that universe abounds with tremendous entity life of which the other two are direct reflections of it. That's where you get the term "As above so below," these are reflections of these levels of existence. Then again you have to slow down the brain more than you're accustomed to slowing it down and you see another level of existence, another level of consciousness, and that is Energy acting on Energy. Up to this level of existence by your own behavior and your own desire nature you can achieve a certain degree of awareness, beyond that level you can't go as a human being with your normal behavior patterns, with your normal attachments and understanding through your five senses or even with your intuitive senses, you need a help of a fully realized Soul who must act as a bridge between that fourth realm and the fifth one which is the first spiritual realm of the universe. Now the first four realms all belong to the Lord of Creation, you may know him in your bible as Jehovah also you may know him as King of Glory, Lord of Hosts. In the spiritual context he's just your spiritual uncle, he's not your Father, he didn't create you but you worship him by mistake since you don't know who you're worshiping on a physical level on the assumption that there is God governing this universe. Only when we are fully dead do we get the reality that there's a God beyond all of these Gods that we read about in the bible but then it's too late, we can't come back and tell nobody. Only a Soul that can travel past these levels while in-resident in the human form through the help of the God-realized person that acts as a bridge to take him back to the true Father which is called the Son in Man, then you begin to get a glimpse of the Lord of the Soul. Now in the Hebrew bible you might know Him as the term Elohim, in the East we know him as Sat Purush, the eternal Lord of the Soul, the Creative Force but that's the very first journey back to spirit in the fifth level that is Consciousness now acting on Energy. We can get an exposure to it but we may not be able to function in it, we can be helped across a fully realized Soul by relating and loving that Soul while in the human body, that's what Jesus would mean when He said, "None come unto the Father but by Me." 0:10 Yet to function in that level you have to still slow down the body and slow down the brain and this reaches a point where your friends part company with you and get scared of you,

they think you're loony bin, never never land, you never seem to relate to them too much. The next level up is revealed to you by the grace of God through the God realized man who acquaints you with what that level is, that's the sixth level and that's an entire universe all by itself and that is Consciousness acting on Consciousness. We don't have the slightest idea of what that is on this physical body, we have a few faint models to which we can relate to, they're what we call spiritual antiques and they're left in our scriptures, vague verses pertaining to that level and again by the love and devotion and the daily silencing of the mind, slowing down the brain, and learning to function in the death cycles which is the purification of the heart process to the point where it's almost not heard by this stethoscope yet can be recognized by the cardiogram, you can perceive the seventh level of creation that is Beingness acting on Consciousness. There you leave company, you part company now with the God realized Soul that took you across, he doesn't go any further with you, he presents you to the Lord, true God, the true Father, the true Creator, the one that Jesus tells you to be afraid of, "Be not afraid of him that will destroy the body but him that will destroy the body and the Soul," then the teacher leaves you right there. From then on only you and God can walk the path to God Himself, within Himself, nobody can follow you there, nobody can take you there beyond that point, not even the God realized son, though the son reveals the Father to us by that point of experience, we eventually have to walk it, each man on his own two feet must finally make the final union of the spirit, God. And that's the eighth level, beyond that the ninth and tenth, it is not describable in words because these are wordless states, these are states where mind don't function no more, these are states of Beingness and to describe the Beingness state through the verbal language of the vocal cords is a desecration of it. So you actually live in an eternal silence of pure love, to convey to your fellow man you have to slow down the body and the brain and look at them through the naked eyes (short meditation), then you understand the eyes are the windows of the Soul and if music be the food of the Soul, play on. In those last two levels it's only music, there are no words. The ninth level has a name, it is called "to become" in English, it has a Sanskrit name and the tenth level is called the "as if" level or "no name" level but those words are very inadequate to convey pure Beingness. The Eastern people have used Sanskrit as a language or Hebrew to describe these levels, today when you break it down in terms of English there are very exact levels in English to which the mind can relate to but then the mind has to go through the exposure of having a physiological experience, you have to have a physical experience from inside, realizing God is on the physical level. We don't become God, we all become God realized. The difference between the God-realized man and the man in the mental hospital is this and both look stupid and crazy but one can drive a car and don't create no accidents because God is intoxication, it's the highest form of drunkenness you can ever experience. You know if you're drunk with the Spirit and then the mind tries to imitate that drunkenness by producing alcohol from the bottle and we still call it Spirit too you know, the body language can't escape from the experience but the Christ is the only aspect in the whole of creation that takes the physical form back to the true Spirit, that's why it's called the Son of God, not a man, the Christ is in all of us but we got to wake him up or become aware of it. That's the reason why Jesus asked Peter "Who do men say that I am?" He was asking them to identify with their Christ nature and some said he was a prophet and finally Peter said "Thou art Christ, Son of God" and then he told Peter flesh didn't reveal it, that he didn't personally tell him that but the Father within Peter, that's the Christ nature within Peter, revealed it to Peter. Peter had an internal experience of rising above the levels of consciousness by slowing down the brain and perceiving through his own Christ nature the total Christ nature present surrounding the man Jesus and then Jesus finally said to him "Upon this rock I build my church." 0:20 Upon that experience it is possible to build a realization, the body is a church you see it's a temple, the only temple there is, their ain't no other temple. The only religion there is is internal experience but then he later told Peter he would deny him three times simply because the experience that Peter had of the Christ inside was still not a conviction in Peter's mind and spirit and the Christ was looking into him further to see that the disciple was vacillating and so he told him he will deny him, that means internally Peter would deny his internal experience and think it's a form of hallucination, of following another man who wouldn't attempt to raise a single hand to defend himself against his fellow man even though they accused him of all kind of false acts. That would turn

the mind of a man like Peter now who was humanistic enough to want to protect his teacher but the teacher didn't come to be protected, he came to teach how to identify with the Creator so Peter vacillated back and cried out "I know him not" but then three times is an indication of a certain process inside, you have to slow down the mind three times, three different ways: beta alpha theta, before you can fully say the Christ is in you which is delta. Modern medicine is now already catching up with God, in a few years to come machinery will prove all these facts in the Bible by the scientific principles not imaginations. You cannot experience God with the mind racing fast, you can only experience It when the mind slows down, it's obvious that when you're dead you're very close to God, you can't argue with It but when you're alive He's so close to you you don't recognize it, He is your next breath. So between the next breath and death itself, learn to slow down the brain, they could have put that in the book a thousand years ago but didn't want to tell us the truth but now we wake up to the truth, what it's all about. Se don't have to run around like chickens without our heads to find God, He is closer to us than the breath, He's inside of us at the point in the forehead, "When thine eyes," two you see, centered, "the whole body is full of light," atomic energy. Einstein says light, matter is equal to the mass times the velocity of light squared, Jesus is saying it in his own way this body is full of light "and the light is shining in the darkness," that is your desire nature of your cells or the ultra polarities: positive negative "and the darkness comprehends it not," the mind don't comprehend why light should be in your cells until you start bombarding the atoms that form creation. "But let your light so shine before Men," that's the important aspect of it, "that they may see the good works and glorify the Father in you." The time you spend to slow down the brain to observe the reality of yourself, this is what the good works are. Finding God and being enlightened in God don't give you a big intellect, far from it you might end up being the craziest fool in the world by being ultra simple in your behavior like a child and the world don't like you for that because they don't need childlike people, they're always looking for some horrible individual, a threatening thing or something like that, to make out that he's important and spiritual. The worst insult to God is a long face, when you love God you smile, what is more obvious is than that? If you don't love Him you never smile and if you're gonna love with all your mind you can't fall asleep, you can't die, isn't that what He said? With all your mind: objective, subjective, super conscious, and "with all your strength," that's your breathing you know, no breathing no strength, "and with all of your heart," that's the pumping of the life blood in you, decarbonization of the blood. When your blood is overcarbonized, you are sick, you degenerate yourself. When you purify it, the body is healthy, it's radiant, it lives, it conserves, it expresses wonder-ness, simplicity, "and your whole Soul." Loving the Lord with your whole Soul is just letting God take care of you, you don't try to take care of Him. We're too busy trying to take care of God, telling Him how to run the world. So we are more concerned with the eight levels to which we can aspire to, the last two are not so easy so you find that they say the universe is Sound you know, Word, Octave, "In the beginning was the Word," in the beginning was the Octave, the Audible Life Stream, "and the Word was with God," that is this Audible Life Stream, this Cosmic Octave, existed in pure Beingness "and the Word was God," that's the only thing that makes it important for Man but God is Cosmic Sound, Cosmic Music, not somebody sitting on a throne judging you. Though when you're a child you want somebody to judge you and punish you because you expect that from your parents "and the Word was made flesh," that means this Cosmic Vibration, this Ultrasonic Life Being slowed down and crystallized and became tissue and then it started to differentiate which type of tissue it will become in-resident and function as a potential source of purity "and dwelt in Man: male and female" so equal rights was established at the time of creation. in the cells, right within them, the pure crystalline power, the essences are locked up in there ready for the Soul to be recognized and to hear. So you don't see God you see, "No man sees God" but every man can hear God. To think you see God is an illusion, the closest thing you think you can see about God is light and that is an illusion in itself but to be sure that you're always with God, you can hear Him and feel Him and smell Him and touch Him and that's music and it will guide you in your utmost, minute detail in your life if you just listen. The hardest thing for us to do is follow instructions and that was the very first thing that caused all the trouble in creation, you know they call it the sin of disobedience well sometimes you go into big companies you see "when everything else fails, follow the instructions." What more have we

got than to relate to it, we didn't follow instructions at the first time. The Garden of Eden is the body you see, it's not a garden, it's not some place out in the middle of the desert, it's the human body that's the Garden of Eden and the central nervous system is a tree of life. The roots is the head and the center of it is the middle trunk, the solar plexus, that's why the world has never changed from the dawn of time, solar plexus, the light of the universe, the fruit in the midst of the garden. "But don't eat of the fruits in the midst of the garden," that means don't try to find God through astral projection. 0:30 Desire is the most subtlest force in the human body, it's like a snake, that's why the symbol was used as a snake. It can kill you, it can elevate you, God had to desire a universe before He created it but He knew that the power of desire can destroy as well as it can create therefore He had to warn His creation not to be caught up in the craving to experience realization by astral projections or psychic phenomena. Even the son has to warn the brother "What does it profit a man to gain the whole world and lose his Soul" that means to get trapped in sensory practices of psychic forces but as we don't follow the instructions, we end up doing the same thing again. So Adam which is reason in Man and feeling which is Eve in Man, male or female, came in conflict with desire to experience God realization, these two forces want to experience God in Man, Man always craves the unknown power, the source of his being but he didn't know what direction to go in, only intuition in Man can guide you, that's the Christ in you, the desire nature can pull you down or lift you up, that's the serpent in you. Well the desire nature told the feeling, "If you eat the fruit in the middle," which is if you experiment through the solar plexus now, plexus means brain, but it's not a real brain because it don't have the functions of the real brain, it imitates the real brain in here where you really know something or do something. So the feeling was fooled to experiment in astral projection and when it did experiment it got an insight into the knowledge of good and evil, it discovered that he didn't die, that he was outside of the body but the body was lying down functioning there and he was outside and he discovered he was naked, that means he was devoid of the physical form so when the Higher Self called upon him and asked "what are you doing?" He says "we're naked." "Oh, how you know you're naked, who told you that? Unless you experimented with the wrong force." So the Creative Intelligence placed a block at the gate of Eden which is the forehead between the Tree of Life which is at the top of the head. He placed the Cherubim and a Seraphim, that's the anterior and posterior function of the pituitary gland. You have two lobes there that blocks the energy from coming up now by virtue of reason and feeling to see the true light of God and to enter back in the Tree of Life which is immortality of the Spirit. Since the feeling and the reason couldn't get up there, they were cast out to live in utter darkness, that is on the sensory level of the five senses, and to satisfy their bodily nature by living in contact with material forms, not able to live off of the essences of the form. They could not do like that over food and draw out the essence and feed themselves no more, they would have to actually eat it, to break it down chemically within the body to live off of it so essences like that were lost and shut off in the endocrine glands of the body which you call the seven candlesticks in the bible in the Book of Revelation, "before the throne of God," which is the crown chakra of the Spirit. So when they wrote the scripture knowledge, they were writing of a very unique science of how Man was supposed to find God. Since their feeling and reason was shut out now for the first time and cannot enter back into the pure stream of Spirit, the Christ nature has to come down from here now, it has to come down to the heart, it can't come any further, this is the halfway point. It comes to the heart that's why the pure in heart sees God now, it has to purify the nature of the Man, the solar plexus is at the navel, this is right here and the heart is here. So these two forces now, one has to come up, this is called Son of Man, "If the Son of Man be lifted up, I draw all Men unto me," these are different levels of consciousness in the human mechanism but we need a God-man we need someone to do it as a bridge and in every period of time and in every planetary system, this goes on. Planet Earth is not a unique place where this thing happens, this principle of creation and the non-following of the instructions took place as a drama to emphasize the process of the Soul's growth therefore in every level of creation this particular act was performed, the Soul did not follow instructions. So when we find it as a human trait in us to disobey and want to make restitution, it is because the Creative Intelligence design it in such a way as a drama to emphasize the use of life energy and to give it the power of choice in a fragile form of flesh to redeem itself and attain immortality. He already took this whole

process and set it up for us to experience, that's why He remains in flesh and He comes to His own in flesh and He lifts up His own by flesh, it's called the path of the Saint or the path of God, the journey of the Soul. We must make the journey back to God in the human body, we must make it on a conscious level with conscious love, conscious devotion, conscious service to our fellow Man. Any other method would be a transgression, "He who does not come up by the door," this is the door, "and by any other method is a thief." If he tries any other method to get back to God and don't go here within his own consciousness, he's stealing from his Divine Nature, he's fooling himself, and he's caught up in the illusion of all kind of mind games and to come here is straight and direct, requires to be childlike because it requires discipline, self-control, and to go back here and to be encouraged to come here and practice by miraculous demonstrations is not truth, we must be encouraged by love to want to shut off for a few minutes every day from the five senses to the world outside and slow the brain down and try to love God from inside. We gotta leave these areas of the body and try and go up and raise the consciousness up and stay up there for a little while. When Jesus said "Render unto Caesar the things that are Caesar and unto God the things that are God," they didn't tell you what the things that are God but everybody know that things are Caesar belong to Caesar, that was the money they were using, it belonged to Caesar you render tax. The things that we use that belong to God is breath, vitality, energy, they belong to God, they nourish us in the upper portion of the mechanism, that's our spiritual income therefore we are liable for it and if we are bad stewards, we have to pay the price, the penalty. If we are good stewards then we reap the reward and the only way we can reap the reward is rendering some time to go inside and the time spent is the only valuable time you're going to chalk up on your spiritual account. Any other time spent away from here is on your deficit, it's a liability in your spirit and the time spent here is an asset to the spirit that's why Jesus said "When the eyes are single, the whole body is full of light," he's trying to point out that we can't stay too long or in the lower levels of the body and become happy and realized, we have to spend some time by going inside. 0:40 The Tree of Life is in their head where we are supposed to nourish ourselves without eating directly from the spirit but since we fall away from it by not following instructions, we are forced to mechanically eat to nourish the body and mechanically die. We aren't supposed to die, we aren't supposed to rot when we die physically either but this is because we disobey and we must pay the price. Realized men don't die unconsciously, they objectively consciously leave the body when they want to leave it, that's why they can say in a loud voice "No man take my life from me, I have the power to lay it down and pick it up." Jesus did not die because somebody put him on a cross and nailed him, he knew how to die and then he knew how to raise himself from the death, he was not the only one there are many on record but it happens that from the western point we know of him more, in the Eastern writing there are a lot like him but that is not restricted to spiritual men, it's restricted to Man as an aspect of creation, God made Man that way. God made Soul, Man is a living Soul and by making him that way God entrusted into the Soul the power of choice to deliver himself from the sensory levels to aspire to the spiritual level by surrendering to instructions but we can be fooled by the mind when we don't want to follow instruction because the pressure gets too hardm we get a lot of distractions and lots of enticement but we have to know when to discipline ourselves and when to accept certain conditions of life and work with them. That's why love is the only function that can correct all the problems and we have to grow up in that too, love is a growing process though we're born with it, it surrounds us, we have it but we may not know how to release it and that is something we have to discover daily by temptation. You see God is so wise in His way, He designed it that way in order to be more loving He tempts you. The one He loves the most is the one He tempts the most and "greater the obstacle, greater than men," greater the temptation, the greater the Soul. Those who are tempted the most are given the most love by God to realize, those who are never tempted. Audience: (Inaudible). Adano: Yes the more confrontations you have to follow discipline, some spiritual discipline, the more aggravation and the more difficult it seems for you to perform the simplest spiritual task, God wants the best out of you. It's like steel, to get the best steel you got to get more heat to take all the impurities out of it, put on the pressure. Audience: Is that why it takes some people so long to get onto the path? Adano: Yes, some slow starters, some are fast starters. Audience: God doesn't hate you just because it takes you four years (inaudible). Adano: God

cannot hate, how is He gonna hate, He's life. There is no condemnation in God, that is in every scripture in the world and that is a realization of every Soul, a Saint that has achieved it. There is no condemnation in Divine Light or Life, "Unto the Son," unto the Christ nature in Man "is given the power to judge," that's the internal conscience of Man. If God does not condemn, that means if life does not condemn, that's another way of saying it, then there is no way for life to peter out, life must reconcile itself. All right that's what we call God, Life, the Eternal Life, It has no condemnation, It's pure, everything in Life is pure. "Unto the Son is given the power to judge," unto the internal conscience is given the power to differentiate or judge but not to penalize, the Christ nature in Man doesn't penalize nobody, it comes to lift you up by virtue of conscience, by virtue of self-evaluation but you can't waste the energy and go scot-free so God in His true nature as the Holy Spirit now sets up the law of cause and effect, Divine Justice, there's only one law "What you sow you must reap," God can't punish you, Christ can't penalize you, or God can't condemn you but the Holy Spiritual Force which is the vital nature now will make you realize that if you hit somebody, you got to expect to be hit back, it's not a one-sided action. (Gap in tape) ...there's nothing here to worry about, impurity says "Well okay if it's so pure, it's sterile, let's have some fun." Well all right it's over there but look who got to pick it up, something's got to reach out to go and try and put it back in balance, that's conscious. So we try to put it back, what will happen? Until we can straighten it out back and get it in balance and therefore it's a law of cause and effect "for every action there is an equal and opposite reaction," so we see God as Life don't condemn nobody, we got the wrong notion of God as somebody sitting on a throne with a long beard and a pitchfork or something trying to do something and the Son that comes down as the Divine Conscience in Man don't penalize you, it don't say "go to hell or go to this place" because you're a bad guy go here and get your punishment, get your dosage. He may prescribe a medicine for you, that is "go sin no more," that doesn't say he wouldn't wipe your nose and take you out of the dirt, heal you by your love for Him but He wouldn't punish you. He may chastise you in a way by telling you "don't do it no more," a couple of harsh words now and then you know pull your ears up. So you wake up that your very nature in you, the very world around you is your disciplinarian so if life seems harsh at times, it's not God making it that way nor the Christ in you making it that way, it is your own thinking by not following instructions in the first place that causes it to be out of balance and the moment you begin to balance it up, it will correct itself so then you get the idea "cleanliness is next to Godliness," follow the instructions and you can go wrong. Audience: If every aspect of your life is clean and (inaudible)...

Adano: Yes, that's so simple that's what they call white magic, white magic is the art of behavior and how to follow instructions and they think it's miracles. Jesus says "The things I do you can do also and greater things shall you do," he didn't say "lesser things" and to do greater things it's simple to follow instruction. "He that doeth the will of the Lord is my father, my brother, my sister" that's to follow instructions again so how much more power you want and for who? For of your fellow man to perform miracles? It's ridiculous, I'm going to perform miracles to prove that I'm better than you when you and I are expressions of God? I simply disobeyed at one time and I'm trying to realize it and suddenly when I realize it I want to prove to you that I should clobber you on the head with miracles? It ain't necessary, the miraculous demonstration of God's power is nothing, every moment is a miracle. Who can make a flower come back, birds are flying that's a miracle, the sun is shining that's a miracle. 0:50 We pollute it, we destroy it, we try to do all kinds to destroy the beauty of it. So nobody is to blame, don't blame God, blame ourselves and don't be afraid of death, there is no death, you're just born somewhere else. Audience: I mean once you kick the frame you gotta go somewhere, where do you go? Do you come back to a world like you know now or do you come back to a dream world? Adano: You know before you were born, where were you? You were dying from another world, somebody was kicking you out from there to put you here. Your parents were waiting for you for nine months and during the nine months you were dying in some other person's realm, in another realm and they were mourning for you because you're hanging around too long, costing them a lot of expenses. (Laughter). You wouldn't kick the bucket fast enough over here and now when you get here, it cost them a lot of expense to have you born. Now when you're dying here, somebody's waiting for you, they're pregnant over there waiting for you and it's costing money for you to die over here because Medicare can't pay it. Audience: But what

about all these entities on the other side? Adano: Then Jesus says "Death is your last enemy, death is your last illusion," that's what the enemy is, not somebody that will clobber you on your head and kill you. It's the illusion of your Soul, Man is Soul, he's not a body, he's Soul but he doesn't understand it, he does know how to realize it so death comes like an illusion, a threat to it and when he loses the idea that there is no death, it's all birth because God is Life, God is eternal birth, He cannot die in Himself. Audience: So this goes on infinitely. Adano: Well that's what the word infinite means, eternal, no end, world without end. Audience: But what about all these people on the other side that you hear about. Adano: All right what would they want on this side? Where do you think they're gonna be? We live in this body and we wear our clothes every day, do you wear the same suit every day, seven days a week, 365 days a year? Don't you take a bath and change it and hang it up somewhere and then put on another one? Same thing with God, the same thing with body forms, we are Soul so when we leave this body it can only go through three phases: decomposition, non-decomposition, or you take it with you, pick your choice. If you behave and follow instructions, there is no decomposition of your body. If you behave and follow instructions you may take it with you, your behavior decides that, the instructions were given to us a long time ago, "Do not eat in the midst of the garden," do not try to play around with the forces in the central part of your mechanism, don't get fooled by them, center on God inside, that's following instructions, bring your mind here, bring it always to the Spirit. Now if you follow the instructions then when you pass on, the body will not decompose or it will be taken, you will be granted the grace to take it with you like you call it resurrection but if you don't follow the instructions then you must pay the consequences imposed upon the mechanism, it must decompose and it must learn the lesson a second time "To him that overcometh, I will not send him forth a second time," I won't make him do the lesson again. Which child when he goes to school fails his exam is allowed to go on to the next classroom? You know of anything like that? What is he supposed to do? Audience: Retake it? Adano: "As in heaven so it is on earth," we can't invent anything that is not there. Audience: Then there's no in between state but what about all these mediums that the claim that they talk to the Spirits? Adano: "What does it profit a man to gain the whole world and lose his Soul?" Audience: I don't understand what that means. Adano: Have they found God or are they busy not telling you how to win the stock market or do some kind of thing that Aunt Mary or Uncle Joe is doing? All kind of concocted stories. Audience: There is no one on the other side? Adano: It isn't that there is no one on the other side, I'm not saying that, what I'm saying is this it doesn't profit their Soul to have that type of information or involvement because they're not understanding themselves, they're not making you realize yourself so at best they're deluding themselves. 0:56 Now one of the rules of true spiritual life is when you realize yourself and if you are truly realized, you would not come to another human being and use his life energy to talk to another man, that's a violation of birth. There is not a single spiritual Soul that is of God that uses that kind of method, every spiritual giant or genius takes human birth to live in the dirt like us, to struggle with the trials of tribulation to follow instructions to transcend the flesh to prove that God is in him, that's the true spiritual Saint. Now anytime he's going to use mediumship or any kind of a concocted idea to impress the world that he's talking from God, you're being fooled, no teacher of truth uses that method. The founders of religion are not mediums, the founders of religion were men who lived in the flesh, brought religion to the world, the Science of the Soul, pure Love, how to live in Mankind, died for Mankind even Mankind didn't understand them, Mankind killed them. They were called the prophets, the true teachers of truth, they lived with us, they died with us and though we don't understand, they followed the instructions but then we got a whole host who pretend to follow instructions and didn't follow them. Now there was a king that lived one time in this world his name was Saul, he had a teacher his name was Samuel. When the teacher died, Samuel lost the ability to contact his teacher by the inner eye because he could no longer see his teacher inside to talk to his teacher so what did he do? They said he went to see a witch of Endor, Endor meaning a psychic, he went to see some medium who could call up the lost dead spirit of Samuel to talk to him, to tell him how to run the country, that's what he wanted Samuel to do for him. So he disguised himself so that the medium wouldn't recognize him because she would chastise him if she knew who he was, he's supposed to be a good student of a spiritual man and he's going to come to her? But the teacher exposes them by

calling him out, "Saul, why you call me from my grave, why don't you leave me in peace," then the medium recognized who is the customer she's got and he refuses to succumb to that kind of parlor trick because he's not that, God-man is not that, God-man don't play around with these things because these are only games of the mind and Saul was chastised and went out back into the darkness and began to go into his own karmic debt, finally he died through his actions. Samuel was a realized man, Saul was his disciple, his student, he didn't teach the student to go practice mediumship, he taught the student to behave and to govern the country but his student didn't want to follow instructions, his student got into the blues you know. So he got a young boy by the name of David to come play his harp to get rid of the blues then he got envious of the boy. This is his basic ego nature that he's got the Master and to run to mediums to correct that is a hypocrisy. He can't solve it, the medium can't get rid of your ego, it takes a spiritual man to clobber you on the head with your own falsities to look at yourself and say "Hey this is the way you live, follow the instructions, love your neighbor as yourself, don't try to perform tricks." 1:00 Audience: How high up is Gandhi? Adano: Your question is very apropos, how high is up? Gandhi was a spiritual man. Audience: (Inaudible) so there would be no room for misunderstanding? Adano: It was very explicit, the misunderstanding is in us not in the bible, very very scientific, the bible is very very scientific, it's written in such a scientific way, until we can think scientific like that, we're going to be confused. The Bible said, "In the beginning was the word and the Word was with God and the Word was God and the Word was made flesh and dwelt in Man," that is a very scientific statement, it's so scientific until you got all the mechanical gadgetry around you and all the laws of creation around you, which the Lord knew a long time ago when He started the whole process that Man has to evolve to come to the realization of himself. So from the dawn of time to the present time, Man has made many changes in his attitudes and in his environment except one thing, he didn't change his behavior, he still kills, he still cheats, he still steals, he still performs all kind of vile things to his body. Though he builds planes, he builds a satellite, and all kind of thing to go from here to the moon and back, and he'll go around the universe a million times but will he ever change his behavior from one human being to another? That's the real test, when he learns that then he can read the bible as it's supposed to be read as a book of Science or the Soul. Audience: When you have karma is it like energy held around you in the atmosphere or something? Adano: Yes. Audience: Who carries your karma? Like if you've got years and years and lifetime after lifetime of karma you're walking around with, where is this held? You're not holding our karma, are you? All I'm saying is if I carry all my karma once and how does it get paid off? Adano: Jesus said "Pick up your cross and follow me," what is your cross? Audience: My karma. Adano: Your karma and what does the word karma mean? Audience: All your wrong actions. Adano: So they have to accumulate someplace, they accumulate in matter and matter is energy and energy is consciousness and consciousness is Spirit so they are right here around you now in the form of the Life Stream. So "pick it up" that means raise your mind from below your navel and put it at the point of the head and accept the responsibility of living and all the problems that come from the brain now in the outward behavior you must face them, grin and bear it, "meekly wait and murmur not," these are the ways to solve the problem then you will transcend. "Be of good cheer for I have overcome the world," what is the world? Remember I started off the whole conversation with the world. Audience: (Inaudible) the problems that haunt you? Adano: Every single thought, Jesus said again and this is said by every great Saint, "Not one jot nor tittle of my word will go astray." A jot is a period and a tittle is a comma, when you understand the structure of language you realize how much we are committed to God, that everything we say and see and do we are committed for, we are using life energy via the brain as a human being and therefore we are liable for it. Now it has a feedback, that's the new term they're using now bio-feedback. Bible semantics, philosophic semantics, and scientific semantics are all saying the same basic truth, there's no difference in the truth, the truth is still the same. We can use different semantics to say it because the time is changing, the environment has changed, we live in different world experiences but are we realizing more or less? You only realize when you experience it, you have to experience it to realize it. Now if I eat a tomato would you be satisfied? Then that's a realization, until you eat a tomato you aren't going to be satisfied, equally true the bible has been written and we read it from cover to cover and I know a lot of people who can quote

pages from cover to cover but how many live it as it is lived from the internal processes? So what we're talking is not a verbal communication with the bible, that can be very confusing, we're talking of a bio-rhythmic communication now that's something that occurs within the mechanism so we have to take Jesus and all these great teachers at their own word scientifically and analyze it there and apply it so to follow the instructions, they're going to be very harsh. One of the instructions that you will run across is "meekly wait and murmur not." Now Jesus said it that way but hundreds of years before Jesus there was another man who said it another away "Murmur not at the dispensation of God, His wisdom is unbounded, His power is unlimited," the guy's name was Gautama, they call him Buddha, that's the way he said it. There's a guy called Nitty Gritty, you know he says "Grin and bear it." (Laughter). What is it they're saying, what is the actual experience involved? Anytime you can come to the realization of what you're supposed to do with it, you are realized, you are a walking bible. Don't think that the disciples in the bible that were written about have something more than you, you're a living being, you are Soul, you're the epitome of the whole Force and any time you take that information and make it work in your body and in your environment, you are living God's truth and the age and the time and the customs they all change but the communication of the truth is still going to be the same, you're going to experience it, you've got to experience it. How do you know that you might not have been sitting right near where Jesus was when he said "meekly wait and murmur not" and you mumble it that way then later on you come around and find that you're saying it "grin and bear it" then later on he says "put up with it." Now if Jesus would be back here tomorrow and lecture to us, he's certainly not going to use the word "meekly wait and murmur not," he's going to put it in today's context, the very experience that he needs to convey to the individual which we are losing sight of, the language changes but the experiences has still got to be the same, it's an indication of how to behave. Now in the year 2000 he may put it this way "don't adrenalize, learn to phosphorize," but you don't recognize what he saying, he's simply saying "love the Lord thy God with all your mind and your neighbor as yourself," don't adrenalize means don't hate and phosphorize means to love, these are the two basic chemicals in the body, phosphorus gives you love, adrenaline gives you hate but he said it "love the Lord thy God with all your mind and heart and Soul and your neighbor yourself" a thousand years ago, he's not gonna say the same thing now, he's gonna say it in today's language. If he's gonna talk to a bunch of scientists who are involved with abstract thinking, how is he gonna get these men to come down to understand him so he says "don't adrenalize learn to phosphorize." 1:10 And if we meet some extraterrestrial being who would tell us what's going on in the inner realms of love, he may use the square root of x is equal to so and so, so the language he is going to use is going to mean the same thing when you start to think of it. Audience: This electrical energy of us, this life spirit, are we part of the Son? Adano: Yes we are. Audience: In other words what you're really saying is when we reach that state we go back to the Son? Adano: Which is the first thing God made, Man or the Son? Audience: The son. Adano: Why? Audience: Did He he create all those celestial bodies and then He came to earth and He put the people on earth and He put life of Earth. Adano: Why did He make Man last and not make him first? Audience: He'd have no place to put him. Adano: Perfect answer, where is He going to put him? So don't you see you've got to be made from the substances that are around you? And when the scientist breaks you up and they examine you, what does he got? You are made of 16 basic chemical elements and trace minerals with it and there are 144 flying around you and yet you can't use the others to make your body and with all our so-called knowledge, we can't put together one like you. We know it's 16 of them, we know what the vibratory rates are, and we know the trace minerals that go to put it together but could we make one like you? There's something we don't have missing and that we don't know how to generate, love, it's called the Breath of Life, that's the thing that we can't put together in the elements. We know your body is composed of elements, we know how many of them, we know the quantity, we know what speed it should be but we don't know what speed love is supposed to be. God loved, therefore He created. We got to get the same degree of love before we can create another one like us, that's why "there is no greater love than him who would lay down his life for his fellow man," you see what degree of love you've got to arrive at before you can really say you can create? We can give life back to somebody else by praying for them, Jesus did that, we could do the same thing, we have that

power, it's implanted in us but Jesus didn't create another Lazarus, that's what we got to realize. He didn't violate no law, he merely fulfilled every law, that's what we got to see when you're following instructions. He didn't come to wean us back to God by performing miracles to save us, he came to correct the problems that we create ourselves and didn't want to face. The woman who felt that if she could only touch the hem of his garment, she'd get well but she set up these thoughts in her mind by saying "if I touch it," if I do this, remember I said earlier "as if" to become these two levels, if you can use them we would be God realized right away but we don't know how to use those levels of thinking therefore we are not God realized. So she says in her own mind, "If I touch the hem of his garment, I will be well," she is automatically applying a law, a very scientific law, and very spiritual in itself, it's so spiritual that we don't even begin to comprehend the ramifications of it but she says it in her own mind, she postulate the theorem, then she goes and touch it. Who can feel that? I don't feel it, even if I'm touching it myself but the Master says to his disciples "Someone has touched me," the disciple replied "Master everybody's touching you, we do you mean someone has touched you, don't you see people pushing to touch you?" Audience: I mean she actually reached that point? She just said "if?" Adano: Yes, right but wait, but the Master... yes "if," you see you got to spell "if" backward too, don't spell it only one way. "Fe, fi, fo, fum, I smell the blood of a," what? Audience: An Englishman. Adano: That's not a nursery rhyme, that's a scientific mantra. A lot of things we get as fairy tales have a lot to do with our spiritual life, wait she touches the garment and the Master says "Power has gone out of me" and the disciples they're not going to argue with their Master but if he just said that and left it at that, it could be taken to mean anything but he did not do that, he made it very specific to back up a scientific principle. When he said "Someone has touched me" and they said "Master, everybody is touching you," he said "no," meaning the word "touch" has nothing to do with pushing, "someone has touched me" and they said "Master, everybody's pushing and touching you" and he said "No, power has gone out of me," there's a difference between touch now or pushing against somebody, power left him. Now in the new translation you see the word "virtue has gone out of me," when you see that you can get mislead, "virtue" you don't go out of nobody, the Soul is virtue itself but power can go away from the Soul because someone can need that power and draw from it. Then he looks around in the crowd and he identifies the person who has drawn the energy from him, that is the way science works to identify. So when he looks around he says "Your faith," he points out the woman, he finds the woman that actually touched him, he didn't pick at random, he turns directly to one person and points her out and makes everybody recognize who drew the power from him and he says "Your faith may thee whole." Your understanding of how this law works, this unity of life with all being, your understanding of it brought about your internal correction. Audience: If you want something to happen a certain way, if you say "if..." and you want or you want something in life right you say "if I think certain way" or if some conditions are such and such, it'll happen? Adano: Yes. the answer is yes. Audience: That's pretty powerful. Adano: Of course it's powerful. Audience: You mean you say that if such a thing exists and such and such thing will happen, it will happen? Adano: Yes. Audience: Oh wow, it's kind of powerful isn't it? Adano: Yeah. "Your faith has made thee whole," your faith moved a mountain. If you have faith, "IF you have faith in me like a grain of mustard seed," mustard seed is not a big think you know, "you can say to the mountain move, it'll move." Right there in your brain there is a little gland called the pineal gland, it's composed of brain sand smaller than a mustard seed, the brain sand are crystals. If you can collect those brain sands to the size of a mustard seed, your brain acts like a laser beam, that's what Jesus is talking about and it's been demonstrated by the human brain at Topeka Kansas hospital where they put the Yogis and hook him up. I was in Chicago not too long ago and we did a brain scan on my brain for alpha waves to collect energy and we were observing what happens when you do meditate, what goes on in true meditation. You see the Book of Psalms tells you you must meditate day and night on the right law but we don't have the right law tell us by the church, the right law is told to us in the bible but we don't read it or practice it, the right law is here, meditate here day and night, center your mind here day and night. Now if you do it consistently, you're only required to do it two and a half hours a day, 24 hours we live, two hours and forty minutes is only one tenth portion, the origin of tithing. If we spend that two hours and forty minutes, break it up however you want, but give God two hours

and 40 minutes of just putting the mind here, you will cause these brain cells to come together to the size of a mustard seed one day and then you can say "IF I want this," it will happen. That's why he said "The things I do you shall do also and greatest thing shall you do," he knew that his disciples had to mature, he knew that mankind had to mature at some future date, that they will realize the law inside and use it so you see "as if" is a powerful principle. 1:20 Audience: What was the other one? Adano: "Become." Audience: How would you use that? Adano: When you eat, don't think of the bathroom and when you go to the bathroom, don't read the newspaper. Audience: How come? Well you're not "becoming." People have problems with their bowel movement and they're in the bathroom and they're busy reading the newspaper, that's why they're constipated, they have a conflict of identity with the action that you're involved with I know it's comical, it sounds comical, but this is the conflict of identity, you have a dualistic mind. Audience: You're supposed to concentrate on what you're doing. Adano: Do one thing and do it well. Years ago I read and do all the things that was contrary to the mechanism and got the mechanism pretty sick and after I realized the fault is not in God and the fault is not in the Saints and hanging on to the Saints shittails to get me to heaven was my mistake too. I gotta hang on to myself, pick up my cross and follow, I gotta correct all the mistakes that I do to the body, you can't blame God, it's kind of crazy go blame God for something that you're doing deliberately. When you're a child you think like a child, you make a lot of mistakes yes but there comes a time when you're going to mature. A woman is only pregnant for a certain amount of time, she's got to give birth to the baby sometime so we go through a spiritual longing, a spiritual desperation of evasion of the truth around things, it's only a human trait. Audience: Is there any way you can be reinitiated and start all over again with what you've learned? Adano: The word initiate means "to introduce" so you're already being introduced to the truth, you ain't going to start all over again. The moment you take up the mantle or the cross and decide to walk the road, however the thorns are just go along, grin and bear it, brush it out of the way, you pick up the action. The moment the mind has been introduced to the source of God as here within you, that's the cross you see? The moment the mind is set to put this point in alliance or balance within you, from then on you must walk that road and not come down back into the other crossroads of thinking. That doesn't say you don't perform your service, your duty to your fellow man, and you don't get involved with things but you know there's a limit to where you're going to be committed to violate your mechanism, you must maintain balance, you must maintain discretion. Your friends ain't going to get you to heaven, they're gonna pray for you but they're not gonna take your sickness on them, they're not gonna take your aggravations and the way to God is paved with good intentions, all these things are around us, we gotta still do it. As I said before if I eat, would you be satisfied? Audience: If you first meditated 2 hours and 40 minutes every day, how long will it take to become purified? Adano: You see that's the wonderful way the human being is, before he attempts to meditate, he wants to find out how long it will take. You ever ask yourself how long does it take for you to swallow a mouthful of food before you eat it? You never do that but to meditate you already want to know how long you're gonna take, you see how your mind is doing it to you? Don't let the mind create an illusion like that inside because you'll be pretty strung out and aggravated if you don't get results, you're going to blame God. If you set up in your mind that you're supposed to take four years and at the end of four years it don't happen, who are you going to blame. If you say in your mind it will take 20 years and if you do it for 20 years, who are you going to blame? I'll tell you a story, the teacher that initiated me into Swami-hood was initiated into meditation at the age of 14. When I met him he was already in his 80s but at the age of 65 he went back to see his teacher. He had a well-rounded life, he fought the British, he helped Gandhi, he worked the law courts to release his son from prison, and he became a multi-millionaire owning nearly all the newspapers in the country of India but at the age of 65 he goes to see his teacher and this is what he tells his teacher. When he was initiated he was 14 and the teacher was 45, now he's 65 and he goes see the teacher, you can imagine how old the teacher is. So he tells the teacher he says, "Sir, Guruji," that's the respectful way of saying "teacher." "Out of respect for you, I have practiced your technique of meditation since a boy of 14 only because I love you. You know I have never seen nothing or heard nothing that you call God and here I am a man of 65 years and I've been through the worst of my life and the best of my life and I still don't know what it's all

about. All my friends they see wonderful things, they hear beautiful things, they get so much beautiful experiences, and me blank." So the teacher said to him "Tell me my son, how long do you think you can meditate without fidgeting?" So he told me he said "I going to play it safe, I told the teacher two hours," he was playing it safe. That's what they call "playing it safe," at his age he's playing it safe, two hours he can meditate without fidgeting. So the teacher is a very factual man or practical man and he just says "Show me." So he said he sat down there and went in the position and start meditating without moving, without fidgeting, and the teacher took a nail, well picture for one moment in India up in some remote mountain region where are you going to find a nail that is clean? It's got to be some old rusty nail that would be hanging around for long time. This teacher took this nail and took a rock and nailed the leg into the floor and waited. At the end of two hours the man opened his eyes and looked at the teacher and says, "Sir, you see I don't see anything, I don't hear anything, and I don't know God." The teacher said "look at your foot" so he looks at his foot and he sees the nail in the foot but what are you going to say? It's not bleeding but he knows he's nailed to the floor then the teacher says to him, "You see how deep in God you are? Now I'll pull the nail out and I'm gonna heal it but I'm going to leave the scar to remind you how deep in God. Go home, don't come back no more." So now if you stick around, the teacher will get a bunch of tough guys and throw you out, that's how the Gurus are, that's how harsh their discipline is, follow instructions you may get it, if you don't follow the instructions you get something else. So the teacher pulled the spike out, closed the wound up with his finger, it didn't bleed but he left the scar to remind the man, and imagine he's in his sixties now, this man is a wealthy man, he could have beat the heck out of the teacher if he wanted but he showed me the scar to remind him of how deep he was in God. Anyway that night he got home and sat down to meditate, he said to me "You ever see the fourth of july fireworks?" I says "Yeah, the whole sky is bursting out," he says "My whole head was like that from that day on," he says "I can't even sleep no more today. I go to close my eyes and it's all going on, God is flashing around." He says "Now I know why my teacher didn't give it to me before, I couldn't handle it." He lived from 14 years to 65 years, went close to death and all kind of things, never had an experience like that and he thinks he's a pretty tough guy and when this experience occurred that night, he found out how puny a guy he was. Sometimes we want God but what we're really saying is we want God on our terms, we don't want God on His terms. When God comes on His terms, we find out we are very fragile creatures, we don't have the slightest conception of what it's all about so we tend to build up images of it to shut it down. Moses had the same experience, it was called the burning bush, the bush that don't burn you see but then in that experience he says "Who are you, what's your name, what should I call you?" So the inner voice told him, "I am that I am." Now if you go tell these people down in Egypt that's what your God is, they ain't gonna believe you. He says "How can I go tell these people God is I am that I am?" "All right tell them Jehovah." Now when you break down the word Jehovah the word means "the power to create." It's I-D-E-A, Jehovah, "I" is inspiration, "D" is desire, "E" is energy, "A" is action and if you can act this out, you can make it happen, that's why Moses acted it out. He was able now to act out the ideas of the Jehovah principle, the Lord of Creation. He came down, he told the people, and when he was first challenged he had to test it so who did he test? He tests the Pharaoh over his own people and he just throws his staff down with the idea in mind to test it and the staff becomes a snake. Now the Pharaoh was well versed in his science and he laughed and he says "Come on Moses now, we got a lot of guys who can do these things." He calls out his psychics or men of learning and they threw down their staff because they were able to do a lot of psychic abilities, they all became snakes, yes, it is that they couldn't. Any man who can do astral projection can cause it to happen, he can create the illusion but let's see now if he really has the power of the Soul or the power of the mind working for him, this was the difference between Moses realization and the Pharaoh's men's realization, the priests, they weren't realized from here they were realized from here, from the solar plexus and it was the greater force field between the two, one centering on the I AM Principle and one centering on the solar plexus so their snakes appear to be swallowed up by the snake that Moses put down. That means the God-self drew them all in before their very eyes and they realized that they were now contesting on a Soul level, not on the mind level.

1975 June - Tyler Texas

Adano75\_06TylerTXQ3 - (Duplicate of Adano76\_06TylerTXQ3 which is a better quality recording)

1975 July 5 - Satsang

Adano75\_07\_05SatsangQ3NW2 - (Long section of inaudible). 0:30 Meditation is “Moving Electrons Directing Individual Thought Activities Towards an Internal Observation,” or observation independent of the senses, that’s what intuition is, “and Oneness,” it’s not only an observation, it’s a oneness independent of the senses, “with Noumena or Nature.” So what you’re actually doing with simple language, you’re reliving the memory of the actual journey of the sperm bonding with the ovum to put you together. The ovum is your skull you don’t realize that fulfillment happens to you after all many many incarnations that we receive that is exactly what you attempted to accomplish to relive the memory of the actual journey of the sperm bonding with the ovum to put you together. The ovum is your skull and the sperm is your spine and the sperm doesn’t bite the ovum, the ovum gobbles up the sperm and until you live it, you don’t know for sure what you are and therefore that particular experience is called enlightenment because the moment the crunch of hearing the bite on the neck of the sperm in you by the ovum, the whole world around you becomes like a fourth of July light, it’s called moving electrons. Eyes open, eyes shut, the whole room is nothing but moving electrons and but then seven minutes and a half is called the crazy state or schizophrenic state. The next seven and a half is called the night of the Soul where you don’t see nothing, hear nothing, and you don’t know if you’ll ever come up again but if you stick it out, at the end of 15 minutes all around you is atoms and for the first time you can trust an atom by walking (inaudible), that’s the mind balance that that is solid as you look at it with a certain awareness and then all of a sudden it shifts and it becomes moving atoms. Even the chair I’m sitting on I accept it is solid but then when it shifts and it becomes moving atoms, if I panic I ain’t going anywhere to do the thing, I’ll panic only inside of it like a schizophrenic condition but then I can also move through it if I don’t panic, it’s called the materializing and dematerializing at will. So all the realized Masters of it, those who realize it and master it are able to interphase with the density of matter acting as a mass and acting as no mass. That’s where we part with Shirley McLain, she’s busy trying to get out of her head, be outside of her body, to travel in light and we are busy interphasing on and off by being the light. See wants to be a moth, we prefer to be butterflies. You see 15 minutes on a clock, it looks like very little time to sit down and try to get into that experience by recalling it, it isn’t so easy to experience because that 15 minutes may seem like 15 million years. That’s how come Einstein made the remark “Relativity is if you are with your girlfriend for two hours, when you’re ready to leave it will seem like two minutes but if you put your finger on the hot stove for few seconds, it will seem like two hours.” Audience: So it’s all relative. Adano: Correct, the reason being is that you need your five senses to observe nature and your five senses are the result of an ovum gobbling up a sperm putting you together but you’re no mechanism until you breathe so even though the ovum gobbled up the sperm to form the human body and dilated itself for nine months in mother’s tummy, you still gotta cut your cord and come out and breathe on your own, that’s the biggest anguish. If you breathe they keep you, if you don’t breathe they throw you back in the soil and... (gap in tape) ...pH factor all the time, in time, all the time. So you are elements, but you don’t like it but you’re stuck with it, I’m stuck with it too. Audience: We’re stuck with it but then you learn to work with it through understanding. Adano: But you see your question is this, the “who” is stuck with it, not the “what.” You see when you take a bath and look in the mirror you see what you are, but you can’t go on the road like that because it will be indecent so you put on a legal who by taking a bed sheet and wrap it around you and tie a string at the navel and call it a muumuu. Now if you want to become egotistical who then you take a lot of paint and slather your face up and then put on all the accessories and then they got what you call the egotistical who. The legal who is to wrap a sheet around you and walk out in the world and that’s acceptable, you’re not indecent, but “what” you are is minus the bed sheet and all the paint after you just got out of the bathtub, that’s “what” you are. Audience: Is Eko-optics an aid to meditation afterwards? Adano: Eko-optic is an aid to help you live with your schizophrenic experience after you go through when you learn to relive ignition

switch in your brain. Instead of panicking or feeling stressed out that everything in this room is moving so fast, Eko-optics will get you to become acquainted with what is called visual speed, not that chemical speed now. You don't want to take chemical speed to get a visual change, you see a lot of people take chemical speed to get a visual change but what you want to do is take a visual substance with the pictures that you're familiar with and let it run fast to interact the brain, it's called rapid eye movement now, forcefully to shift from too long an identification to a glance identification and a retention, it's called photography memory. So you speed up your observation through the rapid eye movement but this technique is not a new technique, the Yogis have been doing it for centuries but they just didn't have mechanical ways to trigger, we just developed mechanically ways to trigger it but if you were to sit down and do a Yoga test in a Yoga class, they would want you to memorize a whole big page of words like that and at the same time do a mathematical formula on a blackboard and then come and draw something that somebody is drawing and then remember what somebody's talking about. They got nine or ten people going on, all giving different information, and you got to sit down and recall everything and that's the test. So if you really relax your brain to the level of retention, everything comes in exactly like photographs so you can go and do the whole thing there and then you pass the test. That's how the Yogis used to test themselves if they really had developed this state of awareness and the acupuncturists did another thing (inaudible) their memory was to take a statue and have the 366 reference points drilled into it like a hole and they covered it with the rice paper and they give you a pin and you had to go stick it in the paper and if you found the right spot, you go into the hole because the pin will go in you see. If you don't go in and you push it in the wrong spot, they know you failed. This is how they tested them in those days (inaudible). Audience: This is changing the subject but you said the Statue of Liberty was the I AM presence (inaudible) as freedom moving in this... Adano: You see the geometrical structure is a means of inspiring the individual to be dedicated to his or her I AM-ness and to trust in the I AM-ness of themselves but they have to have some kind of a physical object to motivate them and so therefore artwork was the outlet. So when they say "one picture is worth a thousand words," there was a kind of an inspiration to the mind frame but one experience is worth a thousand pictures so one protest is better than a hundred statues but that's the whole purpose of living in the now. Audience: What is the karmic pattern that triggers (inaudible)? Adano: Liberty or freedom is the principle that no price is too high to pay because "No greater love than he who would lay down his life for his fellow man" is liberty and if you see the picture of sperms moving to the ovum in the uterine canal, there are many sperms battling to get you to be the winner versus those who are battling against you so you don't become a winner. Now think it over, Daddy throws out the sperms and mommy got the ovum and not only one sperm is thrown out, hundreds of them are thrown out and some are working for the winner to win and some are working to prevent the winner from winning. Now the ovum is already set up so if the person had 128 menstruations and they weren't conceived, that's gone, the next month is going to be 129, ovum 129, so this is what happens in the person's tummy "Ovum 129 calling sperm 129, come in sperm 129. This is ovum 129 calling sperm 129, come in sperm 129." 0:40 (Inaudible) but it's still ovum 129 calling sperm 129. All right, when the race begins hundred of sperm are thrown out but the 129 sperm that's in the sequence of its formation is going to be drawn to the frequency of the ovum and all around it there are approximately 50 that act as guardians to insulate 129 to get to the ovum. Audience: It's already programmed. Adano: It's already programmed. 130 can't get in but anything below 129 to 127 can get in and you'll have twins so this is ovum 129 and that's sperm 129 that is coming up but then the ovum separates and it has two entrances then it has to slow down then the next ones that are moving up... 130 can't move in. The next one that can move in is 128 so when the 129 moves in and the 128 lines up and they move in together, if they don't move in together you got a problem or you can always find out who's who, they call it siamese twins. That's 128 jumped the gun too fast and mucked it up and nature will not permit such a thing to happen so she would lock it because he was given a chance to line up his frequency and he didn't line up sufficiently and he jumped the gun and nature locked it. So when the siamese twins is taken out of the womb, we can always tell who's who, the one whose neck is longer than the other, he's the 128 and that's the 129. Audience: But with regular twins, one waited. Adano: Right and they come out even, one after the other,

the ovum separates and each one bonds and when it's formed at the end of the time and then when the time comes for coming out now, ovum 129A is coming out, ovum 129B is coming out second. Audience: What is the significance of twins? Adano: The significance of twins is equal opportunity for equal momentum. Life is reciprocal, you have a right brain and a left brain and the opportunity for both to act equally in a form because you're a composition of an ovum and a sperm. So the mother in you and the father in you is present to act now as a twin formation (gap in tape). Now the funny thing is this, if you have triplets you'll always find the oldest one and the young one are totally in opposition from the middle one who's the one who gets all the fun. The older one is put into a situation to take care of the other two. Audience: That means it's a babysitter. Adano: Yes and the youngest one is always in opposition to it to anything the oldest one presents. (Inaudible). That's what the process is, they are put into a situation to experience what is called equal distribution but the point is this, when you don't know What you are and you have to live the horoscope, that's the basis of what you're taking the chance of (inaudible). When you know What you are, you have the option now to play the horoscope or not to play the horoscope but first establish What you are and with that understanding you can play any horoscope. So this is why it is necessary to know What you are first so then you are free to play any horoscope than to just be a victim of the horoscope without knowing What you are and you're still searching for What you are but first know What you are. That's why they say "Seek ye first the kingdom of God which is within you and its righteousness," how it operates, "And it will free you, free men all Lord of yourself," then you can play any role you want because you know What you are but when you don't know What you are, you're going to be constantly fulfilled by Who you are instead of What you are and then you're always going to blame somebody or some situation for a lousy deal, that's the Who that will do that. But the What doesn't do that, the What knows what it is and therefore the What can accept any role because it's an Oscar winner already. (Inaudible) so any role wouldn't make any difference. Now but if you want to free your mind from role symbols then take an acting course and act the five important roles and train yourself to be free (inaudible). The first the role you practice in the first hour is you're a victim. Then the second role in the second hour, you're the assailant. The third role you act is the whipping parents who are sorry that the child got beat up so bad. And the fourth role, you're the officer who is going to apprehend the assailant. And the fifth hour or the fifth role is the judge who passes the penalty on the person (inaudible). Then you have a rounded out role of how these functions work inside of you, your immunity stays up and you never suffer from ATG. You know ATG is the worst disease, worse than AIDS. Audience: What is it? Adano: Attention Getting Syndrome and even God is suffering from that because He wants our attention by making us. See that's the oldest and worst disease in the world and the most important disease in the world. Audience: And Christopher already knows how to do it. Audience: Why is it the most important? Adano: Well you see it's not a disease, it's an opportunity to find out how much attention you can handle. Audience: You mean without your ego getting involved. Adano: See it's necessary to be exposed to attention to develop immunity as well as to develop a sense of dignity and humility so it's one of the greatest opportunities to develop your immunity when you consider it not a disease but an opportunity for increasing your immunity. If you consider it a disease then it's the greatest disease that could ever happen because none would supercede it, every other disease would come from it. So you don't like to classify Attention Getting Syndrome as an actual disease because it's not an actual disease, it's a means to stimulate immunity if you know how to work with it. So nothing wrong with having attention given to you but to be carried away with the craving to be important in the attention, then that's the real disease, you make yourself more vulnerable to that particular situation. Audience: How do you tell when a child is getting to have a problem with it? Adano: When it doesn't want to listen when it is told to do a certain thing. Audience: Like "clean up your room?" Adano: You see if you can't obey the parent when the parent gives the command after three or four repetitions then it's getting to be an illness. You're entitled to refuse to do it for the first and second time but the third time is the time you start to cooperate because the parent (inaudible) and they wouldn't tell you to do something if it wasn't for your wellbeing. 0:50 So when a person took his son to a karate teacher and wanted his son to take karate, the teacher looked at the boy and says, "You don't obey your parents." He said, "How do you know that?" He says, "The way you

walk and if you can't obey your parents, don't come back." Now that really shook up the kid because he wanted to take the karate training because he saw Karate Kid and when the teacher said "You don't obey your parents," it really put him in a bind. He went back later on and he had to obey the teacher because when the teacher told him he had to do it, he had to do it. If he didn't do it, he would send him away. Audience: When you look at some of these children that are abused now, if they obeyed some of the things their parents told them... In some cases I think the parent wants attention. Adano: If you look up the horoscope and the biorhythm charts of the so called abused, you'll find it's already setup for them to go through. Nature doesn't have any something for nothing in this universe, you only get back that you give out. If you become more intellectual and less interacting with our environment, we become afraid of the individual's having to face their own particular confrontation and we try to take away by insulating them from their confrontation only to find out you're not helping the person, you're lowering their immune level. Now in the jungle where I grew up, what I had to learn to survive in this environment would be called child abuse but what you teach the child here to function in this society, he wouldn't last a second in the jungle, he'd be dead. Each location has its own discipline for survival so we can't up and say a person imposing certain rules of abuse or no abuse or any type of limitation on a person is a hundred percent valid because in each time frame or location is going to be different. Now if a man lives in the jungle and the parent, in order to keep that child this is what they're told, "As soon as the child is born, throw it in the river. If it floats, keep it. If it don't float, forget it." Now that would be considered child abuse in this society, in that society she's doing the most rational thing for what? No matter how she tries to protect that child by reaching down and pulling him out of the water, he's gonna drown because he would never survive that jungle. If if she teaches him how to swim, when time comes for him to face his individual condition, he will panic and drown. Audience: He's not a fighter so he comes up to the United States. (Laughter). Adano: Well you see there you have another way. I didn't learn the martial arts (inaudible), we only had two rules that your father tells you straight to your face, "If somebody hits you and you get up, make sure when you hit them they don't get up but if you want to be a nursemaid for them all their life then you get them this way" and he shows you how to hit the person "and then you'll be their nursemaid for all their life." That's to teach you compassion and at the same time teach you humility and at the same time teach the other person not to be vicious but that's how we were told in the jungle. Now we weren't told competition, we were told survival. Now that type of survival technique isn't a practical thing in the competition world, in the competition you are training to offset the opponent to show that you can master the opponent then let the opponent feel respect, that's different. Now they threw me in the water as a kid and I came up, I floated. (Inaudible section). 1:00 So when your father or your mother talks to you, "listen to your brother or sister," you're always (inaudible). So pecking order is child abuse in this society but in the jungle it's survival so you listen to your brother and your sister regardless if you may not like it, they are going to get you through the jungle. So that was the way we grew up, you have to listen to the one above you, don't go and ask your daddy question or your mother questions, they're going to send you back to the brother or sister older than you because they got the answer and they got it from their other brothers and sisters all the way up. So when you sit down with the family, mom sits down, dad sits down, and the whole gang sits down and then mom hands dad the fork and knife and he cuts the piece of meat and it goes on his plate first and he cuts another piece and it goes on mom's plate and then the pecking order, you're the youngest so you're last. Audience: Just hope you've got good karma with your second older brother. Adano: But it's all right. Audience: There are kids in the US who killed their brother because the stereo is too bad so what's keeping that brother to keep you alive if you're a pain in the butt? Adano: He's keeping you alive for one reason, he's got the fight Daddy at age 13 to prove he's a man. Every brother or sister, the brother has to fight Daddy at age 13 to prove he's a man and then the sister has to fight the mother at age 13 to prove she is a woman, that's martial arts. They are not capable to kill them, you have to be able to pin your Daddy down or you have to be able to pin your mother down so at age 13 is what they call the challenging way to become a woman or a man and if you win then they set you up to get married and they have already selected the future husband and the future wife after the competition is over. So when I pinned my daddy down and "I'm a winner Mom!" Everybody is shouting, "Yeah, yeah,

yeah! You got it!" Dadd says, "Good boy! And this is how you act as a man" and he took out a cigar and lit it and I lit mine and then he has a jug of rum, two glasses. Then he passed the bottle of rum and says "Cheers! You're a man!" Only to find out there's no man. But you didn't beat your Daddy either, Daddy tricked you to make you believe you're killing Dad. (Inaudible section). He did what he did, he wrestled with me and he faked the fall that I have kicked him down to make me feel I'm a man, that was okay but he didn't tell me that, I found out the hard way. Since then I said no more walking through the night in Harlem like that. Audience: (Inaudible). Adano: When you live in the jungle, you don't have too many choices, the choices are very specific, that's one thing about the jungle. (Long section of inaudible). 1:10 Well, where was Adam and Eve born? In the house or in the jungle? The Garden of Eden is a jungle, a jungle is only a word for a bunch of trees all around you. What time of year would God make the first pair of people? Audience: Springtime. Adano: Spring, good, how old would they be? Audience: Sweet 16? Audience: Good for you, I never heard of sweet 17 yet, it's when the hormones are vibrating in you and you got to say "Go forth and Xerox yourself," you can't Xerox yourself without firing up your hormones so they'll eat everything they see on the face of the earth. (Inaudible). Audience: What about Mars, how is birth handle over there? Adano: Mars is a planet to itself, the inhabitants of Mars would be referred to as Martians but if Mars is divided 800 countries what would you call them now? United Mars, we don't have a united Earth as yet but we sure got a lot of people living on planet Earth, scattered all over it but we are carbon based bodies, we are called Earth people, Terrestrials, they are called Martians. We are busy saying that we're going to go and land on their property and clean it for us, we're in for a surprise. You see when Columbus came to this country, he shook his musket and says "In the name of Isabella of Spain, I claim this land." The Indian man behind the rock was shooting bow and arrows so he couldn't contest with those muskets. What would be funny if Columbus was hitting the ground with the musket and that same Indian man came out using a machine gun in 1492, Columbus would have gone back to Spain and said "Isabella, you can shove it." And that is what is going to face us when we say we are gonna land on these people's planet and call it ours for planet Earth, they're gonna zap us and we're not going to have a plane to come back here. (Gap in tape). ...that's the sound frequency of your lungs when it's healthy. 1:20 (Inaudible, Adano working on somebody). Audience: Is that why crystals... Adano: No, let me explain something, trauma causes magnetic changes in the crystals and therefore causing them to be toxic or reactive and the horoscope is the position of the planets through the same magnetic field in your body so what this is doing is setting a frequency alignment to restore the magnetic balance. This is a magnet with sound going through it, coming up from the unit to the frequency the normal organ should operate at. So that sound that you hear is the normal operation of your lungs heard at the subliminal level, amplified to the audible level. (Inaudible). Friend, you know we breathe oxygen and it's the gas that makes us conscious, you got that in class one, consciousness is a phenomenon of the oxygen. Now you have three ways to get it into the body: one, through the umbilical cord, the mother pumps it in but you're not responsible for it and as soon as the cord is cut, responsibility is placed on you to take it through your nose and you're allowed 30 years to muck up and 30 years to clean up and if you stick it out then you'll switch from your nose to your skin, is called osmotic breathing which the Yogis call unified living. You don't breathe with your nose no more, you breathe through your skin and that's sonic resonance. "Man doesn't live by bread alone but by every Word that proceeds out of the mouth." Resonance frequency is sustained now osmotically because the body is all skin so you're doing what is called a unified breathing now by vacuuming the mechanism, the lungs now become sensitive to transfer this osmotic action to the entire body so you can feel the whole body breathing through now for the first time. So it's not breath-free state, there's no breath-free state, it's a breath-less state you're arriving at. So when they say a Master got into Samadhi or Mahasamadhi, he has taken the full control of the breath-less state therefore the body doesn't decompose as evidence of the mastery of the breath-less state. Audience: How do they arrive at that Adano, through meditation? Adano: No, understanding the physics. They quit breathing with their nose and transfer it to their skin. Now try it, feel the skin and listen to the sound. That's why I am giving everyone a unit to experience it. The sound you're hearing is to make you aware of the amplification of what's going on inside of the skin that you hear when you slow your brain down and it's called

meditation to hear it as the Audible Life Stream. That's another name, that's what you're hearing but you can feel it now traveling through the skin osmotically. (Inaudible). 1:30 Let me clarify one thing, we've had our share of churchianity but we're moving into the actual science of Christianity which is Science of Living. Man is God already crystallized but Man is not a God, this God that has crystallized Himself is the manifestation. God is pure energy, Sound, but in order for It to be observed and interact, it has to crystallize into a manifestation. So "Come let Us," meaning the elements with the sonic resonance together put a manifestation into existence with a dualistic interplay which is called a male and female or attraction/repulsion process based upon the magnetic field as what you call Love. This manifestation is here and now and all the variations of it which you call universe interacting but It's hoping that the individuality will learn how to recognize its totality within the individuality by the many mistakes we'll make until it arrives at the correct opportunity for the individuality to lock in and that is a carbon body going through all the processes and then lock in to the understanding of how the physics works and that's what they call free-man or free-woman Lord of the Self. You don't have a Soul, you are Soul or living soil but living soil is already immortal, that means the atoms are here to stay, it ain't going nowhere. God is here but He's playing the role of individuality and individuality cannot be taken back. Though it's imposed on the elements without consent, the elements are allowed to rebel and then they're allowed to volunteer and that's the compensation. The compensation is when they volunteer, they have a carbon based body which is already setup to be immortal. So you don't own anything, you experience touch which you crave as an element in the form of flesh and then you recognize you're already immortal that you can bring it about in flesh by understanding and then you have free access to the universe as God in Man, not Man in God. God wants to be Man, free within His own nature, moving about the universe as Man, manifested form, but it has to work this process out all by itself in order to reap the rewards. So brothers and sisters will come, they only offer us three ways: abuse, avoidance, or control. Now abuse is first, avoidance is second, control is last, within control comes understanding and that's the grace. So we end up recognizing our conscious immortality by understanding and not by the abuse or by the avoidance but we have to practice and go through the other two. Whenever we acquire the understanding and the control of the understanding, we add glory to the God because that's the highest form It wants, not the miracle or the magic or the avoidance. That's why Paul was the first to break through in saying "I rebuke you in your rejoicing for I live and die daily in the God," I don't want the miracles, I want the understanding. He was the first one to break through, today we see it as the most valid of the true processes presented to the mechanism. (Inaudible section). See that's how you learn that your skin breathes but then when you block it, it causes pain, when it's frozen there's no pain, these are only labels for a lack of understanding. (Inaudible section). 1:40 Audience: When people have pain and they get medication, it's locked even more in the cell but eventually they do they do lose the pain. Adano: No, that's not valid. when you say a tranquilizer, where you're going to get it, in the skin or in the mouth? Audience: In the mouth. Adano: When you going in the mouth what is tranquilized, the pain or the pressure from the colon to the area that reduces the pressure where the impact is occurring? So inside the colon the tranquilizer goes and clamps down on the valve and the peristaltic valve is shut down temporarily to inhibit any pressure building up to the area of impact so you get a sensation of pain being turned off when in actuality it's numbness induced by the constriction of the substance in the colon. As soon as that period is passed, the pressure goes back again simply because the endorphins are not triggered to take over, you have to trigger the endorphins to take over and if you trigger the endorphins to take over, you don't need the tranquilizer but to trigger the endorphins to take over you've got to trick them, that's the funny part about it. They're knocked off of their particular behavior when you get the impact and they're locked down and to trick them back there are three ways: a strong substance will force them to go in, megadoses will trick them, or one that act like them. So if you've got an itch, I'll give you something that will out-itch the itch. It's like the CIA checking if the FBI did the FIB so it's a kind of internal game they are playing and then they switch on back. So we have found that we can bypass these things without going through the mouth, without going through the skin by integrating it sonically so if the actual sound was there before it got thrown off, the sound now is not invasive but the sound is more geometrically attuned, forcing whatever caused it to be distorted to get

out of the way for the first time and go back to its normal operation so the endorphins take over now by their own sonic potential. (Inaudible section then gap in tape) ...moving on time, all the time. So I'll repeat again, life is elements of a certain weight and pH factor moving on time, all the time, and you are a result of this particular phenomenon by the sound waves directing the timing to come into a geometry. So they say "In the beginning was the Word and the Word was with God and the Word was God and the Word was made flesh and dwelt in Man." You are held together by the resonance of the harmonics, degrade the harmonics and you fall apart and you become dust, put back the harmonics and you come together and you look like skin. So if you're dust before you came together as skin and you can't get rid of dust then you're already immortal. See but we don't think of it that way, we think of dust as something dirty, disposable, no use. Audience: Could you say that again? Adano: If you are dust before you became tissue as a geometry, you're already immortal if you went back to dust. Audience: I don't know why it's triggering but I remember a Satsangi going to the Dera and she said she spent her whole time dusting Maharaji's chair and every time she dusted it, she was dusting it again, she thought she was going to dust that chair forever. Adano: Elements are immortal. What is an element, think of the word element, what is it? It's a label for atoms and the geometry gives it a name so a certain quantity comes together to make a certain geometry called iron. A certain quantity and a certain geometry comes together and they call it calcium to differential the two (inaudible) so that's how we're talking to ourselves. 1:50 (Inaudible section then gap in tape) ...that there are some of them that repeat themselves and the most important one in the repetition is iodine, iodine is a trace mineral that takes the most importance because it's the only trace mineral that can phase down strontium. If you get a radiation burn, it needs iodine to build it back. So the seaweed gives you your iodine, they made miso for the radiation burn people in Nagasake and Hiroshima, they put the iodine to phase it down the strontium-90 in the radiation. So when Chernobyl had a problem, everybody was busy buying up iodine to insulate them against the radiation. (Inaudible). So you have your trace mineral iodine and it falls in the yellow and the green color spectrum but you'll notice that the bulk of all these trace minerals are located in that area of the body, in the yellow and the green, that's to ensure you that you get the proper digestion in your small intestine, your blood, and your kidney, and your heart and you'll see that the heart has two colors orange and yellow and the kidney has two colors, green and blue but those are shunt organs drawing from both light processes. So the heart draws from the orange and it draws from the yellow, the kidney draws from the green and it draws from the blue so the trace minerals that are operating in two colors affect the shunt organs the most. So we need to keep the shunt organs always reinforced, that's why when they have a heart transplant, kidney gives out and in the future they're not gonna do heart transplants, they're gonna cut their heart open, hook in a value, and sew back the heart up and keep the original heart. So that's what they're doing now, they're going to set up a kind of a pump where they cut it into the heart and it shunts the fluid out of the heart into that pump...

1975 October 13 - Rockland

Adano75\_10\_13RocklandQ3NW8 - Let us calibrate our minds for a few minutes and get out from the world outside. Thank you. Normally there aren't no lectures for Swamis, this is what we call a Satsanga, fellowship with truth. Sanga means fellowship and Sat means truth, that which is, and when we get together three things are happening at the same time: we have a physical contact, a mental contact, and a spiritual contact or extra-sensory contact going on. Tonight's Satsang involves us with origin of Man and his involvement and in order to understand that, we have to understand What we are. It's very easy to say we are created and pass it off because some book tells us that and it's easy to relate to it from a church and history and be very smug about it. In that sense we tend to speculate but when you have experienced enough of heartaches, distress, and illnesses you question truly are you created, do you really know, or are you merely believing because somebody says it? And not until you make the research to investigate and to be certain that it is truly so, you'll always live in doubt. There is enough evidence around us to create the doubt of Man's origin and enough evidence to make him wonder if the doubt is real or possible that Man might be created, it's a tremendous see-saw puzzle. When you open your eyes and look outside in the world, the evidence is called evolution, "Can I be created?" If you

close your eyes when you fall asleep, let's say you don't wake up tomorrow morning, interesting? Then you want to know if you're really created, the laugh is on you. You see that's where you're caught in, waking up or looking outside and doubting the possibility of your existence, falling asleep and may not wake up and then wonder where you existing, that is the question of origin between eyes open and eyes closed. Each one of us lives in this trap between open eyes looking at the history of his environment and possibly asking "Am I really created with all this evidence around that tells me it's evolution?" Then closing the eyes for a brief moment and falling asleep then the fearful doubt of not waking up, ending life right there, "is it possible I may be created?" I opened my eyes again and I said, "No I'm born," and I closed my eyes and said "Uh-uh, I ain't born" because something is going on inside, I'm dreaming, what am I dreaming, why am I dreaming, does the dream end? Our consciousness plays a marvelous game with us and history with all its writings always points to the origin of our existence and we go to the churches and we ask the question "Where did we come from?" And they gave us answers yet the answers don't seem to satisfy some of us and for others it's enough and for others there is no answer. Until we seek out, the spiritual teachers will tell us what the answer is. See, no one can tell you what the origin is unless he has actually experienced the origin. Remember Jesus said "The blind leads the blind, the boat falls in a hole," what he's really saying, "How can a person who has no concept of the reality of his internal consciousness convey to you by rituals and by sermons what you actually are and he has never experienced them. Does he really know when he dies where you go?" 0:10 If you ask the minister and I was studying to be a priest, even now I'm an ordained non-denominational minister, years ago he'd ask me the question "Are you a man or a women when you're sound asleep?" You're not able to answer, you ask a minister today that same question, "Do you know if you're a man or a woman when you're sound asleep?" What is he gonna do? "Uh Uh Uh Uh Uh Uh Uh Uh?" Before you know it there is dead silence, no more answers, he ran out of words, then turn around now and ask yourself the same question, do you know if you're a man or a woman when you are sound asleep? With all our education and all our scientific researches, it doesn't satisfy that one answer and that's the eternal pressure in the brain, you call it the search for God, wanting to know for sure beyond doubt if you are man or woman when you are sound asleep. You see there is a problem when you are asleep, you always go to bed with the idea you're gonna get up tomorrow morning to carry on what you've left off but you've got no guarantee that's gonna happen to you. I may go bed tonight and say I'm going to carry on tomorrow but if I don't wake up tomorrow and for sure if I stink up the place, they are going to cremate me or send me to a parts bank or bury me and that would be the end of what I think I am. So you see your origin becomes very important to you, it becomes a very important question to you to be resolved in a human body. You can't resolve this question when you're dead, it don't make you any smarter, dead men don't get any smarter. Even when you hear of people who contact mediums and the spirits beyond the grave, you ever heard of a smarter spirit? He can only tell you what he has learned so resolving the question for you as to your origin, this is a personal question, it's a personal confrontation with yourself, what are you actually, a creation or an evolution? We have to take the writings of certain men and their lives must project to us some type of a value that will give us the credence to believe or accept that these men might have achieved or did achieve that awareness of who they were while they were asleep and you can only find that type of knowledge in your scriptures of every nation and the scriptures of every nation all give you two basic answers for your origin. First answer is "God made Man in his own image and likeness," that means He made something that looks like us, we're a reflection of something, what that something is we got to inquire, we can't just take it literally, we got to find out. "Male and female created He them," so equal rights were there to start and "God breathed in Man the Breath of Life." I know that was a very interesting statement, not too long ago we used to believe that oxygen kept us alive, that the Breath of Life is oxygen, that ain't true. I saw where they took away the oxygen machine from the dying man and he refused to die, they took away the heart machine and the heart refused to stop, they took away the brain machine and the brain refused to stop, something is keeping him alive, he ain't dying. The doctors took away all the life support systems simple because his time has come to die. You know how long that man took to die? A very very long time, not depending on eating, not depending on breathing, not

depending upon heartbeat, something deep down inside of that man was going and the Breath of Life is not just oxygen. There are lot of forces in the air around us that are responsible for keeping us alive, we're just tapping into the very source of life in our researches. But it says in the scriptures that one answer, after God breathed, this spiritual power breathed, infused us with Breath of Life, Man became a living Soul. He didn't say Man became a living body or a living mind, he became a living Soul that tells us a very important truth about ourselves, the truth is that Man IS Soul, he doesn't have a Soul but everywhere you go somebody is trying to save your Soul. Wherever you twist and turn somebody is promoting some kind of a ticket to heaven some place to save your Soul but never telling you that you're Soul and let your Soul come forward and stand up on its own two feet and perform, never really drawing from the depths of your nature to let you experience yourself but that's one answer we get from the scriptures of all nations about Man. The next answer that we find... and we're gonna prove all this to ourselves very scientifically, by the time we're finished with this Satsang you're gonna be so messed up you don't know if you're created or you're evolved, you'll wish you never were here. You see I didn't say born and I didn't say you were created, you would wish you were never here. The other great statement about Man is written by the great mystic John in the first verses of his writings, "In the beginning," that means at the onset, "was the Word," it sounds like somebody's talk "and the Word was with God and the Word WAS God." Now I didn't say the Word can be God or will be God or the Word is going to be God, he said the Word was God, plain and simple, "and the Word was made flesh." Now when you look around human flesh, animal flesh, two kinds and then it says "and the Word dwelt in Man." So it singled out between the two types of flesh which one it wanted to be in, Man flesh, human flesh, not animal flesh. That tells us a very interesting thing about ourselves, that within ourselves we carry the potential of God, it tells us that we don't have to look for Him, it tells us that we don't know how to release it, and that's the two major answers given by all the religions of the world concerning Man's origin. 0:20 Now if we say that we are created, what is created, the body, the mind, the spirit? If we say we evolved, is that the body evolved, did the mind evolve, or the spirit evolve? You see where you are? It leaves you questioning your existence. Well if we question our existence, why are we here in the first place, what are we doing here in the first place? God created us in His own image and likeness "male and female created He them, breathed the Breath of Life into Man and Man became a living Soul," is that the end of it, is that all there is? But it says that something was said to us, an ultimatum was given to us, "Go forth, replenish, and multiply, and have dominion over the universe." Now you see we can go forth out from some place and multiply, that means reproduce ourselves, have dominion means to control but there's something wrong about it, we can't own nothing. Dominion will say "I'll let you own the universe my friend," that's the rub in this creation. Anytime we think we're going to own a piece of dirt, we may bury ourselves with it after, you see that's as far as you can own it and that is very very factual. Now when we come down to the scientific approach to it and try to break down this concept and see it now, we find that it is very scientific, our creation of ourselves is a very scientific fact. We may start out believing it out of sheer fear or believing it because it is the right thing to do but when we start questioning it and investigating it, we run into a lot of conditions that may make us have a great respect for what it is all about in the end, not right away, we may doubt it from the start, we make a lot of statements and theories but eventually we come back to realizing there's something going on and that we have no control and we merely have to flow with it but that's something we're here to talk about, how do we get back to flowing? First we want to know what is our origin and what is our involvement, why we are here. One person says to me a long time ago, "I don't believe this is my first time in this world and yet I believe it's the only time I ever came into this world." I says, "So make up your mind." She says "All right, I don't accept that this is my first time, I have a feeling I came from some place." I said "That's all right." She said "At the same time I don't believe I came from any place because I have no evidence of it, this has got to be my first time." I said "that's perfectly true but let's say this is your first time and it's going to be your last time, why did you pick out to be a woman, why didn't you pick to be a man, why didn't you pick to be a king, why didn't you pick to be a doctor, why did you pick to be an ordinary maid?" That question setup thought waves in their brain now, of all the occupations, she ends up being a housemaid, struggling for a few dollars and swearing away the world

outside because the prices are going up, inflation, and it's going to be her first and last time. So I says to her "look, there is the A&P people, it's your first and last time, you don't have to suffer, just walk in and take what you need and walk out because you're entitled to it. God made you, if you accepted it that way, first and last time, and you're ain't worrying where you're going when you die, you don't have to worry where you came from, and if the police hit you on the head when you walk out with the material, simply because you wouldn't let go of it, why worry? This is our origin, this is who we are, first and last time." She said "but I can't do that, that ain't right." I says "Where do you get your sense of rightness from, how you get this sense of rightness, who gave it to you? It's not your first and last time as you say and if you do say it's your first and last time, where you get your sense of rightness? From society because your parents told you not to do it or because the laws are set up to punish you because you behave wrong, where did this sense of right suddenly come in? When you go to sleep at night, do you got a sense of right, when you snitch your neighbor's bread or something and don't tell? You don't have a sense of right, you don't even remember, so where is the sense of right?" That makes you think now, maybe it's not my first and last time, something inside of you don't allow you to seem or want to break the rules around the environment, something deep down in that energy pattern of your makeup forces you to think, you may call it a conscience or may call it a higher self or a deeper sense of consciousness, a deeper a sense of reverence for life itself, that is consciousness now working. That makes us come to the realization that it may not be our first and last time, that gnawing sensation inside of us that seems to want to do things that are right, not things that are wrong. We don't want to involve ourselves with things that seem to have a feedback, that's the new term now, in the old days they used to call it sin and they used to call it "what you sow, you reap" and in the Eastern country we used to call it karma, now we can call it feedback, it's the new term, change the term, don't change the condition. We're still stuck with it we are human beings, we are caught up in our origin of ourselves and we are caught up in the flow of our thinking, in our consciousness, we are finding out that there is more to this mechanism. All right let us take back the very first statement that the scriptures say about Man and see if we can't observe it, analyze it, and be satisfied what we are, what is our real origin, and that will give us a sense of direction. With today's terminology and today's views and research, we can actually look at these statements much more objectively and then we can accept ourselves. "Come let Us make Man," "come" that means let us get together but the word "us" is plural. He didn't say "Come I will make Man," there is no such statement you see, "Come let Us make Man." That that's a definite indication there are more than one speaking at the time or communicating at the time. "In Our own image and likeness," two things, anytime we think of "image," we're thinking in abstract geometry and "likeness" would have to be some kind of force field. Man is geometrically an abstract principle having form as a symbol, that's the only symbol Man is, "I," the greatest geometrical symbol there is, "1." 0:30 Moses had to come to grips with that too when he was in the mountain, which is up in the head, he saw the light inside his own brain or burning bush and heard the Divine Consciousness saying "I AM that I AM," now you go figure that one out. God ain't telling him "I am God, come worship me," he didn't say that to Moses. He said "I AM that I AM." Now we got another statement in the bible that makes us ponder this I AM state, "Be thou still and know that I AM God," in other words quiet your brain, slow it down, and know that the I AM-ness in you is God, the I AM principle is God, that's the abstract part of you. And Jesus said "I and the Father are one" and 'You see me you see the Father,' in the body we are an expression of this principle, we are made in the image of it, we are made in this abstract principle. Now if I'm going to tell you what I am, I'd have to say "I am Adano Ley" and Bob would have to say "I am Bob" and if this tape recorder is going to tell me who he is, he's going to say "I'm a tape recorder," right? And the good old Popeye would say "I am what I am, I'm Popeye the sailor man." We are all saying "I am I am I am" (inaudible) and if all the I AM's were to talk, we'd have one cosmic big "I AM" and that's what we've got, a universal I AM and the universal I AM lives in the ocean of Beingness as Shakespeare says "To be or not to be is the question." What are you gonna be, what do you want to be? Out of your Beingness you tell me what you are by saying "I am" and right there we have a very core of what we are, the very source of our origin, we are made in the image of it, the "I," pure abstract principle of One, and "the likeness of it," that means we are a vibratory force field, the whole universe

all around you here is a state of pulsating force fields. I'll give you a good example of that, everybody know what water is made of, what is water made of? Hydrogen and oxygen, great, now what is ice made of? Audience: Water. Adano: All right what is steam made of? Audience: Water. Adano: So how come how come hydrogen and oxygen, you see something interesting about it? Steam is made of hydrogen and oxygen, ice is made of hydrogen and oxygen, water made of hydrogen and oxygen and yet steam don't look like water and water don't look like ice. Now when you boil the water what do you get? Audience: Steam. Adano: And when you freeze the water what do you get? Audience: Ice. Adano: All right but where does the hydrogen and oxygen go? The water turns to ice when you freeze it, it turns the steam when you cook it, but what happens to the hydrogen and the oxygen? Audience: It changes form. Adano: So you see our likenesses are only like waves of the ocean of the I-ness, truth, and you look at yourself, you have a body, it's an atomic form on this ocean of life or energy which encapsulates the I-ness or One-ness and you're stuck with it, it's neither male nor female. So you see "Come let Us make Man in Our own image and likeness, male and female, created He them," is the "I" in you male or female? But male and female is necessary because it's polarity, it's positive, it's negative, masculine/feminine, it's a necessary polarity, you can't have a single force. There's no "Come let me make Man," it's "Come let Us make Man," so there had to be male/female, positive/negative, and at the same time neutral too, all existing in the I-ness. Now if we don't accept it then let's look at evolution, we don't want to accept creation because it's not so easy to accept in our environment, too many things are happening, babies are dying, people are killing each other, how can I accept that as the cause of my being? Let's accept evolution so you say to yourself, "I was born," the chances for you to be born are so great that if you were the only sperm that got to the ovum, somebody else would be in your place, you're born. It's so great, you think of the chances of all the sperm that is released by the father up the uterine canal and you came out, what happened to all the rest? You see (inaudible), if there isn't some directing force determining why you got to be the only sperm to get up there and if this ovum don't want you, you don't have a baby and imagine if two or three get up there at the same time, we got triplets or twins. So you can't just jump up and says "I was born, therefore I was able (inaudible) into this world," your true nature is exploding now for the first time, we really don't know what we are because we cannot say to ourselves "If I fall asleep, I am satisfied with the fact that I lived as symbols with the outer world, sleeping working for a few dollars, when I'm seeing all my friends either doing something that I would like to do but something inside tell me "Don't do it" or something inside prevents me from doing it or something inside is telling me "It's not right to do it." This internal part of us makes us look at ourselves more objectively as to our true origin and then we can take Saint John, he was more scientific you see, he said "In the beginning was the Word," that means in the very onset of the Creative Force Field there was Sonics, Word, sonic vibrations, vibrations of sound, cosmic sound, cosmic vibration, scientists all admit today that our whole universe is nothing but a congealed force field of sound waves. Even the dark spaces in space that doesn't permit light to pass through will permit sound to pass through it, you can let some pass to the dark spaces but light may not pass through and it don't say in your scripture that God is light, it says in the scripture "And God WAS the Word," God is the Sound, the Cosmic Principle, He is that Divine Logos, that Divine Power there and we can prove it to ourselves even if we don't like it and when we prove it to ourselves, we gonna always use conversation to do it. We're gonna have to use this very sound that He puts inside of us to tell the left side or the right side of the brain "Yeah man, it does work and you accept yourself as you are, you are nothing but a Sound principle." When you get all put together inside, you are Sound, you begin to realize that you are Sound, you are this one Divine (inaudible) and if you want to tell somebody else, you're gonna have to use sound to tell them. If you want to tell them who you are, you have to use Sound to tell them, "I am John, I am Mary," still sound waves and if you want to draw it, you still got to use a geometrical pattern. See, so when we come down to the question of being evolved now, we're dealing with speed, motion, which involves time when. 0:40 When the eyes are open, the outer environment is an evolution because it takes a long time for an apple tree when it is planted in the ground for it to bear fruit but then when you close the eyes and when you look inside, you can see the whole apple tree bearing all the fruit all at one time. Inside when the eyes are closed, the universe is a creation, outside when the eyes

are open, the universe is an evolution, it's a strange phenomena, it's the greatest show there is to entertain the Soul. In the Eastern writings they say the outer world is an illusion, the scientist says the outer world is relativity, whatever language you want to use we're all saying the same thing to ourselves, there is no reality out there, everything outside when the eyes are open is changing in different waves. Like I said before ice which is H<sub>2</sub>O, when you cook it it becomes steam, when you freeze the water again it comes back to ice, when the steam goes up into the sky it becomes a cloud and what is a cloud made of? H<sub>2</sub>O, it comes down as water that you call rain, H<sub>2</sub>O, all the same out there, nothing changing, everything going from form to form, the same thing, the one truth is out there. Inside now, that is a different question, that's a different realization, as the young people say "that's a different ballgame," looking inside and finding out what's really happening inside and we have to continue the scientific process of our origin because science is forcing us to recognize it and in their own way they're forcing us back to God, the Creative Power. It's strange, every discovery brings us close to the fact that the whole universe is vibratory energy. Now Einstein showed there is no such thing as space because every unit of space is occupied by energy, there's not a single unit of space that is empty, it's all occupied by energy (inaudible) but this that you call space is still energy right here between these two objects, it's still energy. In this whole room right now all the TV waves and the radio waves are passing through, all the cosmic rays are passing through, and every unit of space is occupied with it so we don't have any space, that automatically tells us something about ourselves. Our bodies are bombarded by it and energy is not stationary, it's always in motion and we only can measure something to tell the time by its motion. You take a ruler, what are you measuring? Something you call space, a condition you call space by the length, by the depth, by the breath never realizing the amount of energy forces that are bombarding it and at the same time we say we want to go from here to our house and it takes about 30 minutes, what are we measuring? The motion that it takes to move a solid mass to that location and we use another kind of a ruler, a round one, that's all it is, we pay a lot of money for it and we call it a watch but it's just another ruler, you see it measures motion. And when we do get down to what the scientists finally admit to themselves that time is, there's no such thing as time now, we haven't found any, we have found no such thing as space either, we found everything occupied by energy and every form of energy in a state of motion. Yet inwardly is what we are, outwardly we see this condition we call it space and from here to here we call that time so we live this ridiculous fantasy called evolution and we can't accept the fact that that evolution or illusion is not genuine as much as the creation inside is genuine, we have a conflict. Until we can reconcile what is happening out there with what's happening inside, there is constant conflict and that's the "us," you see, "Come let Us make Man," these two forces outside/inside, it's in constant conflict with itself. The question comes up, "Why did He make it?" Why pick on us? Why is everybody picking on the Soul, why does the Soul have to get involved, why does it have to be considered born? There has to be a reason. Soul is perfect, which it will say in your bible the first creation or the first civilization of the universe, angelic beings, we were angelic beings at one time if we were created. See there are two creations in your bible, one called a Garden of Eden and one called "making Man in His own image and likeness, male and female created He them" and "breathing the breath of life into Man and Man becoming a living Soul" and then giving Man the ultimatum to go out, replenish, multiply, and have dominion over the universe, that is our very first civilization, our very first existence. Deep down something tells us we came from there but we can't prove it to ourselves as yet and therefore we feel that whatever is involved, we have to make a change. The only information that we have and it comes from our scriptures again and we can call these beings that seem to be called by the scriptures angels, they fly around, modern scientists may say "Oh man don't kid yourself, they are extraterrestrial beings, they're astronauts, they were flitting in and out through the centuries, they just took them for angels." Call them what you want, it makes no difference as to what it is the point is this, the being was created to have dominion over the universe and the being might not have been born, they said they were created, that might be a very tremendous part of the scientific nature of our bodies that we aren't familiar with as yet. Maybe within our own makeup we carry the ability to master birth and create at will a new body, maybe as Jesus said "To him that overcometh, I will not send forth a second time." Until we understand what he's talking about, religion

don't mean nothing to nobody, it's just a bunch of churchianity. It can be highly mistaken and highly misunderstood as to what actually happens inside and out of our own faith and our own conviction, we can create our heavens and hells and we do that to ourselves with our own consciousness, Man isn't aware of what his consciousness is doing for him because he isn't exposed to it sufficiently. Scriptures tell us that "as a man thinketh in his heart, that is what he is" and to think you have to use your consciousness and if you use your consciousness you have to be convinced in your heart as to what you want to make it a reality and that's your involvement, you are involved with something you have to think to be in your body. 0:50 Five or six days ago you had to think about coming here tonight, you didn't just up and walk in and if you did decide to up and walk in, you still have to think, it has to mean something to you in the process of your consciousness, how are you getting involved with your life, why are you involved? You're involved in thinking and thinking is not satisfactory when it's illogical, does anybody feel illogical thinking is satisfactory to them, doesn't something revolt inside of you if it's illogical? So thinking sets up rules and produces a certain type of feelings in you and therefore you want to have a reason for everything you do. Now, and if you have a reason then you want to crave to fulfill that reason, having a reason and having no craving, what would happen? You have to crave something, if I have a motive and I have no craving for it, what would happen? And if I have a craving and I have no motive, what would happen? So craving and motive or reason, they go together and that's involved in thinking, it's involved in our consciousness. Let's see if we inherited our craving or are we born with it or were created with it, or did we evolve with it. "Go forth, replenish, multiply, and have dominion of the universe," that's a command, that's a direct command, that is implanted in us, that craving is implanted in us to dominate our environment, to regulate it. We are motivated from inside by direct sonic vibration from the I AM-ness in your nature to control the environment within the range of your senses and you can't avoid it, therefore you feel very helpless when you cannot control it, you feel very despondent, lost when you have no control over the environment. The worst thing that can happen to you is to have 360 degree vision, you know what would happen then? You ever been in one of those all around movie houses and you look this way front and back and what does the picture do? It crosses upon itself and therefore none of the pictures make any sense because you seem to be looking through the back of your head at the same time as much as you're looking through the front of your head or you're looking through the side of your head or the top of the head. Yet total realization of ourselves is involved with a 360 degree vision, it is a natural phenomenon inside of us, and that is what makes us know from inside of us, not from outside, that our universe is a creation and not an evolution. We know from inside when we look inside and the Eastern people call it "opening of the third eye," Jesus called it "the single eye in Man," "When thine eyes," these two, "are single, the whole body is full of light." This whole atomic structure you see here, this cellular mass is all light, not bones, not heart and lungs, not flesh, it's all light and not "light of understanding" that some ministers would like you to believe, it's pure atomic light that a scientist works with every day to blow up buildings with it, that's what you are inside and when we have to come to grips with that about our nature, we get a very small smidgen of it when we close our eyes and fall asleep at night and dream. That is so minute it is like a speck of dirt on the top of a pin head, that's how little a smidgen of light you see inside of yourself. When the hole inside opens up, the brilliance of the light of your Soul measured by the spiritual scientists is equal to the brilliance of 13 suns, that's the brilliance of the light of your Soul, do you realize what I just said? This is an atomic fact, the brilliance of the light of your Soul is equal to the brilliance of the light of 13 suns burning, fantastic. When Jesus said "When your eyes are single, the whole body is full of light," you couldn't stand it, you begin to realize God is God no matter how you look, He is creator inside but He plays a dual role of making it appear as evolution outside by conditioning it as time. Just as you say H<sub>2</sub>O is what water is made up of, ice is made from H<sub>2</sub>O, and steam is made from H<sub>2</sub>O, yet without it you couldn't get water, you couldn't get steam, you couldn't get ice. Without this internal light, this outside world could not be, this evolution that we call here a home could not exist for us, there would be no relationship to it. We are involved in it for one basic reason, to transcend it, "To him that overcometh, I will not send forth a second time" and you can't transcend it when you're dead, you'd have to do it over a second time, you have to transcend it while you're alive. That's why we find that when Jesus

came to the world, he transcended it and he transcended by the most simple method that each one of us has to face sooner or later, it's called death or the Divine Birth. Our scriptures tell us "When this body throws off corruption" that means when his body stops the ability to decay or rot as a scientific term, or decomposition, and takes on non-corruption, non-decomposition, it is a glory unto the Lord, that's the first time we claim our sonship in God, we can claim it then and that's the truth we seek to know from within ourselves that makes us free "free men all, Lord of ourselves," standing on our own two feet. I can't carry you, you can't carry me and I can't eat for you and you can't eat for me in no way, shape, or form, we are all going back into our own true nature when we look inside as to where we're involved and it's back in the principle called sleep and death. Sleep is the little death which we know we wake up every day and look at ourselves, "I am Adano, I am a man," and go to bed tonight "I hope I get up," if I don't get up, ta-ta, goodby world but if I know who I am inside it would make no difference because I haven't lost anything. My I AM-ness continues with my conviction of my I AM-ness and wherever I pick up to take the I AM-ness on its true journey, that is eternal already, my Soul is eternal but I have to know that from within myself. 1:00 This is my faith that there is a God, not my belief... (gap in tape)... live and die daily in the Christ," he knew the art of how to die consciously every day within himself, he entered that state consciously, he knew where he was going inside all the time, he was a master of the art and Jesus knew that. He says "Be a good cheer for I have overcome the world." If he did not overcome the world of the five senses of evolution around us, his journey or mission would mean absolutely nothing, to just come down and die on the cross and take off, perform some high-handed tricks don't make it what it is. Religion is truth, it's scientific, not churchianity, the real truth is that this is the Divine Temple of God and you are Soul, you don't have to save it, you got to realize it that's the question, realizing it, putting it into action, make it work, and it's not required to make it work by tremendous disciplines or punishments, to make it work a very simple rule is required, the greatest rule, it's called love, it's the hardest discipline you can ever live by. Every other discipline pales into insignificance or seems very very immature or childish in comparison to the discipline of love, we go to the extent where we say "There is no greater love Man can give than he who would lay down his life for his fellow man," love even extracts that out of you as a discipline and there we come again to grips with the death process, knowing why we would want to die for them. Unless we haven't passed through inside and realize our involvement and want to rise out of this involvement with the five senses and the so-called evolution of the world around us, we cannot really be of any benefit (inaudible). Yet when we rise above it, our presence is a light in the world of darkness, of doubt, and confusion that's why Jesus said "While I am in the world," that's I AM principle within the man Jesus now totally identified with his true nature as to who he was or what he is when he is sound asleep, not just because he opened his eyes, he knows "I am the light of the world, I am that principle, I have total knowing of it," he knows now inside that the Soul has the brilliance of 13 suns shining but greater than that, the Soul has to be liberated from this earth and when it's liberated, it has more brilliance than 13 suns. Every Soul that achieves non-attachment, remember I said "to have dominion" he didn't say to have ownership, any Soul that achieves non-attachment in the human body radiates the brilliance of 13 suns right away. It can be seen by all the angelic beings in all the realms but it's not liberated even though it's achieved non-attachment, it's fully self-realized, it has not achieved God-realization because there is an injunction in the scriptures and that injunction applies to everyone else "None," that means no Soul "cometh unto the Father," that means enter the pure stream of the Divine Consciousness "but by me," that is the Christ principle in the body. The man Jesus was fully identified with the Christ principle and therefore when he was making the statement, he was declaring to the world of Souls that they who even try by their ability to achieve non-attachment and achieve self-realization cannot enter full God-realization until they go through Christ realization. Christ realization is a son-ship, claiming their sonship, it's what you call the Master consciousness. We have to strive for that, it's the only begotten son, not only S-O-N but S-U-N, something brighter than the 13 suns. The Christ man, his Soul nature is twice 13, you can understand now how bright that Soul is. If it's the brightness of 13 suns and if you look at the sun and multiply by 13 and that will be equivalent of your Soul in a state of non-attachment, then multiply that by two that'll give it twenty-six, that's how bright the Soul of a Christ realized person is

inside. Now if you're taking it in the outer world, a Christ-realized man can make his own universe, well this is not his home, this is not his kingdom, he tells you right away there's nothing here for him, they don't get attached to the environment of evolution, that's why when Jesus was in the body he said "This is not my kingdom," they don't have any need, they know from deep inside their origin, they know what they're involved in, they found the truth at last, now they want to get out and go home back to the Father, that's what they're aiming at, to make us realize our Soul nature. 1:07 Our occupation is not our Soul nature, our occupation changes, our sex changes from life to life but when are we going to wake up to the reality of who we are when we are sound asleep, let alone when we don't wake up after we fall asleep? So we have to learn that lesson over and over and over and over, some people call it reincarnation, the universe is not designed for reincarnation, it's designed for resurrection. Jesus didn't come to teach us reincarnation, he accepted that reincarnation is one of the rules in this process but resurrection was the journey, that's where we emerge, that's how we come out. It's like a caterpillar, it comes down, eats its way through life, spins its own cocoon that you call a shroud or learns its own art of how to die, and then emerge into another creature, this creature is called a butterfly, it can fly, it has freedom for the first time. We are not free, we are bound down to this evolutionary play outside and inside, the more we see outside, the more we are caught up in it, and the more we think what is outside is reality, this is evolution. When we look inside, how long does it take you to sit down and look inside, ask yourself? You know I met this Swami years ago that made me in Swami and my wife a Swami and he went to see his teacher, he was initiated at the age of 14 and he went back to see his teacher at the age of 65 and he told the teacher, he says "Swamiji, out of respect for you since I was initiated I never saw nothing inside of God, here I am 65 years of age, I don't believe anything you know, all my friends have had marvelous experiences, I have nothing." The teacher looked at him and says "Tell me." Well imagine the teacher was 45 years of age when the man was 14 years of age, now the man is 65 years of age imagine how old the teacher is now? Good, but the teacher told him "Tell me how long you think you can sit down and meditate without fidgeting?" He didn't ask him how long he can meditate, he says "how long can you sit down in meditation without fidgeting?" That's the test, without fidgeting or doing something else. 1:00 So he said to me, "I played it safe, I told the teacher two hours" and I looked at the man talking to me and I know two hours, very few people can sit down without fidgeting and he's playing it safe, you can imagine how long this man can really sit down? Two hours is playing it safe, if I was going to tell you I can sit down for 15 minutes, I'm playing it safe. You know I can do it longer than 15 minutes but I'm playing it safe so the teacher says "Show me." Indians are very pragmatic you know, they don't waste time, "show me" so he had to sit down and show the teacher so while he was sitting down demonstrating how he can sit down without fidgeting and meditating, the teacher took a nail. Now picture from one moment up in the mountains of India, there's no Sears and Roebuck to find a brand new nail, that nail has got to be old and rusty, and it'd be a long spike, and he took a stone and he nailed the Swami's foot to the ground and waited, Swami sat in the lotus position so he nailed him through the calf. When he opened his eyes after two hours he said "You see teacher I don't see anything, I don't hear anything" so the teacher says "look at your foot." When he looks at his foot he sees the nail going through it then you can imagine what is going through his mind now. So the teacher says "I'm going to pull it out, I'm going to heal you, but I'm not going to take away the scar, that is to remind you how deep in God you are, now go away from here, don't stick around." He chased that big grown man, 65 years of age, humiliated him to that effect, and chased him out but that night when he went home he said from then on his head was like Fourth of July, it wouldn't stop. Everywhere he turned: up down inside, it is all Fourth of July, can you imagine your head going on 24 hours a day, seven days a week like that? You now begin to know what God is, he found out what creation is, that this whole universe is a creation, not an evolution but then he realized that he was not ready to handle that particular experience before that particular time. So many of us who come to this particular confrontation, like Paul who said "I rebuke you in your rejoicing," that means don't get too over involved in the evolution around you through the five senses, "for I live and die daily" that means he can go in and shut down this body of his and perceive this condition of what he actually is, that it's a creation not an evolution, he live and die daily in the Lord, meaning he is entering the pure Stream of Life, the

pulsation of life. Now if he never woke up and he didn't wake up one day, did Paul lose anything? No Paul didn't lose anything, Paul gained something just like all the other Saints who when they don't wake up, we have evidence of what happens to them. You remember the story of Saint Stephen? Saint Stephen was a man who believed in God in the time of Jesus and he was taken out and he was stoned to death and when he died, the dogs ate his body and somebody saved his hand and arm, that arm is still among us in this world. Now years ago when I was studying to be a priest I was always curious where that arm was located, it's in Hungary, in Budapest, they have it in a casket and it looks like living flesh, it doesn't rot. Stephen knew who he was when he went to bed at night so it didn't matter if he didn't wake up or he was stoned to death and the dogs ate the body. I would say this, those dogs were fortunate because next time around, the gall in the flesh in the man was changed into flesh in the dogs. Remember I said John said "And the Word was made flesh and dwelt in Man," it didn't dwell in the animal flesh? Now imagine a dog eating the flesh of such a person, what has happened to the consciousness of those dogs? They too will be elevating, whenever we realize who we are deep down inside and to the involvement, we make a definite transition on this mechanism, this is what they call the Divine Son-ship or the Divine Body, Divine Truth. This is the involvement we're in, it's our origin, we are Soul, we don't have a Soul, we're involved in the process of correcting our feedback problems or our karmic problems between desire and the wrong use of desire which we have to work out but more than that we have to be able to shut down the body at night and see our true nature, we have to be able to experience that and until we experience it, we aren't going any further than where we are. Many of us can say to ourselves when we go through a lot of pentecostal and different types of spiritual experiences that we are saved, being saved truly saved, we have to go much more deeper into our scriptures to find out what they're doing, what is really being saved. We are on the journey to be saved and on the journey to be transformed when we have these different experiences talking in tongues and so forth, that's preparing ourselves but the actual transformation of knowing who we are, what we are, has to come when we shut down at night (inaudible). Omar Khayam put it another way in his saying so that we know what we're talking about and then we know where we're going, he said "I sent the Soul out into the invisible," this is the invisible you see, you can't see anything between there, you don't see these waves, "buy and buy," that means after a little while, "the Soul came back and said I" I, this principle inside, "myself am heaven and hell." He didn't find hell and he didn't find heaven outside but he found that within itself, the very nature, there is a conflict of evolution and creation. Now Jesus was supposed to have descended down into hell on the third day and rose and ascended unto heaven and the only important thing about that statement is what happened to the body to show that they're talking of the principle involving in what goes on in death. Descending into hell is not a hole in the ground and ascending into heaven is that some little remote space in the sky, it is knowing the flow between what is outwardly occurring in evolution through the five senses and what is the current inwardly as creation without the use of the five senses. Therefore the third day, which means shutting down the body in that state of suspension, the whole body came back. It's not a new teaching, maybe new terminology to suit us because we live in modern times but the truth is still the same, it hasn't changed. Our origin is vibration, our involvement is to rise above the vibration of the five senses to find out what goes on when we are sound asleep, if we a man or a women and the karmic patterns are only the conditions we impose upon ourselves by wrong thinking. As soon as we break through that, you would say in the same way as Jesus said, "Be a good cheer, I have overcome," I have risen above my evolutionary concept of my existence into the creative reality of my existence. 1:20 In your creative reality of your existence you are eternally cheerful, that means in that state there are no words, it's the non-verbal state of existence. In the evolutionary state there's a lot of words just to convince right side and left side of the brain. Other people would never be convinced by it, you can only convince yourself and in the case of Walt Whitman when he was asked to describe what went on inside he said "If I was to tell you, my tongue refuses to speak" and in the case of Saint Thomas of Aquinas who was called the great scholar of the church, one day he was writing what was called the *summum bonum theologia* and he stopped with a pen in his hand like that and looking at the blank wall and his secretary says "Sir, why have you stopped writing" and he said "What I have just seen of God and what I have written is like

straw in the wind," he never finished the book because he never had a real experience with creation before, all he was writing was on his evolutionary behavior of what he thought the world was. So when you read all that writing now, you only read Thomas's idea of what he thought God was in his evolutionary thinking, until he got the actual experience of seeing the truth inside, he never wrote. So we learn from all these great men there is a turning point in our lives when to withdraw from the evolutionary level of the outward focus to the creative level of the inward focus and we have to go back to the guiding point of Jesus "When the eyes are single, the whole body is full of light and the light is shining in the darkness," you close your eyes it's dark in there already, light is shining in the darkness of this whole structural pattern "and the darkness comprehends it not," your (inaudible) don't know why light should be in there. "And let your light so shine before men," he didn't say before animals or trees or stones, "before men," those who have the ability to see it. "That they may see the good works," not only your ability to detach or to be unattached, the good works are shutting down and going in daily and observing it. "And glorify the Father which is in you." When I look at you, I can't see anything else but God, I don't see you anymore, you're like waves on an ocean but then you disappear after a while. Audience: So let's take a short break for about five minutes and come back for questions.

#### 1975 - Chanting with Initiates

Adano75\_ChantingwithInitiatesQ1 - (Adano chanting and singing with group)

#### 1975 - Revelations and Chants

Adano75\_RevelationsChantsQ3NW1 - ...the sound of a bee that's buzzing, second one is a flute or wind instrument, "Lo I turned to the east and I heard the voice of God like many waters and a trumpet blowing," Gabriel's horn, it's the same Sound Current playing inside and that's on the second level of your consciousness. Then you go inward again and you listen and you'll hear harps playing, string instruments playing, the sitar and the vina, they are all playing inside and you go on to hear like a drum, "every man marches to his own drum beat," then you hear the conch like an ocean, the roar of the ocean, then eventually you'll hear a bell, "for whom the tolls," each one is involved with the bell current, then the very first (inaudible) of Pure Spirit, the bell current because it's opening up the spiritual heart center (inaudible). "For whom the tolls," it tolls for you, each one of us is hearing his own spiritual Angelus inside. Then from the bell, we go to the thunder, the sound of the thunder and the thunderbolt, in Tibetan Yoga you find all they always got the thunderbolt, Sons of Zebedee, sons of thunder, the father was hearing the current at the level of the thunder within his brain and his children were offspring from that Divine Consciousness, that's what they were called Sons of Thunder. Their father was a very evolved man, he was evolved to the point that he could hear the vibration of the thunderbolt with his own consciousness from that particular chakra and therefore he was on that level. Now, then you have to go beyond that, beyond the thunder into the lightning, then you go beyond the lightning up to the bagpipes, the bagpipes are blowing in the highlands, they don't blow in the lowlands. So when you get to the bagpipes you're already on the road to God-realization so you have to hear it inside, they are there on that plane, and bagpipes have eight tubes representing the octave, the eight levels of creation that plays through creation so you know the structure of creation is divided into eight, the whole universe is music, it's playing all the time and only in the bagpipe can you really see the radiant form of the (inaudible), until you get that far in the spiritual growth, you don't see nothing. You may see a light, you can see some geometrical form but seeing the pure radiant form of the Master (inaudible). Then eventually you go past the bagpipes and you will see yourself in the radiant form, you and the Father are one, "the son reveals the Father and unto the son the Father is revealed." (Inaudible). Audience: "And a voice came out of the throne saying praise our God all ye his servants and ye that fear Him both small and great and I heard as it were the voice of a great multitude and as the voice of many waters and as the voice of mighty thundering saying hallelujah for the Lord God omnipotent reigneth. Let us be glad and rejoice and give honor to him for the marriage of the lamb is come." Adano: Good, right there we stop. "The marriage of the lamb has come," we have gone all the way up to the thunder, right?

That's the Christ in Man, the Christ intelligence in Man is the lamb. "The marriage of the lamb," that means the union between the sensual nature of the body with the Christ intelligence, that yoke, that union, that yoke has occurred for the first time in the being and they are Christ-realized, "In me you have a bridge for an advocate with the Father," you can't go to the God-self unless you make contact with the radiant form of the spiritual teacher, he is the lamb, he is the sacrifice, he is the price that is payed, he pays the price of taking on the karma. Now the life of a Guru, the birth and the death of that Guru is predetermined by the karma of the disciples, that is why he's called a lamb. He lives in the world with you like a mirror, not punishing you, not condemning you, not criticizing you, not doing anything to you, he merely reflects back to you your ignorance when you see him or your joyousness or your wisdom simply because he's a bridge to make you self-conscious of your relationship with God. He doesn't interfere with the karma of the universe either, he don't make any changes, he merely reminds you that there is a bond between you and the Father (inaudible) and through that love, you are absolved of the karma that you created so it's a two way street back. If you love the Guru you're loving God, if you love God you're loving the Guru, and if you're loving God and the Guru you're loving yourself at the same time. A marvelous deal, (inaudible) where you're the banker and you're the receiver and nobody is losing, that's where the lamb and the marriage of the lamb is, the union between the sensory nature and the Christ-self, the locking in with the radiant form of the Master Consciousness within you. Audience: "And his wife had made herself ready and to her was granted that she should be arrayed and fine linen, clean and white, for the fine linens is the righteousness of the Saints." Adano: The right action of the disciple, which is the karma, determines the birth of the death of the Guru then that action is what the Guru takes on as the karma. He has no garment as a body, the Guru is Sound, Saint means "sane mind," he has no garments as a form unless the garment is formed by the right action of the disciple. There is no wrong action in God, it's all right, no matter if you kick your brother in his face, it's all right, he's getting an environmental massage. So the garment is beautiful for the Guru, he takes that all on himself, he wears it as a body, he comes in the world, he lives in the world with you and when he passes out he takes on all the pollution of that karma because he works with God. That's why they say the Christ died to save the sins of the world, not the man Jesus, the Christ principle takes on the karma of the being in the world to work out the karma in the process of association and lifts it out of this creation into the dimension of Pure Spirit and Pure Love, then you are released for the first time of your own karma, your own particular feedback and mental doubts and fears. So the greatest purpose that can happen to you is to encounter a free being so free in themselves that they come into the world by your karmic link to them and caused their body to be spun around and their existence and their continuance of their existence and their final retreat from your existence all by your love with this internal karmic flow and this is God's way to teach us that it's the way of righteousness, "suffer it to be so for this is the way of righteousness," the association goes on, that is the true marriage of the lamb. 0:10 We are spinning out this particular wonderful garment, this bridal suit. The Guru is the lamb, he is the spiritual sponsor of the bank of life where you are bankrupt because you have abused it by wrong actions in past lives, you have no way to get back to the Father. So he comes down as a sort of a collateral, a spiritual collateral, to the Lord of Creation, Uncle, you know him as Satan, he's not a bad guy when he's recognized as Uncle Joe, (inaudible) he's just trying to put you through the paces but somebody is going to payoff Uncle Joe because because he spent a lot of time keeping this creation going while we were busy messing it up, so our spiritual brother the Guru or the lamb is collateral required, somebody has to vouch for you at the bank to give you credit to go back by grace. We all want to go back to the Father, in spite of ourselves, by grace which is the spiritual lamb, the sacrificial lamb, the Guru is the sacrifice, the spiritual teacher is the sacrifice in the form. He doesn't die because he has bad karma or good karma, he doesn't come into the world simply because he wants to come in the world or has a healthy or unhealthy (inaudible) or do things in the world, he is surrendering his whole life stream of the body, the mind, and the spirit all for the disciples because it's the disciples who have spun the cocoon, spun the web for his existence, otherwise he would not be there, he couldn't be there, it was all spun out a long time for the association to be there and that's where the love is. (Inaudible) so "No greater love than him who lay down his life for his fellow man," the Guru is that

particular aspect of creation that has been demonstrated over and over for the lifting up of the Soul and that's the marriage, that's the investments. Investments are the karma generated by the disciples in previous lives to bring the Guru down or that particular entity down to the focal point of pure love, to inspire you to love one another, inspire you to love yourself within yourself, then you have love or else you have no love, you cannot generate love if you don't have an opportunity to express it, where would you get it from, whose love is it, and to who would you give the love to? So it's God love that works through you to give back to God in a higher aspect of God in Man. So "He comes unto his own," that means God comes up to His own creation in the form of Man but Man may not accept the God in the human form, that's Man's prerogative, that's Man's free choice, "But as many as received Him," but as many who are willing to accept this path and association or this bond of love that flows between each other on the human level, "to them is given the power to becomes sons of God," the possibilities of traveling through the eight levels of creation without being attached by the karma or to stuck in any one of the realms (inaudible). Sons of God can travel from the lowest level of creation to the highest level of creation without any desire pattern holding them, they have free access that means they can go from depression to ecstasy. (Inaudible). God is to lift you from the lowest level into high level "Be of good cheer for I have overcome the world," rise above the worldly pull of the senses and be of cheerfulness, feel the joy immediately going through you, electrify yourself, live it, it's pure existence. We're looking for existentialism, there are no more greater existentialism than joyousness of Now, the joyousness of Now is the purest existence (inaudible), it's real existence for the first time, real you, it's all you.

Existentialism is not Atheism, God IS, and that's reality, God actually IS, that is pure substance that exists but It's conscious, that doesn't say It's unconscious floating around like an object without any direction, no, yet It gives off the greatest feeling, the feeling of bliss, existence/consciousness/bliss in the unity of being that's call Lord of the Soul. "S-E-L-F," not "Self," or "self," "S-E-L-F," a vast difference than "Self" or mere "self." Most of us will not understand what "S-E-L-F" means but we can understand "self" and "Self." "Self" is "high mind," "divine mind," and "self" is "little self" or "ego mind" but "S-E-L-F" that's calling Beingness, there's no mind there, God is not the mind, He's a substance within Itself, a spider unto itself that spins it's own web from within it's own (inaudible) and walks all over it, never getting stuck, and every other creature gets stuck in the spider's web (inaudible). The Law of Resistance, that's the real scientific terminology for Satan, the innate resistance of matter to flow in order to form a creation, everything must have something to flow against. If you have a smooth room, nothing will roll, you must have some kind of a friction, something to interact, the Law of Opposites in Polarity must interact. Audience: "And he saith unto me, write, blessed are they which are called unto the marriage supper of the Lamb. And he saith unto me, these are the true sayings of God. And I fell at his feet to worship him. And he said unto me, See thou do it not: I am thy fellow servant, and of thy brethren that have the testimony of Jesus: worship God: for the testimony of Jesus is the spirit of prophecy." Adano: Good. (Inaudible), Jesus is the spirit of prophecy, worship God. The Christ self is "Self" and Jesus is "self" but God is "S-E-L-F," it's the difference between Jesus, Christ, and God. Jesus is "Joe, Adano, Mary, Henry," and so forth. The Christ in you is "Self," that higher self but not the God-self yet, the higher self must bow down still to the God-self (Inaudible). 0:20 That's why he hears a voice telling inside some revelation, which is the coming together of his understanding now, breaking through for the first time a true understanding of how he's made up that he can now worship God as what God is and not God in the form which he originally related to. He cannot use his sensory nature and identify with the high mind, high mind is still high mind, and high mind is still Divine Mind, and Divine Mind ain't gonna be God yet because God is Being, not mind. Audience: "And I saw heaven opened, and behold a white horse; and he that sat upon him was called Faithful and True." Adano: The horse is the vehicle for motion and the human mechanism, what is the vehicle of motion? There is one psychological part of you that represents the vehicle of motion, one physiological part of you that represents the vehicle of motion. It's like a workhorse, you ever see that statement in English? A horse is supposed to be pulling something or carrying weights, your own heart is your workhorse, it don't get a chance to rest and the "the pure in heart sees what?" Audience: God. Adano: (Inaudible). Audience: "And in righteousness he doth judge and make war." Adano: All right, your heart has to be pure in your

physical body and the heart of the spirit is located between the eyebrows, the pituitary gland, in that you can make war, war on what? War on the lower nature, you can now start the process of self-evaluation. The anterior and the posterior lobes of the pituitary gland is such that the normal stability of metabolism in the body can now wage a war against disease or self-pollution. If the metabolism is in balance, you are in a state of what? Health, homeostasis, balance, divine harmony. Put it in a state of conflict and what have we got? Disease, pollution, self-destruction, do you it now? Now that is also the master gland in the body, the pituitary is a workhorse for you but it is the workhorse of the the spirit whereas the heart is the workhorse of the body. Audience: "His eyes were as a flame of fire." Adano: Good, the third eye, ever see the third eye of Shiva? When he was married to Parvati, he has a son. The son came just at the time when the daddy was embracing mother and at that he shot of a light out of his eyes and burned up his head and the mother said "Why did you do that? He is your son." "Okay, the first thing that comes along, I'll take that one's head and put it on him and give him back a head." And along came an elephant and Shiva looked at it and the head of the elephant came off and he took it and stuck it on his son's head and from that day on, he was known as Ganesh, the Lord of Good Fortune. These are symbols within our own makeup, the orientals are very very wonderful people in using symbols for their revelations of the spirit to carry on the drama of what is going on inside. In the cosmic drama the fire goes out from the eye, you know in the older days they say "watch out for that wicked eye/evil eye," what is the good eye? (Inaudible). No one talks of the good eye, they only talk of the evil eye. (Inaudible) eyes are working in the world to save us than the evil eye, the chances of running into the evil eye is one in a billion compared to the good eyes working. Audience: "And on his head were many crowns; and he had a name written, that no man knew, but he himself." Adano: What is the crown? The crown is the jewel within the lotus, unless you study (inaudible), you can't understand the quote. "Hail to the jewel within the lotus," what is the jewel within the lotus? (Long section of inaudible). 0:30 (Chanting with group).

#### 1976 March 9 - John the Baptist and Jesus

Adano76\_03\_09JohnTheBaptistAndJesusQ3 - ..the baptism of John by the water and the baptism of Jesus by the Holy Spirit. The word baptism means initiation, it's the Oriental term to initiate or to introduce you back to God, John was doing the ancient ritual of initiation and using water as an outward symbol for the five senses to reflect upon and eventually when that individual had done his sufficient meditation, he could perceive that same physical sound of water as a vibratory nature of his own internal spirit moving within his body and therefore he was hooked up back to the internal Sound Current and go back to God. So we can see that John was teaching initiation by the ritualistic methods and he did not find a disciple in which he could bring down more power or perceive in a disciple worthy enough for the power beyond what he was offering in the form of a ritual. It was until Jesus came to him, Jesus recognized in him that John was his Guru because it was Jesus who made the statement openly before everybody as he came to the Jordan river and said "There is no man born of woman" and he was referring to them right there and then, "greater than John" and he singled out John, "who is Elijah," that is reincarnating now, "that has come," those are his very words and in view of this spiritual understanding, Jesus had to have the pre-awareness and the internal link with John in order to single him out and come to him and make this open declaration. We can see that Jesus knew what he was doing and John, playing the humble role now, was not initiating from the highest order but from the ritualistic order. That's why Jesus said "There is no man born of woman greater than John," that is the Soul that was embodied in the man John's body, that Soul nature, was actually Elijah, it was the Soul of Elijah and it would take a realized man to recognize that and it would take a disciple to recognize the teacher because Jesus was the disciple of Elijah in a past life. Elijah had a disciple and that disciple made the mistake of karma of asking the teacher for a double portion of the spirit meaning "why don't you give me God realization," that's what a double portion of the spirit is, a single portion of the spirit is self-realization, a double portion of the spirit is God-realization. John or Elijah at that time realized that the student was asking for God realization without working for it by meditating for it, he wanted it bestowed upon him because it was customary that when a Guru would leave the body, out of a

thousand disciples or ten disciples one would be given the grace to be God-realized. A God-realized man cannot carry his God-realization with him, he has to give it over as a birthright, he has to give it over to his spiritual son or the inheritor of that lineage of that spiritual order and Jesus merely jumped the gun by being overzealous because he was afraid that he would be left out and this is a particular lineage, you will see a great karmic pattern all the way back through time when the student is too zealous for God-realization, they usually jumped the gun. So Elijah the Guru made a statement when he said "If you see me before I go, the mantle is yours," therefore the student is asking for God-realization without working for it or earning it, he must pay a price for it, there's not something for nothing in the universe, and the Guru is very adamant about that by pointing it out, "If you see me before I go, it's yours." That poses a great problem on the student because the Guru is capable of going into any level physically, emotionally, intellectually, and spiritually, and the slightest quivering of the eye if you are not aware you would miss where the teacher has gone and then he might leave the body in that particular realm and then you're stuck there with a dead body sitting looking at you and you didn't get the grace. So the student would have to be totally dependent now in all levels of consciousness: waking, sleeping, or meditating, totally involved, he couldn't even go to the bathroom, he couldn't take his mind off the ether level, the moment his mind would drop down from that meditative state, the Guru could slip away, this was the imposition of God-realization and that is why you say "Love the Lord thy God with all of your mind," you see Jesus realized this when that imposition was imposed upon him in that incarnation, "all your mind, all your heart and Soul," you couldn't get a greater test to achieve God-realization when you're in self-realization state than to have all of the mind now focused on God totally to the exclusion of the body and the Guru then would merge with you and you will merge the Guru, that's the merging aspect of the disciple with the Master. So when you Elijah decided to (inaudible) the mantle which is the God-realization now, the lineage with the transference of the power, the right to be Guru now or the right to initiate as a Guru was was then placed upon his disciple and then that disciple lived and performed many things in the name of his Guru but because he jumped the gun, which is a karma, ask for something without working for it which you have no right, we don't have the right to ask a Master for God-realization, it's not our right to ask, it is the Master's right to give. So since he asked, he violated a rule, he must play the karma and the next turn in order to be a Guru now, he must come back and take up the role but he hasn't lost the memory of his relationship with the Master, memory is never lost from incarnation to incarnation so Elijah has to come back as John now, a simple man, teaching now initiation from the ritual level and not from the Divine level of spirit and the disciple must come now and find the Guru and force this particular part of the spiritual life to come to the surface. So when Jesus came and saw John, he realized this was destiny and he said to John "baptize me," in other words "you have given me God-realization in a past life but now I am still accepting you as Guru and I'm accepting again the role of initiation or baptism and that you are still the Guru, the role has never been changed though God-realization has been given from you to me, you baptize me" but John says "No, you baptize me." The reason why John said that because he had already given up the role and he made many statements to that, "I baptized by water but there cometh one who will baptize with the Holy Spirit and whose shoes I'm not even worthy to unlatch" that meaning he has dropped down from the role of being a world Guru into just being Guru for people who don't have any self-realization but that doesn't make him any less in God-realization himself, but he's fully God-realized but his role is not to be Guru to the world, his role is just to be Guru to a few people. 0:10 The disciple who has taken the responsibility from a previous life now to be Guru to the world has to come so he's laying the credentials and the necessary recognition for that student when he steps into that role so it can be said that he was already proclaimed by someone at that time who had a Divine awareness and that this man would pick up the work and do it. So when Jesus said "baptize me," John says "no you baptize me" then you figure these two men arguing who should throw water on each other's head if that's what it really means but it turns out that Jesus perseveres and makes John initiate him by telling it to him "suffer it to be so" in other words endure it, the roles are reversed now "but this is the way of righteousness," in other words there is no way that we as human beings can get back to God from a self-realization level to a God-realization level until we meet a living Guru to (inaudible) with

us by grace, we have to be initiated that's basically what it ends up to be. So he is making a precedent, laying a foundation for all time, "this is the way of righteousness," this is the right law, there is no other law for God-realization, there's no other rules for it, there's not a requisite for it but merely that we must come back to a living teacher and accept the discipline of the living teacher and the initiation of the living teacher and then John initiates Jesus after he accepts the responsibility and it's John who saw within the third eye that the Holy Spirit descended in the form of a dove into the white light or the aura coming down, halo light, and heard within the Sound Current, "This is my beloved son in whom I am well pleased" which really means "this Soul now can go up to all eight levels without having any karma to account for" and that's what beloved son means. He's not a single person, that doesn't say that Jesus is a single person of all the other human beings singled out to be a beloved son, it simply means that any Soul who traverses the eight levels without any karma accrued or waiting to be paid, if there is none, then he has access to up and down, he can go up and down, he can take you back now. He can by virtue of his love can lift the Soul up that is in delusion in self-realization back to God-realization, he becomes a mediator, he becomes a bridge "In me you have an advocate to the Father." John could have done it too but John was not empowered to do it for his disciples, he was only looking for one disciple, that's where he came for that one disciple, and that was his role, he came back to find the one disciple and to give that power to that one disciple to continue on. Now when Jesus took over and having proven himself as the Soul that can go up into each realm without being blocked by the Lord of Creation, when he comes down and now he takes up the mantle to initiate by the Holy Breath or Holy Spirit which means now he hooks you to the Sound Current inside of your own brain without the use of water, literally by the laying of the hand or giving you the Holy Name to which you can mentally tune in and listen to the Divine Currents inside just like (inaudible). Now, but he goes to prove that he is truly realized by going up into the mountain for 40 days and 40 nights and there he encounters his own self and there are only three trials that one's self encounters before going on into the service of mankind. The first test is eating, spiritual food is determined by physical food, spiritual life is determined by physical food, what you put in your body physically to nourish it will determine to what degree you can go spiritually so that's the very first test, all religions prove it. Every ceremony of the highest order in any religion is centered on food, the holy communion is centered on food, the seder is centered on food, the Diwali and Prasad and all these things are all centered on food because it is the only physical fact that links us to the Spirit, God is food himself and the purity of the food is indication of the purity of the Spirit. The second test is to destroy yourself, you don't have a right to destroy yourself, and that means we don't have a right to take life, we cannot violate the sixth commandment to support the first commandment. The sixth commandment says "thou shalt not kill" and the first commandment says to "love the Lord thy God and to have no graven images before Him" so if you kill an object to eat, to nourish your body to worship God, then you're violating the sixth commandment to preserve the first commandment, this is a contradiction and you can't do that. So if you kill yourself to prove yourself that you love God this is a violation too, you don't have a right to do it because you didn't give yourself life, you didn't make life, and everybody goes into what is called this particular death wish, a sort of a copout situation when things get rough, we want to die, we want to chuck it in, we want to commit suicide so we say these terms in our minds over and over but when we actually do it then we have the realization. So we don't have a right and the consciousness was saying that if you jump over the mountain or commit suicide, since you're a child of God, you're fully realized, this consciousness would not allow you to hurt yourself, it will send angelic beings to catch you lest you hurt yourself, we don't test God, that's why God is not that type of a realization. So Jesus says "Don't tempt the Lord" meaning we don't have a right to destroy ourselves in order to find out if God will give us grace to see if you'll live a second time under those conditions. The final test, since you can't make a man commit suicide to prove there is a God and you can't make him eat what he doesn't want to eat to defile his spirituality, the last thing you can do to him is offer him all the possessions of the world, which is attachment. Well a realized man has already come a long way, he's past the two most difficult tests, the third one would be no problem because he comes to the realization you can't carry anything with you when you're dead anyhow. Realized men don't have anything in this world, they merely use them but they don't own

them, they don't attach themselves to it. That's why they said "this is not our kingdom," this is not our home, we are sort of spiritual tourists, we just merely pass through here and thank God we could pass through without being held back. So right away Jesus says "Get thee behind me Satan," in other words "negative illusions or physical objects don't phase me no more, so get thee behind me negativity or limitations of self." Limitation of self is attachment and right away he breaks the third real test of the Soul, from then on he is competent now within his own Soul structure as a being to initiate or baptize by the Spirit because with these three trials under control as a Master now, he can march into the world of tyranny by any form of tyranny and face it without being carried away by it and be an example of how to rise above it. So if he comes to a group of people who are tyrannically governed by tyrants, push you into the ground to be slaves, and threaten your life, and if you don't do a certain thing to please them they wouldn't feed you, he has proven "you don't live by food so don't do what they ask you to do because they've threatened you and don't sell yourself short because they're gonna feed you some lousy meat to make you do it, stick to your rules, stick to your principles and rise above it," better to starve to death than to violate the temple, Gandhi did it, he starved rather than violate his temple. 0:20 The next thing is he has overcome the death desire, he doesn't copout, he faces death wherever it is, however it comes. So when under tyranny people want to avoid the whippings for not complying, he showed them not to die under that, face it, rise above it, it's God's own intercession. And finally don't crave the liberation in order to be a greater tyrant than the other guy, to take away the country and run it over and be greater than him or to make it any better, just simply release it, they're only phasing parts of our existence to which we come into and go out and it is up to God to glorify you. And in his own life he lives through the Caesar period of great tyranny, great stress, and when he finally dies he demonstrates what is the great maturity of spirit, mastery over death, your last enemy. So we've come into what is called now the true initiation of the spirit, hooking you into the Sound Currents so that you can hear them inside of yourself and go back home. So that's the difference between initiation by water performed by John and initiation of spirit performed by Jesus. Jesus initiated by the spirit that is to lock you into the Sound Currents inside and John merely did the outward ritual. We are slowly coming to the realization that to worship God is not in outward ceremonies, worshiping God is at the heart center of the electrical body or spiritual body, this is the heart center, this is the heart center of the chemical body, and this is the heart center of the electrical body. So when the pure in heart means when the mind is emptied at the heart center of the electrical body, then it's possible to perceive the oneness of God. That's why they say "the pure in heart sees God," the emptiness of the mind is the opportunity for the experience of oneness in spirit and "blessed are they who are pure in heart for they shall see God," meaning happy are they or blissed out are they who have emptied their minds and experienced the oneness of spirit "for theirs is the kingdom of heaven." For in that particular moment of time you are totally aligned with Divine Being, your God-realization gives an assurity, it's not a loss, the total memory of your nature returns back to you then you can open your eyes and return out into the world of existence, of elusive existence, knowing it's merely an outward drama, a kind of a movie script that is written for you the actor to act. So whatever role you find yourself in, it is just a part in the big movie to please the Otto Preminger of God, He is the big producer, the big director and everything. Audience: John the Baptist was beheaded. Adano: He knew that. Audience: Was that to (inaudible) off the karma of the disciples? Why did that happen? Adano: Great men always bring down great karma. Remember this, Elijah was John and if you look back in the time of Elijah he did something that warranted his death that way, you remember the life of Elijah, anybody read the story of Elijah, what he did to a certain woman? There was a woman called Jezebel, what did he do to Jezebel? Who is Jezebel now? It's the same Jezebel who claimed his head this trip as John. Herod's wife was Jezebel and he was John in this incarnation and the karma to be resolved, it is given back to him. Even though he was a God-realized man, he had no right to bring down that type of karma on the person even if the person's karma warranted it, it was not his right to bring it down. Many of those men were two over zealous in their God given powers and they lost sight. Remember a lot of them were in the self-realized state before they went into their God-realized state and they did a lot of things in the self-realized state that would warrant the feedback of the karma before they come to the realization and to atone for it it's only

in the God-realized state did they see the error of their self-realized state with their psychic powers. That's why the Master says to us in simple words when you're in the self-realized state, you can lose your Soul, "what it profit a man to gain the whole world and lose his Soul?" It's in the self-realized state you get these powers and these powers will entrap you and you will get belligerence or something and you will have to overcome all the moralistic feedback so you strike back at a person and even though you know the karma, you can read the karma, you can read all their past lives, and you want to bring it down because the person is belligerent but in those days people's life was very very harsh so he was a type of a person who wanted the karma to come back right away and face the person so he brought it down. He even went as far as when the children taunted him to make the she-bear come out of the mountain and eat up their children. So he was doing it in the self-realized state, he wasn't doing it in the God-realized, the God-realized state came later. Even so when his own disciple asked for it, he was very very cryptic about it because he earned it, he was the type of man that earned his spiritual development by long hours of meditation and when he came back as John, you can see how very very determined he was to carry through his Elijah nature but he was not going to be pushed around on anything and he was really going to carry them on to heaven if he could. "Repent!" and when he grabbed a hold of two of them and pulled them down into the water with him, he was that type of man but we can see how karma works. Unless we can have the insight to see it, we don't realize why he did that and why it had gone back to him. It did not come back to him because he was God-realized, it had gone back to him because in his self-realized state he pulled down these psychic forces on others who were less developed than him out of their belligerency against him and in their wayward wantonness which he condemned and he knowing the truth and was very very bent on the truth, he was determined to clean up the country, he wanted to be the spiritual conscience of his nation but he couldn't, he didn't want to be rejected. You see in a self-realized state, Yukteswar said even there you're liable to fall down and he told Yogananda "If you see me slipping down from my state, come catch my head and put on back." Masters can slip back from the self-realized state but not from the God-realized state.

(Inaudible). And when Jesus came into his body, he was self-realized, he wasn't fully God-realized, it was after Jesus became God-realized (inaudible). He didn't earn it, he had to work for it, it was given to him by grace. It's like a man making you an honorary president, they don't make you the president, you got to go out and get those votes, you got to work for those votes. It's an honorary degree that was bestowed upon him to elevate him but he still had to go and earn the knowledge, the acumen, or skill to handle it. So he had to do it in the incarnation of Jesus and go through the karma of working it out. 0:30 Audience: (Inaudible). Adano: There are four ways to be born and four ways to die. One, you're born having no memory of your past life which 90% of us do and born having memory of past life, a very small percentage have that. Then born by immaculate conception, that's very rare but not impossible, and then direct materialization 21 years of age. And when you die, you die and rot, then you die and you don't rot, then you die and you take away your body with you, nobody have anybody to account for but your coffin. Or you just stand up in front of everybody and change your whole body into light, these are the four ways you come, these are the four ways you go back. They represent the four basic forces but there's a fifth way, that's reserved for God because there are five forces in the universe: water, earth, air, fire, ether. The four are obvious to us because we live in the five senses of manifestation, the fifth birth and the fifth death can only be experienced in the world of non-manifestation, that's reserved for God, the pure in spirit. That is why when Moses went up into the mountain and wanted to see God, he told Him "No man can see Me and live," that would be a different kind of a birth and different kind of a death so Moses had to go aside and let the spirit pass that was the shadow of God so Moses had to go aside and let the spirit pass, that was the shadow of God. While in the world of manifestation we can only have that type of an experience in that level, we have to leave the body to get the other experiences, the other birth and the other death but it can't be experienced in this realm. Audience: (Inaudible) Jesus say "Into Thy hands I commend my spirit?" Adano: And this is why he was resurrected, as I said that's the third death and his birth was immaculate conception which is the third birth. In the case of Enoch going up and manifesting, this has been done before you see. As 90% of us are born without memory of past life and some are born with memory of past life and immaculate

conception you have total memory of past life, you see you don't lose that, and materializing and de-materializing in birth or death you have total memory but these are rarities of the Soul all for the benefit of God. Audience: (Inaudible). Adano: Yes, you have to. There is no jumping from grade to grade in God, it's not like a school "Oh you've been very good, you're going to skip third grade and put you in fourth grade," it doesn't work that way in God. In God you go according to your efforts, in other words it's all grace but it's the effort that you put in to make this grace come down, the effort to have devotion. See the effort that you put in is devotion and that devotion brings down grace, it warrants grace, God only can release grace according to your devotion. Let me put it to you another way, God made everything including ourselves and placed Himself within us as love, the vibratory Sound Field. This love can be withheld by our willpower from expressing love to God around us in the totalness of life, by our own willpower we can withhold love. We cannot withhold anything else because everything else is provided for the body to survive except the love which we can withhold by our own free will which is our willpower, that's our choice to block it. Audience: Do you mean love for other people? Adano: Simply love God as life, other people is God in segments and life is a totality of everything around us as love which we must love back that cause us to come into existence. That very love that makes us makes everybody and that very love that is released from us loves everybody and loves ourselves. That's why Jesus said "Love the Lord thy God with all your mind, your heart, and Soul, and your neighbor as yourself" but you can't love your neighbor as yourself until you love God which is yourself and until you know yourself it's not possible to love God either and that to know yourself you must first start to love God so you see you're caught in this process with love and that's why God made us in such a way that the only thing you can deny Him by your willpower is love. Being love He can't force you to love him, being love He must extract love from you by love, and in order to extract love from you, you got to give up your willpower, you see it's a very tricky game. He gives you willpower to deny Him love and He can't force you to love Him by permitting you to love Him under the pressure, He's got to allow you to love Him by surrendering your will and suffering is the sacrifice of loving Him. So Jesus said "Not my will but Thy will be done," in other words "I can't love you to allow you to put me on a cross but nevertheless it's Your will that I die on the cross, it's Your love that I am dying for, You alone is suffering not me, You made the cross, You are in the cross, You are in the nails, You are in my body, the conflict is in my mind, should I go through with this rigmarole just to please You? All right I'm going to go through it, it's You. Who is going through it? You are going through it, You're the rigmarole." In the end Jesus surrenders his mind, no mind now goes on to the thing, in other words it's a self acceptance of pure love without coercion and it's in right state the no-mind condition becomes anesthetic to the body because it's total acceptance. When it's anesthetic now there is no feeling, it's not reacting because it's total surrender, it's in this total surrender that the pain condition that was objecting, which is the resistance, pain is only an electrical resistance generated by objection to a confrontation on the body. Now if you don't have this confrontation going on in the mind, there's no objection, then pain is an acceptance, then pain is a pleasure, there's no feeling no more. So when they were nailing him, he wasn't feeling anymore because he had surrendered to the condition, the chemistry starts to take over. If we had machines in those days to check it out, you would have seen that the brain was going through that. I was hooked up to the machine in Chicago and I was using my own brain to check out if I resist what would happen when they stick me with the needle. Every time I resist, the pain registered in the machine, when I didn't resist and I said "okay go ahead," then the brain was beginning to make the change in the chemistry and there's no registration and afterward you begin to realize that a man who meditates long enough and has come to the realization of the internal de-acceleration of the brain by acceptance of love, that's why we say love is the easiest way to God but the hardest way to do it. It's the easiest way but very hard to do because there's too much suffering involved with it, we'd rather cop out but we can't cop out because when we do, we don't love no more so we go ahead and we love in spite of the pain and let God take care of the situation. We are at His mercy but it is better to be at His mercy by love than to be at His mercy by hate. So you realize in the end that the only worthwhile thing to live in this world is loving and not to generate no more karma, if you can avoid generating the karma or resistance to your environment, this love takes over and works. 0:40 Audience: You know

every personality is not so easy to be around. Adano: No, I agree. Audience: When they bug you so badly Adano, are you building up karma? Adano: You wouldn't get them to come around you if you didn't do it to them, it's the law of magnetism. We don't get what we didn't sow you see and it's the law of magnetism, if somebody clobber me on the head, it's because I did it to them before and how hard they hit me that's how hard I hit them. It ends when you accept it and love it, it ends right there, if you just say "I accept, thank you Father, thank you Father, whatever is happening thank you Father," that's a very good mantra, that's the best mantra. Audience: Suppose a person affects a lot of people the same way, what kind of karma are they (inaudible)? Adano: You're only getting back what you gave it to them at one time. Thank God you did it and you recognize it, now they're doing it back to you, instead you having to go out and catch up with them. You know we all like to dish it out, we don't like to take it back. (Laughter). They got theirs, in fact you got to be thankful, it could be worse that they don't hit you on the head. We did we can't plant tomatoes and get corn, there's no way possible, you aggravate somebody, you're going to be aggravated back, that's plain and simple. Who will plant tomato and get corn? All right isn't that a wonderful miracle, if you plant tomato and get corn? You'll call everybody and say "Look I planted tomato from this package of seed and I got corn" and everybody will say "that's a great miracle." Now the next day you plant the corn and you get okra, you can't trust the corn no more because you'll never eat corn, you'll never eat tomato, every time you plant it you're getting something else, when are you going to eat what you plant? See, God is perfect, He made a perfect law, you get tomato from tomato, corn from corn, and if you aggravate somebody, expect aggravation back. When we accept the truth, we can live with it, we don't have to run from it, we are prepared for it, it's in the preparation. That's why Jesus said "Be of good cheer, I have overcome the world," he was happy with his crown of thorns. You know today I saw what a crown of thorns looked like, the actual plant that was called Crown of Thorns and if you could be cheerful under those conditions man you're really cheerful. You think of a chinese acupuncture or something, you get a crown of thorns on your head and you really look like a pin cushion, every part of your scalp is perforated. Audience: (Inaudible). Adano: No, the spine is the altar of the body, the whole spine. The temple is the body and in the temple there is a segment where the lights are placed or candles and the holy book is placed on, a point of reference of sacredness and the human spine is that particular point in the human body. It has seven segments for the seven candles that you find on an altar so you have your coccyx, your sacrum, your lumbar, your dorsal, and your cervicals, and along that now you have your endocrine glands. Now the sacred part of that spine is considered where the wafer is kept, the wafer being the reproductive principle of wine and water. So in the sacrum of the spine, which is called the sacred area of the spine, this communion principle or conjuncting principles is kept, this representation of the generative forces in the body and the spine is the actual warehouse for all the karma or feedbacks of the DNAs and RNAs that are carried over in magnetic law of memory patterns. So there was a Saint who used to call his body a donkey, Saint Francis usually to say "Brother Donkey" and a donkey is referred to as a beast of burden strictly because it has a very strong back, stronger than any other creature that you know that has a backbone for carrying weight on its back. Now Man is like a donkey, he carries the burden of his karma in his spine, the greatest weight he can ever carry in his whole makeup is his karma that he's accumulated there locked in in the DNAs and RNAs that may transpire in millions of lives. You begin to see now why they say that Man is a miniature universe and God is locked up in him already and it's not one segment of the body that is the altar, it is the whole spine is the altar. Audience: Adano, going back to what you said before if someone does a wrong to you and you truly love them and forgive them, can't you cancel out that karma? Adano: Yes, that's what Jesus said you must forgive your fellow man 70 times 7. You see there are two ways to forgive a person, psychologically and physiologically, most of the time we forgive people psychologically, very little physiologically. I may hurt you and you may say " Oh I forgive your Adano," but every time I walk in the room you see Adano and you get uptight with your tummy, that's not forgiving, you haven't turned it loose you see? Therefore the karma is coming back, you see there's a feedback so it's not only psychological forgiveness, it's a biological forgiveness. Therefore, the biological forgiveness is to hold hands or release or shake, that's why Jesus said "Walk the extra mile for your fellow man before sundown" (inaudible). The early churches knew this and they developed

what is called confession and then later on it became gestalt therapy, meet the other person, act it out, live it out, try and break up the impasse between yourself and the person in a physical relation because it occurred physically first you see but it's carried over psychologically and if you're only going to psychologically forgive it and not break it up physically, you will get the worst end of it. Audience: Adano, what is the best way to not to keep building karma, bad karma? Adano: Love, it's a very simple word but very hard to do. I'm not going to promise you it's easy. Anytime you hear somebody overcome karma, I'm always watching for sure because I know it involves pain. You see, it is a painful process, we say hate is painful, it's not as painful as love, the process of love is more painful than hate. At least you know when you hate somebody, you're entitled to be hateful. When you love somebody and it turns out to be painful, this is much more painful than the other one. So love is painful but love is therapeutic, pain is painful but not therapeutic, it's destructive. This is the difference between the two. They're both types of pain, they're both involving pain, but one has a beneficial result and the other has a destructive result. So that's why Jesus said "Father forgive them for they know not what they do. Your will be done." These are all painful experiences generated out of love. Now if he was belligerent about the whole thing and he said "I blast you all to kingdom come and let the thunder and lightning take you all up and leave me here standing," well he could have done that and nobody would be around. You see this is his prerogative, just as much as he can give life, he can take it. We must realize that when a man has the power to restore our life back out of love, what more does he not have in the terms of hate, if he does want to be hateful? You see if he generates life back to a dead man out of love and that love returns to be a bitter situation that that very man can turn around and condemn him or deny him or reject him, it's love that brought that type of suffering but he's still gotta love. If he became belligerent to say "Okay you, I saved your life, drop down dead," that's being belligerent so he did no good. 0:50 Audience: There are people who are just evil, murderers, what causes that Soul to do that? Adano: No Soul is evil, the answer is yes, no, maybe, it's all three. As is in the case of Judas, didn't Jesus say "Woe to the man who has betrayed me, better that he had not been born?" But then without Judas would Jesus had been crucified, would Jesus be Jesus? The hero has to have a villain to contest to make the plot thicken, God is a very smart producer you know, He can't make a movie without any hero and villain. Of all the 12 disciples, who was loved the most? Judas was the most loved man of all 12. He had to love Judas the most: the one who hurts the most is the one you have to love the most. The one you love the most you don't love the most, most. (Laughter). If I love you, how much more can you love me than the equality of the love but if I hurt you, you go out of your way to love me more. So Judas was the man who hurt him the most and Jesus went all the way to love Judas much more than those who really loved him and those who really loved him didn't really love him in a sense that he knew they were loving him because they all denied him. He knew they would deny him. He knew one would betray him but between betrayal and denial, who would he love the most? He would have to love the one that betrayed him, right? It's like the man who was given five hundred dollars and the debt was wiped out and the one who was given thirty dollars or fifty dollars. The man who owed more got more out of it. The man who owed less got less. So equally true in the terms of hurting the Creative Intelligence by being on the negative side would demand more love to resolve it so the love is released proportionately to the damage or to the relationship. The Masters always rejoice when they've found one lost sheep and that's why the one lost sheep, the prodigal son was loved the most and the other son who stayed home, he got kind of peeved because the father was gonna kill the fatted calf and all those nice goodies, we always get that type of state of mind. Audience: How do you measure love? Adano: We don't measure love, it's proportionately released according to the anguish. How much anguish you can generate in the individual, that is how proportionately the love can be released to match it. All right you have children, which one gives you the most aggravation? Audience: (Inaudible). Adano: All right, then is your love restricted or is your love more expanded when they aggravate you more? Even if you wallop them, it's still love them and that's like God, even though He clobbers us with the karma on our head, He still loves us, He would be the first one to pour down grace if you turn around and say "Father forgive me." At the same time, "All right I'll forgive you but go clean up the mess," that's the karma, you got to live it out but you don't live it out with belligerency or vehemence or vengeance, you're given an

opportunity to clean up the mess to sow your own self awareness, brings on the reconciliation within, brings down the therapy in you. We have done mistakes out of ignorance or out of deliberate willfulness, well God is not that type of a principle, life is not that type of a principle. Life is a principle that allows us to make self-corrections out of love. We want to do it out of love to correct it because it is only natural to do it back, it's a natural phenomenon to do something to correct something that we've made a mistake from out of ignorance or out of belligerency to correct it, it's only normal that we will do it. Audience: Adano, suppose out of selfishness we keep on walking over other people, now what is that called? Adano: Walking over other people. (Laughter). Audience: Seriously, when you repeat and you repeat and you repeat. Adano: There are many ways to solve the problem but look at it this way, first Jesus was asked the question "How many times should a man forgive his fellow man or his brother?" Peter says "seven times." He says "No, seventy times seven." Well you work it out, that's 490 attempts, has anyone ever actually hurt you to the extent that you have made the attempt to forgive them 490 times? No, you haven't gone 490 times and I'm certain within 490 times, it would change. 490 times, they would have to change. Now there is a movie actor by the name of Red Skelton, he has a motto or a method in which he works with people who hurt him or affects him. If this person in is company doesn't get along with him properly, he will sit down and write that person a letter but he doesn't give the person the letter, he writes all the things that the person is doing wrong and what they should do right or what they should not do, he's not going to fire that person but then he writes that letter. Then he takes that letter and he puts it in the trash can as a sort of mailbox, it's in the trash can, he forgets it. Then he waits and if that person doesn't change after a while and he's still continuing in their ways, he's not going to confront them even though the managers are all complaining, he goes in again and he writes a second letter and he does the same thing, he throws it in the trash can and he waits for a while and if he sees no change, he says "usually after the second letter, there's a certain change, the person seems to change all of a sudden, I don't know how but they change." Rarely he has seen though where he had to write the third letter and he writes the third letter and he throws it in the trash can and he doesn't see no change then he writes a fourth letter and the fourth time if people come back and complain, he writes this letter then he burns it and then he buries it and puts a cross over it like a little coffin and he said "That person is dead in consciousness, there is no hope to help that person, only God can help that person now." As far as he's concerned that person don't exist in his company. He ain't firing him, that person suddenly finds themselves wanting to quit the job and go, they are removing themselves, he seldom has to fire somebody and he says that seldom ever happened. In his career as having his own company, he says he's only had one such person, all the rest have changed in between the two or three letters and he has found that this method works. It is because he has set up in his own consciousness a relation pattern with his employees, if the person has done something to affect the harmony of others, he would do this and try to correct it without calling that person on the carpet and confronting them for having disrupted the harmony of the group and it's an amazing thing when the people learn of it that work in that company, they're very very happy because they're all shareholders, it's a profit sharing company. 1:00 Audience: Well is he directing that they should change their ways? Adano: No, he's writing down what this person has done wrong, when people complain "All right Jane has hurt me Mr. Skelton, she has done such and such to me..." he's got all these complaints so he writes them down, he makes a note, and he's writing a letter to Jane "Dear Jane, such and such a person says you've done such and such a thing..." and he writes his letter in a nice way and puts the whole thing into the garbage box, he doesn't show it to Jane. Audience: Yeah but I want to know if he was directing her consciousness. Adano: No he's not directing her conscience, it's a mental process but he says in his own career he's only had one person who has actually withdraw from the company and gave no reason, they just said they were finding another job, he got a better offer. He didn't fire them, he figured that if they couldn't function in his company and be harmonious, it's better that they go on to something that they can function better so he considered that person dead, they didn't exist in his company even though they were there and suddenly he finds them withdrawing. There was only one that actually came to him and says they had an offer for a better contract, he says "fine, go on" because as far as he was concerned, he was dead in his company, she was not employed though he was pay

her, she withdrew. In a way this is a very fundamental law, there's no magic to it, it's simply an acceptance of the law of forgiveness, it's a form of love which employs or generates a type of suffering at the expense of oneself but at the same time it's a therapeutic form of love because it brings back balance and harmony to those who have been hurt. Now not only that, it opens a lot of spirituality among the group, they have realized what has happened, they have realized what they are feeling belligerent about or complaining about and then they start to see that it was not all that person's fault too, some some of that fault was theirs too and he never said "all right, I'm glad you're complaining to me and I'm going to praise you." No, he simply documented their complaints that they said were legitimate to them, it was disturbing their harmony. He didn't say it was right or wrong, he's the owner of the company so all he's going to do is document this thing, make this notation on a legal letter, and put it in the garbage. Audience: Well actually what he's doing is where everybody is releasing these animosities and resentments that they have, they're getting rid of them to them but he's not keeping them, he's writing it and throwing them away too, so everybody's getting released. Adano: So it's a form of recycling of their behavioral patterns by emotional release in a documentary way. It is a principle that works because thought is there, word is there, and deed is there. First you think of it that this person has you hurt you, then you talk about it, then the action of writing it to say "look we know you've done it," but it's these laws that are working. You see spiritual laws are scientific in their own frame of reference, very very scientific, they repeat themselves, they prove themselves, and that is what is upsetting because it's a different frame of reality to the evidential type of science that wants everything under the sensory observation and to control it in its own rationalization. When you come into spirituality there's nothing to rationalize because spirituality is very irrational, it's always intuitive, and on that level we tend to be very very leery of it and we can be speculative about it but until we understand how it actually works and how the mechanics go on, then we can put ourselves in a frame of mind to flow with it and before you know it, it is actually a science working in your life, it's the science of living. Audience: (Inaudible). I've read so many times lately that aging and dying is something we build into our consciousness. Adano: Yeah, you see because we're counting our birthdays in the opposite direction from 0 to 100. You see I started off at 10,000 back to one, I'm going this way. You see we say we came out from the year one and the longer you're away from God, the older we are, that makes us spiritual antiques but if we all came out from the year "Beingness" and we're returning back to the year "Beingness" then we're not old, everybody is young. You see I started out with zero which is the year of Beingness and I'm returning back to the year of Beingness so I'm still a zero. You have to put that into your consciousness that you you are eternally one with Spirit, it's a sense of oneness and you don't have no more counting. Counting is separateness, chronological counting is a form of separateness, you'll say "I'm chronologically 20 30 40 50 60," this is a form of separateness because you're linearly drawing the energy and limiting its flow when the energy is like a figure eight, it has no start/no end. So if you don't put the concept of age into your consciousness, then there is no aging. Audience: How should you feel then? Adano: Well everybody should feel with their finger, that's how old you are. Don't you feel with your fingers? Well that's how old you really are. When you have lost the ability to feel texture by touch, that is the true oldness of your mechanism, you have lost the ability to feel texture, and that's how you're really aging now. Younger people feel with a lot of texture, they can feel texture much more than adults and when you lose that ability to feel texture, then you're really aging. So when they say "you're young as you feel or old as you feel," this is relating to textural touch. So don't lose the textural touch, the textural touch is an indication that the cells are alive, they are responding therefore you're maintaining your youthfulness. All right Babaji looks like a young boy of 21 but give or take a thousand years ain't bad for him. I met a couple of young fellas not too long ago, a couple years ago, give and take I say 100, they tell me he's 156 but he looks pretty young this fella, he looks just like a fella of 35 and all his hair is grey and the skin is smooth like a young man. His name is Baba, he's from Ceylon, when he came into this country the medical doctor at the US embassy wouldn't believe his age but according to the evidence, the doctor put him down for 100 years, he says "Well, he's a young boy of physiologically 21 but he's a chronologically 100 but he settled for 100, how are you going to tell the embassy? Physically the examination says he's a young man but chronologically he's supposed to be

that amount of years. Audience: Is he God-realized? Adano: Yes. Audience: Was Babaji born of woman? Adano: He has a sister. Audience: That's a funny way to answer it. Adano: Who isn't born of women? 1:10 Audience: Well Melchizedek wasn't born of woman. Adano: Well, that's what they tell us but then Divine Mother is a woman too. You see we can't get out of the Mother Nature aspect, Mother Nature provides us the ability to come out of the Cosmic Womb by direct materialization in this material part of the world of manifestation or we can come out of the womb immaculate, that is extra-sensory insemination, or we can come out of the womb of creation having total memory through the genetic process, or come out through the womb having no memory. Melchizedek and a few other people have come into this (inaudible) by that particular law of materialization. As I said there are five births and five deaths: four are for this world of manifestation, the fifth one is reserved for God. He Himself reserves the last one in the world of non-manifestation because God bears unto Himself and therefore there is no death in God but all birthing. Now only in the world of manifestation, we differentiate birthing from death because death is a condition of cessation, therefore it's called an enemy to the Life Stream and then you get the realization that there is no death, that it's all birthing, then you take on this Divine Awareness in the non-manifested. So if you go into the other realm, you just begin to see now for the first time that all is birthing and there is no death. The only real truth is the changing changelessness of change, the changing changelessness of change, and that is what is called eternal birthing. You see God is ever new Joy and that's the eternalness of birthing and that's the changelessness in its own Self and that's a change within its own changelessness that is a change, and nothing can stop that, that's infinity. When we realize that, we can now function in the world of change. See this is a world of change but where it becomes changeless is because it's infinite, that means this change continues and that will not change. Since it continues to change, already it's changeless, there's where it's changelessness comes in from the fact that it's changing in an infinite state or in a continuous state. In other words from the time they made the Model T to the time they made the new Thunderbird, it's a new model, that's another way of saying "God is a new model." Life is always producing new models but if you look at your bible and you look at all the writings, they never say "I'm a God of the dead," don't they say "I'm a God of the quick and the living?" The quick means people who move around and are restless and changeable. It didn't come to judge the dead, it came to judge "the quick and the living." You know you've got to read the Bible more objective and begin to see that they're talking of living people and they're talking of living experiences, you get the full focus of it, that it's happening now. Audience: In Exodus when he's giving out all those "thou shalt's" and "thou shalt not's," he says to kill the witches, what exactly was he talking about? Adano: Who is doing that? I think you better go read it again. Audience: It's 1:9 (inaudible). Adano: Remember those old fellas when they got caught up in their self-realization and their Siddhic abilities, they went rampant with it, they all got carried away with their spiritual powers. That's why it says "What does it profit a man to gain the whole world and lose his Soul." Remember, none of the things that Jesus did with his spiritual powers destroyed. They elevated and relieved the suffering of it but every other Saint or prophet that you read about, what did they do with their spiritual powers? Audience: Abused it. Adano: Right, they abused it, and that's why Jesus confronted... he can only confront something he himself did by a mistake in a previous life. Go look the story up between Elijah and the student and see what the student did after: like teacher like students. He did some pretty goofy, things like his Guru: his Guru called down a bear to eat up people's children and he called down a lot of strange things when they were self-realized. And the student did some of that too but the student came to the final realization that's not the way. That's why Elijah says in the form of John, "I'm not even worthy to unlatch his shoes" because this is somebody now who has got a deeper understanding not to use these psychic powers with that belligerent or traumatic action. Love is greater. It isn't that "an eye for an eye or a tooth for a tooth" is not a true law, it's the law of cause and effect. Yes, but we don't have the right to bring down the law into the life of an individual who has hurt us simply because they deserve that punishment for violating that law. We don't have the right. If we love them, the law itself will take care of them. Now you have an example like that in the Autobiography of a Yogi, there was a Swami who used to drink clabbered milk and he were sitting down one day and a boy came to him with a bucket of quicklime and said "Hey Swami, here's a bucket of

clabbered milk, would you drink it?" "Sure!" He drank it. A few minutes after the boy shouted, "Help Swami, I'm dying, I'm burning up and dying!" He says "Scoffer, don't you know that your life and my life are one? That the quicklime would kill me but God took care out of love and you got burned. All right, don't die now." You see he saved his life but he didn't deliberately pull down upon him the karma, though he knew. You see this is the difference between deliberately bringing the thing down when the person says "Ha, you're giving me quicklime, I'm going to punish you now, die back, you feel the pain." This is the belligerent attitude of it, this can happen in the self-realization state. The same thing is true when Jesus... he knew they were going to nail him on the cross but was he going to stop it? No. He knew his own disciples were going to betray him, he doesn't stop it. Buddha knew that his cousins were going to feed him poisoned cake just to get the wealth of what had been accumulated and he still didn't stop it, instead of picking up the non-poisonous cake, and he knew long before which of the cousins would do it, he deliberately picked up the poisoned one and ate it to die in front of them. That posed a kind of a shock to all his disciples, "He is the Buddha, why didn't he know?" Who could trust him now? Their whole dream of the Buddha was shattered. Krishna was the same, Krishna did so much and yet somebody shot him with an arrow thinking he was a blue antelope. They saw him walking in the woods and they only saw the feet of the thing walking, it looked so blue they thought it was some wild bear, catch it and hang it up for the skin. It turned out to be Krishna but these men, all of them, Guru Nanak and all these men, they know how they are gonna die. They don't stop the karma, they don't even vengefully react anymore because they've learned from their previous lives that in the self-realized state, we react with our spiritual powers to punish. We usurp the right of God there and that's where our mistakes can come, we can lose our Soul there, and have to do the thing over again. So if we don't usurp that right and allow God to really bring on His law into motion, then we are God-realized.

Audience: What about when a judge brings down a penalty, just or unjust, where does he sit in the scheme of things? Adano: The justice is set up by the decree of the people to which he must adhere to and the penalties are drawn up, these penalties are set up. Now he is administering them, just like an accountant must administer that you pay the bills on time or they will foreclose. He can't (inaudible) belligerent or deliberately doing it, that's his function. In that state he's absolved but if he makes a vindictive practice, a personal vendetta, to go out of his way to make these laws belligerent, then he is responsible. See it's the spirit of the law, not so much the letter of the law that where a judge is in a very very serious situation. He has to weigh everything and therefore he's in a position to grant clemency or mercy, just as much as a governor can grant clemency or mercy to give a pardon, these are all within their discretionary functions but when it becomes vindictive then you find that they are making it a personal issue then it's their personal karma now. 1:20 But once the function of society has set up certain rules and regulations to govern its behavior and then the lawyer or the judge or the person involved that must mete out this punishment, then that person is carrying out a function. You have to look at it another way too, there are certain dispositions according to the seriousness of the conditions involved, if you're going to carry the maximum penalty or the minimum penalty or the medium penalty, these are all circumstantial again. But only when the person becomes belligerent or personally vindictive in the issue, then he must pay that karma. The same is true of the man who orders his men to go into the army and to fight, the men are carrying out a certain order, that general has carry his share of the burden of that command but that is a position he has put himself into to warrant that, so that's his spiritual responsibility he has to work with. So sometimes it's not good to be the leader of anything and yet at the same time you never mature in order to discover your sense of responsibility and sense of judgment until you become a leader of something so in both cases it has advantages and disadvantages. Audience: (Inaudible). Adano: It is the carry over from the olden days, "an eye for an eye and a tooth for a tooth," and this is again certain conditions that we've carried over in ourselves and out of that we do maintain it. Now we're going to run into a lot of problems to maintain it or to abolish it simply because we haven't evolved to where we are capable of lifting our consciousness up.

Remember what is once a sin became a crime under a new semantics in the world of society and what became a crime finally found itself to be a disease in the world of therapy and what has become a disease you'll find itself to be a miscalculated timing of the mechanism. Eventually when we come to

the full truth, we will find that sin is actually miscalculated timing which was once called a crime for society and it's called disease in terms of the human body to function properly but it's miscalculated timing or improper input therefore improper output, programming is the actual thing. In the final phasing or final understanding, our behavior be it uplifting or degrading is an input/output principle, it's the timing game, that decision making inside. However you're programed and however you're fed from the environment will make for the particular action. You can make criminals out of individuals by feeding them bad nutrition, you can make them safe by feeding them good nutrition, the input would have to do with it. You can make them criminals by programming them with wrong ideas, you can program them with good ideas and they can become spiritual. You can make them feel sick by bad colors around you, the wrong color scheme, and you can make them feel healthy with a good color scheme and it's again the external/internal action. Audience: Is one color good for one person and bad for another? Adano: Yes, it has its own particular personality and corona and effect on the cells. And then you have a lot of things to consider, what the Masters call karma, that's your prenatal causes that occur prior to birth, they have a lot to say no matter how you come out as an individual, what the mold was. You see a product can only follow the mold, if there are cracks in the mold or there are burrs in the mold or there are wrong measurements in the mold that will come up in the individual, these are shock patterns now. During the prenatal stages when the mother and the father might have been in different shock states at nine months, those shock states leave the impression that will create a disorder and a miscalculated behavior pattern and therefore you have that type of an individual coming out. Now we are a type of society where we would like to see everything like you say "A-Ok Square" we don't want to see anything triangle or round, we detest anything triangular or round, we want to put it back "A-Ok square" simply because our minds function in the nature of organization being the most expedient, economic way to exist. Chaos is not economic and it's not expedient therefore that is triangular, it fights against itself and if it's organized and centered we can function better. All right if we accept that, that's the input but then we have to accept the consequences that go with it that we could be carried away with their "A-Ok" attitude or square attitude and be living in an ivory tower. That what is good for me is good for you and not necessarily any worse you see. So if we do end up being tyrannical or fanatical in an "A-Ok square" environment, everybody is okay, nobody is belligerent, but that can create a type of fanaticism too and it can be tyrannical. Audience: (Inaudible). Adano: But you see organization is to provide a service and that's why leaders in the organization have to be flexible individuals. The Gurus are flexible people, they only aid the organization to come into manifestation and then they phase themselves out of it, providing an opportunity for individuals to discover their shortcomings. They don't try to be the organization, if they try to be the operation, the organization will bury them. They only provide an opportunity for the individuals to grow and see themselves. So they are the most flexible people, the most adaptable, therefore they are considered the most spiritual. When we become rigid and compartmentalized or segmentized then we become tyrannical. We are like a dog in the manger. We don't want the cow to eat the grass simply because it's good for us to lie on but we can't eat it, we end up being like that. Our own particular thoughts, our own particular ideas is always... we tend to shut ourselves out. Audience: How can you know which colors are best (inaudible)? Adano: All colors are good and all colors can affect us negatively or neutral depending upon the shock patterns in the body. For some people some colors are ideal, for others they are not and these are shock patterns. Audience: How can you know? Adano: Well when you wear it, if it gives you a nausea feeling or an elated feeling or if you come in contact with some that are very depressing and they are only depressing by stimulating or bringing to the surface some painful memory that might be experienced in a shock wave pattern by the parent in a prenatal state or during a state when pain was inflicted on you in some form, those colors were obviously present then. Then it will leave that impression on you and you in turn resent those colors after a while. But if you can actually therapeutize your body by using all the colors, eventually you'll find you'll start phasing out the ones that you don't like, the body will start handling it. All colors will start flowing through you then, they will work for you. 1:30 There were certain colors I didn't like years ago, they simply had a reaction in the body to be nausea or feel upset but I kept changing it gradually until every color became natural to the body. But you have to work with it and

when you work with colors, the particular problem that is bothering you seems to come to you in a dream form or in some image form and you recognize it, where the particular irritation is coming from. To me, color in the future will be the most therapeutic, self-therapeutic approach to basic subconscious problems in shock than any other method without aggravating the system or getting into expensive therapies, it will bring to the surface quicker the incidences that are triggering it. Audience: Is color more effective than the energy (inaudible)? Adano: They're both have their own values, you can't say one is more. Audience: Adano, recycling, I have trouble believing that's necessary. If we pray for forgiveness, would a lot of that change even if we're not aware of what we've done? Adano: Everything works and there are times for each thing to do its job. Sometimes prayer will work, sometimes a slap on the rectum will work, sometimes a little recycling will work, sometimes a needle will work, sometimes a herb will work. In other words anything can cure anything because anything can cause anything. You see Jesus when he was alive he used everything to correct the problem and we're realizing today that practically anything can cause a problem in us. So really there is no actual one thing 100% catalog perfect that's going to correct anything. Even the fact that you press on the person with your hand and do certain reflexes, it doesn't correct everything. Just the same all the food in the world couldn't correct, otherwise there would be a lot of people still alive all around, there ain't. So there's a time for us to phase out, there's a time for us to use certain things to alleviate certain conditions, and there's a time for them to not alleviate, they just have to go through that particular period of anguish or agony to correct it. That period of anguish is therapeutic for them, not all the anguish is therapeutic but some is therapeutic. Audience: (Inaudible) a time cycle and yet there's a time for everything so our being out of cycle is still time? Adano: It's time, yes. Out of cycle is time, that's what Carl Jung called synchronicity, you've got to synchronize with your environment, and if you don't synchronize with it you're out of time with it and therefore you're going to feel hurt, you're going to feel upset, you're going to bring on more problems in yourself. If you synchronize with it then you flow in the time cycle of it then you learn to pace your energy, you don't squander your energy. Now they always ask the question, "How come we work so hard and look so fresh, they work so little and look so tired, where do you get your energy?" I don't have any energy because I don't own no energy, I only know one simple law, that energy is determined by my mechanism's ability to accept the flow of it according to its own time cycle. So I pace my body to the time cycle, I learn to relax the body to accept the time cycle to allow the energy to flow without being interrupted. The body physically if it's exhausted that's out of time cycle, it will produce lactic acid and the lactic acid will make the body dry up and burn. If I pace my body and I don't get uptight or tired or force myself into that strenuous state, then the body will start a recycling, it will start flushing its own self. Then it will clean out the lactic acid so it's a matter of adjustment. Meditation is a form of pacing your energy, it's a form of conservation of your energy. Audience: Like you said about the car, you keep it 50 miles going up hill and 50 miles coming down. Adano: If you go up 50 miles up the hill and take your foot off when you're going down, you save gas, but if you're putting your foot on the accelerator when you're going down, you're losing gas. You see again it's a matter of conservation and pacing the energy. If you get into a particular action and then you're constantly burning the energy when you should be learning to pace it, then you're going to be tired before it's over. Audience: Well that's why there are periods of meditation during the day? Adano: Yes let us look at it more objectively in terms of valuable benefits to the body. If you can space your meditational practice into 20 minute periods, four or five times a day, you'll benefit more, or if you go a straight whole hour once in the morning and once at night and a half an hour in the middle of the day, you get the same benefit. And the time will come when you can sit down for a full two and a half hours and really sink into it, this is a way of arriving at what is called self-induced rigor mortis or relaxation response of yourselves where you can actually maintain this inner peace. You see the only place you're gonna find inner peace a 100% is in a morgue you know or in the burial ground where they put the sign on top "Rest in peace" (laughter) and then there's no better way to try to duplicate it in the body. Sleep is a good way but that's a very slow roundabout way too, if you can get it in the meditational process without getting uptight, then you have induced it back, it's a form of conservation of energy. See the body has enough energy atomically speaking, and this is physics, to last for thousands of years. We don't even live 50 60 70

years and it's all gone out of us. What has gone out of us is not the energy, what has really gone out of us is the desire to synchronize with life and we have clogged up the mechanism with too much resistances and therefore we exhaust the mechanism, we carbonize it and make chug, chug, chug. It's like driving the car, you turn on the engine and you don't change the gear, you sit down there all day and run the engine, what's gonna happen? It carbonizes too much and that's exactly what we do, we stay in an idle spot all the time and just keep functioning, we don't do any automations then we carbonize, we over carbonize ourselves, it's a mechanical thing. And then you turn around and you see a Model T all renewed and done over and it's chugging along beautifully, the human body is a better thing than the Model T, it stands the reason that we are not applying the techniques to remodel ourselves or to conserve the energy in ourselves and take the benefit out of it. Well, I think I'll let you folks go home. Let's join hands for a few minutes.

### 1976 March 29 Part 1 - Satsang

Adano76\_03\_29\_1SatsangsQ3NW1 - (Long inaudible section of audience general conversation). 0:16 Meditation is the art of realizing yourself so there's only one type, there is no two or three or four types of meditation. It is the art of de-accelerating the brain in order to identify and synchronize with life flowing around you. So you must have a scientific definition for it in order to make it a science. So meditation is Mental Energy Directing Individual Thought Activities Towards an Intuitive Observation/ Oneness with Nature. You have to have to be alive and not dead or in some remote corner looking like a stone Buddha, that's not meditation, that's practicing. Meditation is awake, here and now, at the same time capable of de-accelerating the brain and being aware of life of life and still come back into the sensory field. It's the ability to de-accelerate the brain. This is measurable by science and at the same time you're in synchronization with life energy, which is God. So the bible, Book of Psalms verse one and two gives you exactly what you should do when you meditate. It's the oldest book we have in this part of the world, the oldest information and method for meditation is in that book, the first first two versus. It tells you you must meditate on the right law or technique, and day and night, that means there's no time for it, there's always Now. You don't sit in a corner to do it but if you do do it, they say in the book, your whole life will be a manifestation of joy and abundance. So it is a way of de-accelerating the brain, you can't speed up the brain to meditate. The brain itself naturally will generate heat by its own natural pulsation and this is measurable but at the same time if you slow the brain down that heat can be used now in a very fine way to affect matter kinetically and cause matter to move. So we find that Man is the only organism capable of triggering atomic energy by thinking, there is no other form of life that can do that, that can actually by de-accelerating the brain, trigger the atomic energy in the environmental field and cause it to move by thinking. At the same time it carries a tremendous responsibility, "What does it profit a man to gain the whole world and lose his Soul?" Because Man doesn't have a Soul, Man is Soul already, he doesn't have to save it, he has to realize it. And to realize it, he must meditate, that means he must synchronize with the environment by de-accelerating the brain to identify with the life that is pulsating through the cells which makes up the body. 0:20 When he does that, then he's a free Soul but until that time, he is bound by his ideation, he's bound by his environment, and bound by his tradition and the feedback from heredity patterns of the brain. More so during the pregnancy of the mother when she's carrying the child, the nine months may take priority over the mechanism, that's the mold which you were born from. Everything that happens to you from then on is prompted by the feedback from the mother who will monitor your behavior pattern from the time you are alive to the time you die. This is what is mean by "I visit the sins on the third and fourth generation." Though we appear to be individuals moving along detached from our parents at the umbilical cord, yet in a strange way magnetically and electrically the parent monitors our behavior and we pride ourselves in our own ego that we are running our lives which in reality we are not doing. We are not even capable of meditating with that type of a connection (inaudible), we'd be fooling ourselves. The result of meditation is liberation, not from the environment but for the environment, that's how you meditate. How you can be liberated (inaudible) so you can live with it and not run from it but until that time you practice. (Inaudible). Audience: Now we live in a very sophisticated society which we can go to

Satsanga and study and go to metaphysical bookstores, all trying to find the secret of that freedom. However what happens to the individual who isn't in the cosmopolitan area, who perhaps even is illiterate, who lives in the mountains of Tennessee and yet when you go there, you see an individual you know is free, you feel his freedom. He's a very a high, honest human being, who taught him to be free? Who comes out of the mountains free and I can't come out of college free? I want to know why. Adano: Your fanciful freedom is not the freedom that I'm talking about. Audience: He is free of the forces of the society. Adano: What forces of society? I'm talking of freedom from death. Death is your last enemy, "To him that overcometh, I will not send forth a second time but I'll make him a pillar in the house of the Lord." I'm talking of the art of dying (inaudible), that's the freedom I'm talking about. I'm not talking about freedom from society. "Freedom from death which is your last enemy," that's what the great Master Jesus said. He didn't call it a friend, he called it an enemy, it is something you have to contest with, not psychological death, physiological death. You have to master physiological death to be free, you have to learn the art of how to die every day. Paul, when he was in the body, he rebuked the very people that were living by saying "I rebuke you in your rejoicing, for I live and die daily in the Lord." The art of dying physiologically that is the freedom we are talking about. When you hear the Eastern people talk of meditation, they are not talking of freedom from society, they are talking of freedom from death, the mastery of death, you must master death while you're alive, you can't master it when you're dead. You can't experience realization when you're dead, you can only experience it when you're alive and the mastery of death. The principles that involve death, the states that involve death, the physiological changes that occur in death, you have to master that while you're alive, that's the kind of freedom we are talking about. So you see the freedom that is being publicized is not really the freedom, you have to go back into the bible and it's in the bible you see what the freedom is that they are actually talking about. Not psychological freedom, freedom for life, not FROM life but how are you free for life without mastering death? When you master death, it is the evidence that occurs when you die, even when you die the evidence is there, proof that you have mastered it when you're alive. You must master death alive before the evidence will be validated by those who believe in you or don't believe in you, they will say "that man did master his knowledge" because what happened to his body at the end of his life will be a testimony of his belief. Now we have that evidence here all the time, they call them Saints. Jesus talked of death, he raised the dead, yet at his own death it is not the fact that he died on the cross, it is the fact of what happened after his death, the significance of the mastery of death. Now that can be a figment of imagination because it happened 2000 years ago but we have evidence of people not too far off in 1952 in this country Paramahansa Yogananda passed away in this country and the body showed no signs of decay after his death. That's the kind of freedom we are talking about, freedom from death. You see there are only four ways to be born and there are four ways to die and that is what we call the freedom. You're born not remembering your past life. You're born remembering your past life. You're born by immaculate conception or extrasensory insemination. You're born by direct materialization like Star Trek. Now you die, you rot. You die, you don't rot. You die, you take your body and nobody finds it. Or you translate your body like (inaudible), a woman who lived in this country who automatically translated her body into light, she was an American woman. So this is what we're talking about. We are not looking for magical powers, we're not looking for miracles, the truly free man is a simple, normal man that lives every day with you, works with you, (inaudible). It is so obvious that you would not recognize it, you would not even know that he's free. He seems like an ordinary individual but when the time comes for you to have the experience of this freedom, he will give it to you, he will make you have that experience and then you'll know what freedom is all about. You see Jesus spoke of this freedom when he said, "The sheep know the shepherd and the shepherd know the sheep and those who know my voice or hear my voice know me." That is the kind of freedom he is talking about, a freedom from death. Those individuals who knew the art of dying within their own body recognized Jesus immediately and he recognized them immediately, that's the kind of freedom they were talking about but our churches never came out with that. 0:30 I grew up in the Catholic church but they could not answer these questions because they were always thinking of some psychological answer and not getting into the true physiological truth and until we have men who have done this in

our lives, we can't follow it, we can't believe it. We have to be exposed to people who have had that type of an experience and can vouch for that type of experience, then we can trust the inner experience to help us to have this inner experience. Audience: But if this is a tradition that comes right down from Christ, if the tradition is broken some place and that whole knowledge is lost. Adano: Nothing is lost. You see Jesus said a long time ago when he met John the Baptist, "There is no man born of woman greater than John who is Elijah that has come." (Gap in tape then inaudible). Now picture yourself, two grown men arguing who will throw a little water on each other's head, it don't make any sense but then Jesus went on to say "Suffer it to be so." In other words, endure it, accept it, "For this is the way of righteousness," that this way of finding a spiritual person who has the ability to open the consciousness in you that he can turn you on to mastery of death. Suffer it, endure it, find it, look for it, go through the tribulations to find it, go through the anxiety and the trauma to find that individual and when you find it, that is the way of righteousness, there is no other way. That is the only true way there is to freedom, the mastery of death in the human body. Now when you find it, no matter where it comes from, no matter who's got it, then you automatically find yourself lifted up but it will find you first. So you see we cannot seek a spiritual teacher or a spiritual individual to give it to us, it is that individual whose Cosmic Awareness, whose responsibility by God to seek you out to help you to realize it. "The shepherd knows his own sheep," he don't go pick up any kind of sheep, he knows his own sheep. The realized man knows who is ready for the freedom of the Soul and mastery of death in the teeming millions of life, he knows who is ready, he will give that individual, wherever he is: red, black, green, or brown, male or female, invalid or baby, he will give that individual, that Soul that experience as a gift. It's a gift when to come back to that level. Audience: I don't think that it's rational or reasonable or honest to go around in pursuit of eternal life, it sounds to me like being attached to this body. I've practiced the last five years not to be attached to this body and now the idea that this body is having another kind of eternity, it seems corrupt. Adano: The body is the temple of God, "as above so is below." God cannot be separated from the body, the body is God already in manifestation and in action. So this is the supreme temple, not this pagoda or synagog or church, that's not the temple, this is the temple and the only real temple there is. Now if you desecrate it by denying it then what have you done to yourself? By detaching yourself from God, you become an atheist but when you respect it and you understand it and liberate it, then you claim your Godliness in God, you claim your God-self, you can't do that until you recognize it and accept it. That is your freedom, that is your choice, that's your heritage, that is your divine birthright. Now if you desecrate it or throw it away or kill it or commit suicide... now remember Master Jesus had three trials for this physical body: one, what he would put inside of it. He could eat anything yet the first test was food, a test in which stones that he could turn by magical powers into food and eat it just to avoid fasting. Many people live today in many parts of the world without eating a meal for weeks dying from starvation, they'll do anything, they'll kill, just to get something in their stomach. This temple of God is going through that type of a trial or tribulation, desecration simply because of lack of knowledge through ignorance of the karmic law. All right, here comes a spiritual teacher to show us his freedom, the freedom is to rise above this physical body and he tells us by his own words how you rise above it. "Man don't live," that's male and female, we don't live by bread alone, the simplest form of matter as a food. We don't live by that alone or an indirect form of energy through the mouth, "but by every Word," that means every vibratory impulse from this environmental atomic field that is coming into us from the archetypal (inaudible). "That enters through the mouth of God" which is the medulla oblongata of the brain. Now if a doctor were to stick it with a pin, you would die instantly, if he tickled it with a feather, you would be paralyzed for life. Yet at the same time, in the same perimeter if you don't touch it you can correct a common disease that most doctors cannot correct, the deaf-mute. Just 0.5 centimeter, you will kill that person, 0.5 centimeters minus from where the point of entrance of the medulla, you can cure the deaf-mute. This is done today where the deaf-mute can be made to talk and hear because they go right in the same area of the medulla with the needle and they don't touch the medulla. They measure it so exact and come right up to there and make the deaf-mute person talk again. Now right there is death and right there is life but it is how you measure life and how you measure death. All right, after Jesus had his first trial, learning how to feed oneself from the

medulla, but he had to know how to eat first. He didn't do 40 days and 40 nights just like that, he had to prepare himself a long time to do that type of a marathon fasting. The second trial or real test that this human body goes through is the death wish. Everybody wants to copout, who doesn't want to copout? Everybody, as soon as the going gets rough, we want to freak out, we want to throw ourselves over the hill and die, that is committing suicide. That is what they say, destroying this body that you didn't make. All right, what's the freedom in that? Don't tempt the Lord, we didn't make this body, why test the Creative Intelligence by trying to destroy it and if you destroy it, we have to account for it because we use our own will. When we have to account for it, we may have to pay a penalty for it because we didn't have the right to destroy it and we didn't have the right to take it. So we have to account for it in some form, we can't blame God for that, we have to blame ourselves for that, it's a natural law. You do something that you are irresponsible for, you have to pay for it. Your irresponsibility makes you liable, he says "Don't tempt the Lord." Well as a boy I used to picture Brother Jesus standing up there, I'd say "Jump Brother Jesus, jump." It sounds kinda comical but this is what your mind would tend to picture, someone wanting to jump, and an angel would hold him up. The mind knows that there are Angelic forces, the mind can see angelic forces, they are there but they aren't there for our playthings or to be challenged or to be put in a category or a position where they are forced to take care of us. They are working pretty hard to keep the universe going as it is. (Inaudible). 0:40 So the second test, don't desecrate the body or the God-ness of yourself by trying to commit suicide. The third thing you would want now if you don't commit suicide, if you don't copout, the only reason you may want to copout is because the going gets tough and why does the going get tough? Because you're insecure, you don't have enough. So the next test is the last and the most important test will be to give you the world, providing everything you can hang onto, attachment. You know, it's very important thing that you can't carry a cent when you die with you. How can you hang onto your breath when you die? So attachment to any physical thing is a ridiculous idea in the end, it is only something to use, thing are here to be used but not to be attached to, to kill ourselves over. We have to use them and we have to be responsible for them and we have to take care of them because we are in essence representatives of the Divine Principle and if we don't take care of it and if we don't take care of it, we are going to be liable for it. And nobody is going to punish us but our own self (inaudible). So the third test is to provide us with objects to attract us and so this intelligence or ego nature of the man Jesus presented the image of giving the world to him. And he said in his very own simple words to master that type of a problem "Get thee behind me Satan" which means go away negative power, remove the ego, stop bugging me, I don't need to be attached, there's nothing here to be attached to. And he came out of the mountain, there's no need for the mountain no more, there's no need for the desert, the real mountain is here (inaudible) when you make the journey up between your throat and your head and decide where you want to be, you come out and live in the world. You're not in the hills of Tennessee or the hills of Mongolia, you're living with Mankind. Now when you come out into the world, you don't try to perform miracles because you'll get hung up again. Remember this Jesus was not hung up on the cross by his own karma, most people don't know that, the birth and the death of a spiritual teacher is predetermined by the karma of the disciple, that is the universal law. (Start of duplicate recording from Adano76\_03\_29\_2Satsangs\_copyQ4NW1). So his death and his birth was already setup by the karma of his students that were attracted to him. So his dying on the cross was no death in the sense of his own failure, his dying on the cross was to work out the failure of his disciples who were unable to handle their own problems in their own time cycle and time sequence, not having the devotion or the love for God or the capacity to speak the truth. Man goes up and down, Man fluctuates, Man makes a pledge and breaks his pledge, and then he starts all over again or he cops-out. A realized Master understands all the ins and outs of our behavior and he will take on the responsibility of sacrificing his life for that student. A mother sacrifices her life for her child. If the baby keeps her up all night, she may be tired the next morning, pooped out, but she spends all night trying to worry about her child. A realized man is the same, he realizes what the unrealized man don't realize and he takes on that responsibility and moves in that frame of reference for that man. Audience: (Inaudible section). Adano: "When thine eyes," he didn't say "when thy eye," he says "when thine eyes are single" that means

centered here, "the whole body," this chemical structure, this atomic structure, "is full of light." It took Einstein to convince us today that energy is equal to the mass times the velocity of light squared. You got more atomic energy in your 160 pounds walking around than in the atomic bomb. Now Jesus is saying it in a very fundamental way, "When your eyes are single" or centered, "this whole body is full of light" but he goes on to say something about yourself that you don't realize. "The light is shining in the darkness" that means that light is there, you don't make it up, you can't imagine it, you can't hallucinate about it. It's already there shining in the darkness and the darkness is your desire nature. Your desire nature which tends to pull you out into the environment seeking enjoyment by getting trapped with wrong attitudes. But that darkness is there, that's the darkness in you, your desire nature, and the light is shining in it already. "And the darkness comprehends it not," your desire nature cannot comprehend why light should be in your body. If you get hit on the head, you will see light, if you get a blow on your head, you'll see light but your own desire nature, your own mental darkness cannot comprehend or understand why that light is there. Audience: I thought origin of the word "desire" was (inaudible). Adano: (Inaudible), so you see the same word has two meanings. It means authority or king-ship and it means reproduction. Now it's a dualistic principle, that's why it's called the most subtle function in the human body, it's called a snake, that's the symbol for desire. The subtlest function of the human body or the subtlest creature in creation would be the snake, serpent, these symbols are used to represent the word desire. Now you have a craving to do something outwards or you have a craving to go inward, either way. The craving to go out would be like the ten foolish virgins who burned up all their energy. The craving to go in is like the ten wise virgins who trimmed their lamp or five virgins in some versions which is actually your five senses outward or inward. The wise function of your five senses by craving is to look in, the foolish function of your five senses is (inaudible) and you have the energy going out all the time in your ego, that's Energy GOing out all the time. Now what you're trying to get back inside here is "the darkness don't understand," the desire nature doesn't understand why there is atomic energy in the human body but Master Jesus went one one step further to master the sense world, he said "but your light so shine before Men." He didn't say before donkeys or horses or cows or rocks or trees, he said "let your light so shine before Men that they may see the good works and glorify the Father which is in you." Now if you see the light that is truly within your mechanism and you become identified with it, everything around you suddenly falls into place and you are from then on moving in a different vibratory rate with your nature. You are at the right place, at the right time, for the right experience and the experience is neither good or bad, just the opportunity to test your love. 0:50 And from then on you live what is known as the miraculous life of photofinish existence. Can you live such a life? Photofinish existence? Ask yourself, you understand the principle of photofinish? Your whole life is a race between birth and death and you're making it by photo finish so you begin to live what is called photofinish. Every stress, every insecurity comes challenging you yet in a fine margin, you make it before it crashes in on you. You seem to be sharing what they call "the luck of the Irish" or something. You have lived what is called a celestial charmed life. Even Jesus Christ made it photofinish, they hung him on the cross only to walk away from the grave, that's photofinish. I'm talking of a photofinish principle where everything seems very destructive and at the critical moment when it should destroy you, you come out in a different frame of reference. Audience: You were talking about Kriya Yoga and Paramahansa Yogananda. As I understand it, he draws the energy in (inaudible) and I was initiated in Kriya Yoga and that's what you do. Adano: Oh, you're so misinformed. The word Kriya only means scientific and the word Yoga means union. So you see where is the information now? The word Kriya only means scientific, that's what the word means, scientific, and Yoga means union. God is Sound. "In the beginning was the Word and the Word was with God and the Word WAS God." There is no other scripture in the world that says that God is not Sound. Every scripture in the world says God is Sound, they don't say light. This Sound made light, God made light, He is not light. God is Sound meaning light is Sound. Light is Sound itself, the sonic vibration and this sonic vibration is your physical body in a crystallized form. That is what this whole thing is all about and you don't have to go no place to find it or do anything, you just got to listen to it. Audience: What's the technique? Adano: I just told you the technique, sit down and close your eyes and listen. It's that cheap and that simple but that's very hard

to do, learn to watch inside and de-accelerate your brain. Audience: Where do you focus your attention? Adano: Is there a point in space where attention would be? Where are you living now? Are you living in tomorrow or yesterday or are you living in Now? Audience: Now. Adano: All right, where will attention be? Audience: Now. Adano: All right, so what do you want to focus on? Audience: I am focusing on outside right now, I'm not looking inward. Adano: What is outside and what is inside? Are you not living in the Now? Audience: In my frame of reference... Adano: See that is a semantic problem with you, it's not a biological realization of you. You have a semantic problem with your understanding of yourself, get a biological understanding and then you will see there is no Now outside or Now inside, Now is Now, and there is no attention out there or in there, attention is here. It's a biological experience, not any psychological experience. God is not a psychological thing, God is a biological process, highly biological, very very biological, so biological or physiological that we don't even recognize it. God is Beingness already, He's substance, pure Being, He's not a psychological condition, it is a physiological experience and it has to happen in Now and in here. So it's not something you can just imagine and use words, you have to experience it but the only way we can be thoroughly convinced of the experience is when we master death otherwise you're not thoroughly convinced. And the journey of the experience begins from your Soul and then to the top of your head, the art of making this whole body go into what is called conscious rigor mortis daily, not once in your life. Every 24 hours you must experience this phenomena. Audience: Rigor mortis is a stiffening, is that right? Adano: Rigor mortis is a numbness and no sensation in the body but most people are unconscious. This is a conscious state we are talking about, that you are conscious of it, that you have performed it. Jesus put it simple, "No man take my life from me, I have the power to lay it down and pick it up." That means he was consciously involved in shutting down and turning down the volume of the life impulse in those cells by his own volition, he was de-accelerating the brain. Pure fundamental physics, which is metaphysics. Metaphysics only means out of the range of personal experience without the microscope or the telescope. Audience: I didn't understand you. Adano: Physics out of the range of your five senses but within the range of the microscope. It's in the range of the microscope but not within the range of the five senses. You can't look at your hand and see the bones and yet metaphysically, which is outside of the range of physics with the five senses, it's physics because an x-ray will allow you to see the bones. That's why they call it meta, beyond the sensory range of optical vision so that is what metaphysics means. Most of us got different concocted ideas of the truth is, truth is truth, it will make you free if you look at it objectively and don't try to (inaudible). The x-ray machine shows you the bones but it's in the range of physics yet your eyes don't see the bones yet a clairvoyant vision is an accelerated vision that can see the bones. It's the same vision, only in a different rate of acceleration. So all these things are classified as metaphysics, simply meaning beyond the physical limitation of observation but within the range of the microscope, the x-ray, and the telescope and all these different ways you can extend in an accelerated state, that is in metaphysics. But it's all physics, you might as well call it para-physics, para means beyond too but it's all physics or super-physics. There is no supernatural, it's all physics. God is physics too at different degrees of speed or acceleration, He's not some person on a throne. Audience: (Inaudible), how do you slow it down. (Inaudible). Adano: Slowing the brain down, you do it everyday without having to interfere with it. Don't you fall asleep at night? Audience: Yeah but when I fall asleep, (inaudible). Adano: All right, when you fall asleep, do you dream? Audience: Oh yeah. Adano: Then what is a dream? Audience: I understand it's a lower state of consciousness. Adano: Who said it was a lower state of consciousness? Audience: Psychologists. Adano: Oh man, that a very broad semantics for describing another vibratory rate of your brain. there is no low rate of breathing, it's not a low rate, it's a vibratory rate in which your awareness is functioning. 1:00 Audience: I didn't say it was a lower rate, I said it was a lower state of consciousness. Adano: It's not a lower state or a higher state. It is a state of your consciousness that is very natural to you and you move in it and have your being, just as much as you move and have your being in this state. Audience: Can you tell me what rate of consciousness is ideal? Can you describe that? Adano: Zero, Omega is the ideal state of the brain. You see you have an alpha wave, you have beta wave, a delta wave, and a theta wave but science has not yet established omega wave. That would appear as if the brain was dead or appears not to function or

have impulse, omega wave will appear but it is very small (inaudible)/micron state that is triggered by volition which is craving. The power to think and trigger it through the brain, the same brain will trigger it where at the Omega level this tissue goes through what is called biological transmutation by thinking. This is how Jesus arrived at the resurrected state, a body that does not decompose, it casts no shadow, it leaves no footprint, it can eat like you and I, and materialize and dematerialize by volition, by (inaudible) motion of consciousness, this is the resurrected state. It's all physics but we don't have the equipment yet to prove it but we will have to accept it on shared belief because it has happened. But not too long ago, only four or five hundred years ago, there was a man called Guru Nanak. He's supposed to be the founder of the Sikh religion and he spent his whole entire life trying to unite Hindus and Moslems and the day of his death, the Hindus gathered and Moslems gathered and there he was in the coffin laid out and they began to argue what to do with the body. The Hindus said by their tradition we cremate the body. The Moslems said "No, by their tradition we bury the body." After 15 minutes of argument the lid flew off, Guru Nanak stood up, (gap in tape) and the Moslems took their roses and buried them. (Inaudible). So you see physics, we don't even begin to scratch the essence of the atomic physics yet pertaining to Man's endowment. Man is the only form that is endowed by the Creative Intelligence to trigger atomic energy by thinking. He is the only form endowed with it but he can abuse it or he can be in darkness with it, he can have absolutely no knowledge of the technique for it. Audience: Does it matter what they choose to do with the body after the Soul transcends? Adano: You are Soul and (inaudible) you're going to transcend the body, the body is already is intimately locked up in the Soul. "To him that overcometh, I will not send forth a second time but I will make him a pillar in the house of the Lord." Overcome what, what do we have to overcome? We have to overcome death so we don't repeat it a second time and to overcome it, we have to master this chemical body so that the Soul nature of the chemical body takes over for the first time and transmutes it into a form that there is no decomposition anymore in it or non-corruptibility would be a realization now. "When this body has thrown off corruption" that means decomposition, when this body is capable of throwing it off or shedding it by biological processes of correct thinking, then this body will be in a state of non-corruptibility which is the glory unto its Creator. We are created by the Creator in order to exemplify the Creator but we don't know that until we go to the body and look at it first. We have been programmed that this body is a dirty little object, we have been programmed that everything we do tends to deprive it of its true nature but it's because of the wrong programming, we get the wrong results. But when we get to the right programming, you find the results are perfect, that Man is Soul and as long as he's Soul, he's got to realize it but how will he realize it? Only by transmuting the body in which this mechanism is designed to function with, you have to take this very simple thing that eats and sleeps and puts to bed and transmute it and in the transmutation, it will go back to its true nature. So you start out with thinking first then speaking second then action: thought/word/deed. These are the simple rules of transforming this mechanism: what you think, what you say, and what you mechanically put into it, those three things make you alive. What you think of another person or yourself, what you say of your environment or yourself, and what you put into it or you put into the other person in the form of an action or communication, that you have to be accounted for. Yet those very three things will bring out the death in this mechanism. Got it? Audience: Until we come to that point, if we don't reach that level (inaudible). Adano: It is not you who decides what will happen to your body when you die, it's God who decides if you have been a truthful worker with the wisdom given to you. He is the one who will stamp you with USDA, that's United States Agriculture Department, when (inaudible) Spirit ascending into Divinity. He will stamp you with that Divine Principle Himself, He has that right. He alone will give you that because you have raised yourself into that consciousness, you have done the work. It's not for you to worry what they'll do with the body or if they're going to cremate it or bury it. When you leave it after mastering it, it is God now who will say to His own creation, "You have done what I have intended to happen, now I will seal it and mark it as a pillar, as a structure, a part of the creation." So you see you don't have a single thing to do with it. Now remember Jesus didn't know he was going to resurrect let alone if he didn't know he was going to reincarnate, he was forced to accept crucifixion and he argued with his own mind, "Why should I? Father remove this cup." In other words, "Divine Principle take away this type of

experience, I don't have to die for people like that. Why should I die like this for them? Why should I subject my life to these people?" But if he is truly a Master, if he truly realizes the principle that it's not for him to say how he should die, then he has to accept the Divine Law, "Not my will, not my craving, not my desire, not my ego, but Thy will." This cosmic law inherent in matter that must elevate itself by the right actions of behavior, that law must be adhered to, that law must be satisfied, "Thy will be done." So he had to surrender to death and it didn't matter if they cremated him or buried him or what, as long as he surrendered to it or accepted it. When he did it was God, the Divine Principle within the very mechanism that is locked up and the potential that came out and transmuted that mechanism to prove to those who were following the truth that they would not be let down if they accepted the truth as that type of a standard or law. 1:10 Now (inaudible) or try to find it's less than that, we will fool ourselves, but if we accept the law as it is and don't fight it and try to go through it with the devotional attitude then it is that Divine Principle that elevates us. Otherwise we have nothing, we just kill one another, we can go out and kill everybody, you can go out and rob and be happy. But it's because these laws are there and they have been lived by other men and they are a challenge to our true nature which is the Soul's nature, not the mind nature, the mind nature is "Remove it, I want to copout." The Soul nature is "Lord, give me the strength that I can go through it, that's all I'm asking. I don't ask you for what's going to happen, I don't ask for the reward, I don't want to know what the reward is, I don't want to get an Oscar, I just want to have the strength to go through it." That's the Soul's way. The mind's way is to say "No I don't want to go through" or "Tell me what I'm going to get if I go through it." That's the mind's way, the mind wants to find out what it's going to get, it wants to know if I go through, I'm going to get something. Audience: What does it mean resurrection? Adano: Simple, mastery of life over death by transforming the physical cells into a non-decaying body by the power of the will and devotion to the Divine Principle of life. You must make the effort to give all your love to the Lord with all your mind, not part of your mind, all of your mind: objective, subjective, super-consciousness. With all of your heart, that means this pulsation of the blood through the organs pumping that decarbonizes the blood. With all of your strength, that is your breath, every inhalation must be dedicated to that Divine Law. And your Soul, that means you are willing to go through the experience without questioning the results of the experience. Then you can have the elevation or the resurrection that is mentioned in the scriptures. Now a caterpillar is a worm that doesn't question the outcome of his life but it eats its way like every other individual worm does, then one day it spins its own cocoon. That means it knows the art of how to die and in the process of going through that, he emerges a different creature. Not a rotten caterpillar, he comes out calling himself butterfly and he can fly, that's means he's got a liberty now for the first time to go into the vast universe. And he's the most beautiful creature that can fly because there is no creature designed by nature that can fly more beautiful than the butterfly. And you don't see rotten butterflies either, they either crumble to powder by the nature of which they were constructed without rotting. This is the law of resurrection left in nature to remind us that we are in essence that Principle but we have to earn it by behavior, not by the Divine probing or somebody pushing us, nursemaid-ing us. We are given the right to do these things, to go back to the Source, not to be nursemaid-ed into it, we are given this right. We can delay the time, we can speed up the time, that's all within our rights. Whenever we decide to go ahead and do it, it's still ours. If we prolong it or evade it, it's still ours. See what I mean? We have that choice, we are given that choice to evade or prolong it but eventually you'll come back to it. There's no way we can avoid it, we come back. Audience: What is Solar Nutrition? Adano: Solar Nutrition in a simple statement is a way to nourish the body by the way things grow. We must eat three meals a day: breakfast, lunch, and supper. So in the morning when you wake up, the way things grow fruits and nuts are on the trees and get the first rays of the sun indirectly because Man lives off of light, Man's body is light, matter is light. The food you eat is an indirect form of light that your saliva breaks down to form light to give you energy which you kid yourself that you think you have to get from eating too. You got all the energy in the world inside of you but you can't use it because you think wrong and you'll try to get it by gobbling down a lot of food. But you kid yourself and say "Oh, this vitamin will give me more energy." It don't give you more energy. There are people who don't eat who have energy versus people who eat and have no energy (inaudible). The word solar nutrition is from light itself and it draws the body to

nourish itself by the light. Now in the middle of the day you want to eat your lunch so if you're going to eat food, everything that grows above the ground. Not on a tree now, above the ground, and if you want to eat your meat, you're entitled to it, that's the four legged creatures and the two legged ones. Night time, you eat everything that grows under the ground and if you want to eat the meat, you are entitled to it: eggs or fish. That's all there is to it: simple, practical, but scientifically eat foods every day (inaudible), you can't make a mistake with it. It is too simple, too rational for anything to go wrong, that's how simple it is, the way things grow. You don't eat a potato in the morning because it grows under the ground and you don't eat an apple at night because it grows on a tree. You don't eat a peanut in the morning because it grows under the ground. You don't eat an almond at night because it grows on a tree. It's the way the thing grows. Now if the Creative Intelligence didn't decide the way the thing grows, He couldn't make you. He made you last, He made me last, we were the last things He made, Man. He needed the environment for Man to live in and the way He made this environment, He started out with light which is atomic energy. Then that light crystallized and became minerals, then it became vegetation, then it became cell life, animals, then it became Man. So Man looked to his environment and learned that he has to eat. If he has to eat, there are two things he can do: wrong or right eating. Wrong eating will give him sickness, right eating will keep him healthy. Right eating will carry him back to where he came from, the source of his being, light. Wrong eating will give him illness and he'll go through decomposition, which is another form of light, to learn the experience of that kind of light to start all over again. Audience: In terms of the image we have created of our consciousness in the body, I would like you to explain to me the story that happens in the bible in the adulteress that's brought to Christ (inaudible) and he says that "he who is without sin cast the first stone." Could you explain that? Adano: You know of anybody who is without sin? Sin only means missing the mark. It's an archery term for missing the mark, it's a Hebrew archery term for missing the mark, that's where it came from. Now if you're hitting the mark, you're on target all the time therefore you're truthful all the time. If you're missing the mark, you'll deviating, you're a deviant. Who is the person that thinks 100% that you know of? When you can find that person, then you find a Saint. If you find a person with deviant thinking, you find a sinner, somebody who is deviating, somebody who is missing the mark, somebody who is straying away from the focus so that's why he puts the sentence to them "He who is without sin. He who deviates." He who makes these statements and don't live up to them, they are deviants in their own thinking. "Let them cast the first stone." Let the man that is among them there who made a pledge in his own thought process and failed in that thought process, if that man is so good, let him take the stone and knock down the woman. He didn't make the woman's life, he didn't make the woman's body, he didn't make his own body. So his thoughts, his own conscience (inaudible). 1:20 Now if you know from the day you're born until now that you have never done anything but follow the truth that you were told to do, simply to follow the instructions, then I would say you're a very truthful man but if you deviated once, you can't say you are a truthful man. There are big signs today in big companies "When everything else fails," that means that everything you seem to know and try, "follow the instructions." That means because instructions were put down for us to follow to prevent us from deviating, the instructions are truthful statements about a particular function. Life is a process of how to go from the cell life back to light in a non-decomposing state and if you follow the instructions to get back into that state without deviating from it, you are following truth. That's why it's called Satsang, this conversation here is Satsang, the process of getting back to the source. Audience: But the sins of the parents are visited upon the children. Adano: The deviation is the mold. If you take a mold and you have liquid gold and the mold that you are going to pour the gold in comes out from the other mold that made that mold and that other mold has a crack in it or a scratch, wouldn't the second mold have the same thing? And the third mold would have the same thing? After a while what would happen to the fourth mold or fifth mold? That scratch would wear off because it's constantly rubbing itself off, you wouldn't want to repeat it. Who would want to make four or five cracked objects, pouring in the substances and see they're all cracked and scratched? You quit them. So after the fourth attempt or the fourth repetition, it ends, nobody wants to go beyond that. This is the common action, you start to make things and after the fourth time you give up, you want to start a new mold. So when he says "I visit the sins of the father, or

the parent, upon the third a fourth generation," it means that the mold, the thought processes, the shock and the patterns of the parents during the pregnancy state, that's the mold, that's the sin, that's the deviant thinking that sets the pattern for the child when the child is going to be born. Audience: Pity the fourth child. Adano: No, you can't pity the fourth child, how can you pity the form of gold that you're gonna pour into the mold, do you pity the gold? The gold (inaudible), it's pure in itself, it's essence. The mold is something that has been there to throw because you want to make a form. So we can't pity the gold, we can't pity the child that is being born, there's no pity. Pity is only illusion, what is important is the child who comes into that mold doesn't reject the mold and brings forward its Divinity to rise above the mold then that child is a true expression of God. "This is not my kingdom," this is not my mold. "I go unto the Father" that means I rise above this mold. "And if it were not so, I would tell you." If you can't rise above this mold, I wouldn't be wasting my time to talk to you but because you can rise above the mold then the teacher says "I go to prepare a place for you." Meaning that there is a similar level of attitude for that mold, that consciousness, to exist in. "If it were not so, I would tell you. I go to prepare..." meaning I'm already making a better mold for you to come through. This mold that we're in here is a mold that tends to produce attachment, illusion, anxiety, stress, desire. Now we have to rise above this mold, we can't engage it, we can't discard it, we can't run away from it. We may not like it, we may not want to admit it to ourselves (inaudible) until we rise above it. As soon as we rise above it, the game is over. Audience: There's so much unhappiness from what people think is dealing with desires by suppressing their desires. If a person is suppressing his desire for the sensation from his own body or for the prestige of a beautiful woman or money or wealth, if that is what he desires and he represses that desire, it's as much sin, as much missing the mark as someone who has no other concept, no other consciousness. You cannot say to a human being "now this is how you should behave." (Inaudible). There's no rule but the rule that you discover by yourself. Adano: The law is the mistake you make. (Inaudible). You made the mistake, your conscious has already a built-in safety factor that will correct itself because it doesn't want to make that mistake again and that conscience will start correcting itself. I can't correct you, I can't force you to correct yourself, you have to make your mistake and that is the law. The law states the law is living, the law is life, and by the very law you will correct yourself. Whenever you decide to correct it, it will correct. If you don't decide, you will have to pay the consequences. Not me, not him, you pay your own consequences. "What you sow, you reap." You can't plant tomato and get corn. If you did it, the first time it's a miracle but the second time it won't work because when you plant the corn you can't get the tomato back. You may get okra, then we got trouble. So once you plant corn, you get corn. Audience: (Inaudible). Adano: That's karma too. This is karma, you call it gravity. The names don't change the truth. Audience: (Inaudible). Adano: St. Francis's experience and what he's talking about is that when you get the experience of the biological transformation where everything around you is pure and clean and there is no more dirtiness in your mind that you see, you can function in the world with its dirtiness. St. Francis didn't see anything dirty no more. When he started out, you couldn't tell him that because (inaudible), until he saw through the illusion of that and saw everything was clean. Therefore your bible says "Everything I made is clean." Even Peter made this statement when he was having a vision of food, he saw all kind of creatures in front of him and he said "Lord these things are unclean" and he heard the Divine Presence say "Everything I made is clean, how can you call it unclean." Is the cat not clean, the concept, or the dog? The concept is not an unclean thing, (inaudible), it's our thinking that makes it unclean but we have to rise above that. That doesn't mean we have to go an expose ourselves to all the dirtiness to discover that, we can recognize it, we can work it out by observing it but it's there in ourselves, we have to rise above it. So Francis was pointing out that his experience was so realistic and high that it made him not come down from that state no more. In other words it was a permanent transmutation of his physical cells, it was not something that he was wishing for or hoping to happen on a hypnotic state. You know people try to hypnotize themselves and produce the stigmata wounds and as soon as the hypnotic states wear off, the wounds disappear. A real stigmata wound impressed upon you by the Master Jesus don't go no place, it's there until you die, that's the difference between the true stigmata wound and the one trying to be induced by the mind. A lot of psychologists have been trying to induce it on themselves,

a lot of people try to induce the stigmata wounds by praying to the idea of Jesus and it appears on their body but as soon as that state wear off, it goes away. So a genuine stigmata wound when it comes into the body don't go no place because the evidence of physics (inaudible), it defies everything in the physics (inaudible). In the first place you'll never see the stigmata wound on the palms of the hands either, the genuine ones are in the wrists, that's the difference. You'll find more people pray and they think because they see some artist's paint Jesus dying and nailed to the cross and they think that it's here but when it appears on the human body without their wishing for it or trying to imitate Jesus, then that actually imposes itself or superimposes itself or stamps on the body, that is in the wrists.

(Inaudible). 1:30 The early popes were all disciples of Jesus and every pope who was the Guru of the disciples... Peter was the next Guru after Jesus, he was impressed with the wounds before he died and the next disciple that took over as the next Guru, he was impressed and they were all called Popes until we come to Pope Irene and they would know who would be the pope all the time because it would be always in that one person. When that person died, when the previous person died, the next one in line would have it and the church built itself until we came to Pope Irene. Pope Irene was a political pope, he was put in there by the Medicis and formed the new Vatican which we got today. Now he did not have the stigmata wounds, what happened was simply this, the stigmata wounds came back later but by that time there was no genuine pope by the lineage of spirituality, we had a pope from the mentality. But from the meaning of spirituality, God is not mocked, he picks the worst individual, the most ignorant individual from the most remote region to put the stigmata wounds. Only in the Catholic tradition, you'll not find that in any other Christian group outside of the Catholic tradition that will be impressed with the stigmata wounds. We have a lot of Christian mystics in the Presbyterian Church or the Baptist Church, we got a lot of them, but only in the Catholic tradition you will find the mystic that will carry the wounds impressed by Jesus himself. They are to refute the violation of Guru-ship, the assumption of Guru-ship taken away (inaudible) down to the present day and setting up a false type of a pope. I'm not condemning the Pope (inaudible), they went through that process, they wanted to set up a political process. They did not understand fully the purpose of tradition, Guru handing down the rights to initiate or the right to open the spiritual eye of a human being, they didn't understand that law. Today when you find a stigmatist in the true sense of the word, wherever he is, you'll always find he is a very unlettered person, that's Jesus's way of laughing at us. And you will find him in a very poverty stricken area, in a very remote region of the world but there he will be and he will be found performing the works of the Master: raising the dead, healing the sick, and doing everything and the Holy Spirit will be upon him. Now there are a lot of people who can perform a lot of miracles but you will never find them with stigmata wounds, they're all performing in the name of the Holy Spirit. That's why the disciples (inaudible) at Pentecost, all the disciples had the stigmata wounds put on them as lineage of that truth.

Now when you find a stigmatist (inaudible), you'll know that person has the inner light open to them. Audience: (Inaudible). Adano: It is said in the scriptures if you speak the truth, you have to cry for it. You know how much chemistry is involved to make a teardrop? It's fantastic. Not until you can cry tears (inaudible), will the answer out of the darkness of your Soul. That's why they say the Saints who go through the Night of the Soul are the ones who have cried the most and when they cry, then God came to them to reveal the Radiant Image within themselves. A spiritual Master will find you, a realized Soul will find you when you cry. You see just to sit down and say "I want to know the truth" is just a mental suggestion to ourselves. When you get down on that floor and hit that floor and really cry and if it only lasts for a day or two, don't stop, but you have to cry, you've got to shed those tears for that truth and don't give up then one day, without any effort on your part, you will have the experience right in your room to know the truth. The Radiant Form of the Lord will come to you, that's His promise and He don't back out on His promises, He don't back out. He fulfills every promise but we have to pay a price, we don't get something for nothing from Him. He wants all of love from us, He wants to know deep down in our hearts can we really love Him with the fullness of our mind. Not part of the mind that thinks "Oh I love you because you're God and you're gonna give me something and make me an important person. I love you because I got to be running out there to be a part of the public to make them think I'm important." To really get the truth that you're looking for that liberates you, you got to cry hard. It's a very

tough price to pay but that's all the price there is. It's not a price on books, you can have all the books in the world and read about it, it don't give you God. God-realized people aren't found in books, they aren't found in libraries, you know where they're found? They are found in a simple way of living things, it's called the school of hard knocks. There you've got to struggle through the emotional state with all the tensions and anxieties and cry out until it happens. Sometimes you may go for days without eating not even realizing that you're not eating but it will happen because that's what truth is. The truth that you're seeking is brought out from your Soul simply by crying for it. Now you may be lead to certain areas of truth, that is classification truth. You may be led to somebody to give you some little insight into truth, that's to pacify you but if you want all of the truth and nothing short of the truth, then cry, and when you cry His Radiant Form, I use the word "His Radiant Form," will materialize to give you the truth like Saint Catherine. She didn't want to see anything short of God because to her even Jesus was yet another image of God. She prayed and prayed and prayed and cried and cried and cried and finally the Radiant Form of God came and when she saw it she said "No, give me my beloved Jesus. With him I can have human contact, human consolation." But she had to find out for herself if God did exist and what God's Radiant Form actually is because it's written "No man sees God and lives." Even Moses didn't see God, he had to step aside and let the shadow of God pass over him, this kind of experience you can have if you want it. Now if you want the pacifying experience, that's why they say "Don't ask for God out of that type of exposure, ask for God via His Son who has realized it." It's the Son that reveals the Father, it's the Son who has absorbed the Father that makes the Father visible to you at a human level. So it's through those Beings, we love them, we adhere to them, their instructions mean more to us than all the books on the subject. One living Teacher telling you how to get down into yourself and even if He tells you "just sit down and don't do nothing and listen to yourself" that means a whole lot more to the Soul in actual experience because it's going to work, you know why? He's responsible for saying it and he can't say if he's not commissioned to say it. There's nothing he'll speak, it's the Father in Him that speaks all the time. When he has realized the truth, when He has realizes His oneness with the Spirit, he can't tell you something for your Soul that he will not be accountable for. I think we better meditate. (Group meditation). 1:40 All that is required is to watch and listen. You want to watch with your eyes open or your eyes closed alright, but more important is to listen because God is the Cosmic Word or Sound of the Universe. He is your Being, He is inside of you as Music and when I use the word "as Music," I literally mean it. I mean it as a sound orchestra right inside of your body. You have listened to all the Brahms and the Beethovens and the Bachs, well listen to something that supersedes it all. You really want to hear the music, you really want to hear where Bach and all these people got their ideas, they had to listen inside themselves. God is that music that they heard. It's called the Holy Comforter. In the whirl of vibration and distraction and desire, this Divine Music helps you to rise above it by listening to it. It entertains you all the time, you can tune into it any time you want, you don't have to pay no money for it, it's been there all the time because it's you. But you have to listen to it, that's the price, you have to learn to listen. It's above my voice, it's above the sound of the automobile, it's above the sound of the room, it's in the supersonic range/ultrasonic range. (Meditation). 1:46 Now Jesus said, "Unless you become as a child, you can't enter the Kingdom of Heaven." The Kingdom of Heaven is within you as the reservoir of Joy and if you can remember when you were a child some moment in your life when you were happy. Just think of some moment when you were a child and you were happy, when your body felt very happy. As soon as you can recall it, you can enter the whole complete source of the Joy again. Your whole body is laughing with Joy, your whole body starts feeling healthy again, the mind will starts becoming clear (inaudible). Something we know when we were a little boy or girl that made you very happy. That is also what is meant by "Come unto me all that travail and are heavily laden, I'll refresh you." The five sense at work searching for truth, searching for answers, will get clogged up with stress. If we turn in and we relive (inaudible) childhood experience (inaudible), very euphoric, you enter that state of ecstasy. If you have an illness, you can be healed instantaneously or whatever is bothering you can be resolved right here and now. (Inaudible). 1:50 That Joy is a type of peace or joy nobody can give you, the world can't give it to you, you give it to yourself. It's given from your own internal nature or Christ nature or memory nature, your creative nature. Nobody can take it

away from you either, it's your personal experience which you have access to all the time. It only takes two muscles to make a smile and if you can't smile, then take two toothpicks and prop up all this up. The Saint that is sad is a sad Saint. God is life and love, God is peace and joy in your heart. It's the nobility of your heart, that's what you're looking for. (Inaudible then general audience discussion).

### 1976 March 29 Part 2 - Satsang

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### 1976 April 15 - Satsang

Adano76\_04\_15SatsangQ3NW1 - Audience: (Inaudible). Adano: Yoga only means union with life. The modalities and techniques are from different individuals who have different what you call biases or preferences to acquire this unity. So you can have many different sources but that doesn't make it many different Yogas. Hatha only means "unity with life through health." Raja means "unity with life scientifically." Karma means "unity with life through action." So there aren't many types of Yoga, there's only one Yoga, one union. Jesus put it in his own words "Take my yoke upon thee for it is light," not weight, light, the Cosmic Luminescence, "take this unity into yourself within your own atomic structure and become synchronized with the phasing of time lapse, thereby you are synchronized to psycho-optics and psycho-atomics and then you are capable of triggering the atomic energy by thinking" that's what he's saying (inaudible) in the actual science of what will be validated by physics. He put it in a different semantics. "Take my yoke upon thee" or learn to unite yourself with light, synchronize yourself with the light phases of the environment. A lot of people are confused with the different Yogas and names that have come up from the Orient and don't understand it. (Inaudible). Most of us get into it because we want to avoid certain physical disciplines to acquire a shortcut to spiritual power when in actuality there is no power, the power is in your own self. So a lot of people are calling to Guru's, G-U-R-U, that's a guru, Gee-You-Are-You, don't you recognize it yet? Guru only means dispeller of darkness. "Gee you can dispel your own darkness." If you can dispel your own darkness, you'll dispel all the illusions of what the thing is all about. Audience: But the implications of what you're saying (inaudible). Adano: (Inaudible). You're saying that the mind is something distinct from the body. There is no mind, this is going to blow your mind now (laughter). There is physics and the acceleration of physics that makes it "meta" or mind, that's the label we give it because of a different rate of acceleration but it's like an automobile. Would you drive your automobile and let's say I'm going 40 miles an hour and you're coming behind me at 35 miles an hour, I'm gonna give you three choices if you want to pass me: would you press on the accelerator, buy a new car, or change your engine? What would you do? (Inaudible). If you were never told that you could press on the accelerator, you would never do it, you'd still drive 35 miles an hour and stay behind me. It's only because you were told, you had to be told to be able to press on an accelerator to move the car from 35 to 50. So it is true with your brain, you have to be told that you can shift the physics of your mechanism to do something that is not normal for it to do and you call that mind. Somebody told you, the mind. You see when you're a baby like every one of us, you have to program us like a computer to tell us "use your mind." You don't have a mind, you can't even take it out and look at it. Psychology is a bunch of games with semantics only to prove that it is all physics but they don't want to accept it. Audience: What is composition of Man? Adano: The composition of man is likeness and image, "Come let us," not come let Me, "make Man in Our own image and likeness." We are made in what? An image and a likeness, what is the image and what is the likeness? He gotta concoct a physics to tell us of your atoms or your rates of acceleration through the atoms and so when we blow the whole thing together, we are going reduce every solid mass through (inaudible) to come to a geometrical image and then we come to a likeness, everything seems to disappear into light. So what is Man? Image and likeness. What is plant? Image and likeness. What is stone? Image and likeness. What is an animal? Image and likeness. Audience: What is the mind? Adano: Whose mind? Who said you have a mind? Let's look at yourself. "God made Man in His

own image and likeness, male and female created He them and God breathed the breath of life into Man and Man became a living jackass." Did he become a living jackass, a living mind, a living stone, a living tree, what did he become? Audience: (Inaudible). Adano: He didn't even become a living being. Your scripture is very specific, it says "God made Man," God made a manifestation of His own image and likeness, that's out of geometrical relationships in a random universe that appears to have order and in this order-ness came forth entity, male and female in its own makeup. That is positive and negative and this positive and negative mechanism was called Man but this Man was then called Soul by breath of life being put into it. Respiration gives this mechanism, male or female, the capacity to be Soul. Not the capacity to have a Soul or the capacity to be a mind, it don't even have a mind. There is no mention in the universal writing that Man has a mind, we concocted it to satisfy our shortcomings of our own self. All that is mentioned is that Man is Soul, you don't even have to save it, you've got to understand it. Audience: (Inaudible). Adano: Let me ask you a simple question. If I take flour, raisins, water, lard, and sugar and I mix the whole thing and put it in the oven and bake it, what would I call it? Audience: Raisin bread. Adano: Is there such a thing as raisin bread? It's only a name, a name is only a sound, it doesn't have no existence. 0:10 So we don't really exist. Man is Soul. Man is a name. Audience: (Inaudible). Adano: When you split it, what do you have? Audience: Light. Adano: And when you split the light, what have you got? Audience: More light. Adano: But you see you're using a word to describe it, sound. You're saying "more light, more light, more light," you are using sonics to describe luminescence. The only thing that actually exists for us in terms of communication is Sonics. "In the beginning was the Word," that's communication. "And the Word was with God," communication is in your brain, Sonics. "And the word WAS God," Sonics is God. "And the Word was made flesh," sonics became matter and "Sonics dwelt in Man," manifestation (Adano claps). What do they call that in Zen? The clapping of two hands, right? What is the clapping of one hand? No, that's the clapping of one hand. (Adano demonstrates clapping with one hand). Because they do this, they're programmed and when you say one hand, they continue doing this forgetting that this is the clapping of one hand. Consciousness, it's something that we label ourselves. You know it's a very difficult thing to realize yourself as God you know, you aren't God. Audience: (Inaudible). Adano: When you're sound asleep, where are you? If you're conscious then you're not sound asleep. If you dream then you're not sound asleep. I said when you're sound asleep, my words are very simple, they're not complicated, when you're sound asleep what are you? Audience: I don't know who I am. Adano: So if you don't know who you are, you're nothing (inaudible). He made Man in His own image and likeness out of nothing and He retains us as a nothing and gives us the illusion that we are something and we go around sticking our hand up that we are something. We aren't anything. Audience: (Inaudible). Adano: That illusion is because He wants to play the game of entertainment. He's a very entertaining God because I'll show you why He's an entertaining God. If you've got pain what do you want to get rid of the pain? And when you get rid of it how would you feel? Audience: I feel relief. Adano: What is relief in terms of feeling? Joy. All right if you're poor, what do you want? Audience: Money. Adano: And when you get the money, what do you feel? It's Joy. Alright, if you're drunk, you want to be what? (Inaudible). If you're dying, what do you want? Audience: Life. Adano: And if you get life back, how do you feel? You're getting Joy back. Whatever you're asking for or whatever you're short of, you still end up craving Joy, don't kid yourself. (Inaudible). You can be dying and you're going to want life. What you're looking for is Joy in many different shapes and forms to satisfy what you are not. Audience: Then I am nothing. Adano: Of course you are nothing but you want to be something, that's the joy of it. (Laughter). He is busy making a manifestation, He's the biggest desire, the biggest ego. "Come let Us make World." Camera, lights, the biggest movie show going on in the universe, for who? Another god. If a father and a mother exists in a house, what do they want? Audience: A baby. Adano: And what do you think we are? (Inaudible section). Religion is for the person who has to bind himself back to something, that's what the word religion means. "Re" means to go back and "ligiare" means to bind, to bind yourself to something. If you are an expression of Creative Intelligence there is no religion, there is responsibility and responsibility is spirituality because it is love. There is no religion in this universe, these are manmade concepts to satisfy our sense of security but what is actually here in this universe is the art of living by the art of

dying, which is love, and you can only live until you know how to die. See? Because life and death are one and the same, Joy. Some people die for others, some people die for themselves, but it's all Joy, they're dying for Joy. (Inaudible section). Einstein already proved in this theories energy is equal to the mass times the velocity of light squared and we don't live in an atmosphere, we live in an atom-sphere and we're all atoms. The best thing going (Adano kisses himself), yourself. Jesus said, "Love the Lord thy God with all your mind, your heart, and Soul, and your neighbor as yourself." How are you going to start to love me if you don't love yourself? Common sense will tell you you can't love me until you love yourself. How are you gonna do it? If you want to yourself, you first gotta find out why got made you because you got to love God who is you already but you don't understand how He came to be you. That's yourself, "yourself God" has decided to be you in order for you to love me by first loving self which is you, this is His game. This is all men's games based upon a simple thing called desire. Daddy and mother come together to form what? It's a desire. We wouldn't be here if there was no desire. You ever see the ocean? All right, suddenly the ocean got waves. Audience: (Inaudible). 0:20 Adano: There can be no waves on the ocean unless there's a wind to move that water. If the wind blows upon the water to form waves. Audience: (Inaudible). Adano: Good, then ask yourself this question, we only have importance as long as there is wind so if you want to be a tidal wave, you have to make sure they got a big wind blowing out there. If you want to be a bubble, you got to make sure there's a big wind blowing out there to make you a bubble. Whatever you want to be in that water, make sure the wind is doing it. Now if the wind don't blow, there ain't no waves. The waves depend upon the wind to come to the surface out of the water to look at the wave. So equally true, this Creative Intelligence had to desire to do something for us to come out to exist. Audience: (Inaudible). Adano: (Inaudible). Audience: So where does free will come in? Adano: Who said you have any? Audience: (Inaudible). Adano: When did he say that? After he said "Father not my will but Thy will be done?" How could he say that? He never said he had any free will when he had surrendered to God's Will, then he's the biggest liar there ever was. (Inaudible) that automatically removed free will, "my will is not your will then I will copout right now" that's what he would have said but he said "Not my will but Thy Will" therefore there is no free will. (Inaudible). Only God's will is free, Man don't have free will, how could he have free will if he's a creation. Where would he get the free will from? (Inaudible), he's a result, not a cause but your mind, which is playing games with you is busily trying to decipher and analyze for you where you fit in the picture to shake your hand at an invisible personality and say "Hey, why did you do this to me? And why me of all people, you couldn't pick some other joker?" We do this to ourselves. Audience: (Inaudible). Adano: Ed, you of all people? Understanding the law of cause and effect, where you have choice now? Your choices were already determined by your causes so whatever you're choosing now you think you're making this marvelous decision all within your own framework of reason. Somebody sits down in another corner and says "On the 29th day of April, Ed will chose a red car over a blue car and it's going to be a Ford and Ed doesn't even know it." And the day Ed takes up his money and walks down to the store to buy it, he buys a red car over a blue car (inaudible), where is your free choice now? You know we're getting more people predicting what's going to happen, this should at least give you a clue that you ain't got no choice. This will show you automatically if a person can see ahead of time what other people are doing, who's got a choice? You're only fulfilling an action that was set up a long time ago unbeknown to your own mechanics and completing it and thinking what you're doing right now is involved in choice and so called free will, it ain't. You are simply like a piece of machinery on an assembly line. Audience: (Inaudible). Adano: It's like a man wrote a movie script, all the parts for all the players, they don't have a single doggone thing to do with the movie, not even to put up the money, not even for the equipment. All they got to come in and do is their acting and each one is given a script and you could be an Oscar winner 60 times when you're given the role to play (inaudible). This is exactly what we are in this whole process but we don't want to accept it. We are actors. Audience: (Inaudible). Adano: The man that don't talk, don't communicate, and at the same time when he's not talking, he's communicating. Now he can talk without moving his hands and at the same time he had talk and move his hands. (Inaudible). Audience: You don't believe that we write our own play? Adano: How can you write the play when you're an actor? The first thing that the director will do is throw you off the lot. If

you're an actor, how can you write the play? Our ego would be so fantastic to say "we are going to write the play" when the producer and the choreographer and the director have already done that and we are merely here to act. Audience: (Inaudible). Adano: (Inaudible). The answer to it is this, "You see me, you see the Father." But at the same time I say to you "I and the Father are one." What do you understand about it? Your scriptures only give you one way to find out, they say "Be thou still and know that I am God." But you got to understand what he's saying, be quiet and understand that the thing you call I AM, that is the God in you. Now if this chair is going to say "I am a chair" and this tape recorder is going to say "I am a tape recorder," now try and take out the two "I am's" and look at them. You can't see the "I am" in nothing. If I say "I am Adano," you couldn't see my "I am" no matter how I try. 0:30 (Inaudible). What is life, can life have a purpose? Life is a process, it doesn't have a purpose. You see the moment you talk of purpose, you want to exclude yourself from everybody. Let's finalize one thing in your mind and make it clear so you don't have any illusions about yourself. Every scripture in the world and every teacher of the world all admit that God is Sound. (Adano claps). "In the beginning of the Word," the Sound. "And the Word was with God." Sound is in the atmosphere. "And the Word WAS God." That's something that actually is, Sound is the only reality. God is Sound. "And the Word was made flesh." Sonics became matter. Audience: Sound creates light. Adano: Of course, every physicist know that, light doesn't make sound. If you don't have sound where would your vibration be? (Inaudible). You've got to hear energy. There's no deaf person, every deaf man hears ultrasonically. (Inaudible). Sound is vibration, vibration cannot cause sound, Sound has to have intelligence in it, vibration don't have intelligence. It takes intelligence to make sound. You have to have intelligence to make sound, sound is beyond vibration. (Gap in tape then long inaudible section). 0:36 If somebody teaches you something that you never knew before and every time you go to use that information who would you give the credit? Audience: (Inaudible). Adano: Good. So the spiritual man is a man who does not tear down the traditional source of his information because it is what? It is an axis, it is an axis of his life, it's his life axis. It is a point of reference for his traditional makeup and by so doing he keeps the personification of his alma mater going for him as he means of a Linus blanket. You would have figured it out by now that you can't have no strength without any reference because it doesn't have any credence if it don't have any reference to which you get your knowledge from. Audience: If you have a reference, you put a value on it and that puts you back in duality. Adano: Good but you need a duality now to survive with your optics and sonics. If you don't have a duality or a yin/yang, you can't string yourself up in no way. So a colossal illusion is necessary for a delusion to give the feeling of a reality being the ideal, when there is no reality but the ideal and what is the ideal? I-DEAL, it's a gambler's game provided you are the dealer with your eyes. Deal yourself first when you come into this universe as a God-man and then everybody else is God-people. If you deal yourself in last and everybody else is God-men, you may end up being (inaudible). You see a Master is one who deals himself first in. Jesus said "God among men, his name is Emmanuel, he's coming down as an Avatar," he deals himself in first. The God-man has to deal himself in first, (inaudible). "This is not my kingdom," I done deal myself a kingdom. He deals the realization where he is from or what he is when he decides to act upon the phenomenal stage. The phenomenal stage is the transitory condition of the senses so he cannot lay claim to this and say "Ah man, this is what I belong to, this is what I gotta die for," no. (Inaudible). "I am that I am, I and the Father are one" that's the highest state the "I" can stay in and as long as "I" stay in that state then now I can say "Ok, I can go in this transitory state and be cheerful." These are all terms to reinforce your Divine I-ness over the minuscule mini I-ness that tends to be puffed up. You see when we realize our self God-ness within the God that is created for us to respect, we will realize that we are respecting ourselves but it's very difficult to respect or worship yourself because the subconscious mind has a built-in safety factor to makes you feel guilty that you are an egotist. Audience: Why do you say there is a built-in safety factor? Adano: If you were allowed to have a run away with your ego dear friend, you would destroy yourself before you ever started because there would be no brakes. What is the brakes in the first place in a car? A built-in safety factor for that car or else the car would be running down the hill without any brake and the car is designed to run, it's not designed to stop. What do you buy a car for, to drive it right? And the motor, which is the important part of that motorcar? The motor, but why do

they put the dinky little brakes on? (Inaudible section). The control is the Lord in you, that's the name of the guy, his name is Mr. Control, the built-in safety factor that makes you differentiate and discern why you can't let yourself run into a random mechanics of existence though existence is dependent upon random behavior to organize itself into an integrity of average law which appears to be order. So out of this randomness, an order comes into manifestation and then we love the order because it gives us a sense of security in the randomness or chaotic-ness, but God loves chaos because He's the chaos in total order. There couldn't be anything more orderly than chaotic order and that's what God is, out of His total immensity and this immensity is in a vast, gigantic (inaudible). You only can really appreciate the immensity when you get off in space and see how ridiculous our little minds are to the mass magnitude of this chaos rolling along in total harmony. Audience: On that point there of this immensity of this physical realm being a small bubble hanging off the balloon, we're also told to go within to the center (inaudible). Adano: Yes, as far as you retreat inward into your sub-state, is that far how you advance in your super-state. Super is no bigger than sub-state... Audience: Inverse square law. Adano: Alright so you find we are living in a mathematical universe. (Inaudible section). You live within a circle and you're sitting in the center and you're taking a ball pear shaped on the circle you live in and you throw it out from you at a certain thrust or momentum, will it go back and forth to infinity as a state of perpetual motion? Or would it stop and slow down and come back to the center where it was thrown out? Or will it just keep going on back and forth from wall to wall in a perpetual state? Audience: If it's a close system? Adano: Yeah, we don't have any open system in the first place. Audience: You keep falling back and back and back, where is your reference? Adano: Your reference is simple this, you're a creation and not a creator and that's the truth. You have to accept the fact that you're nothing but a scapegoat in the plan designed for the appreciation of some guy who says he's the Creator. This is a creation. Let's say the four of us decided to put it together and give it individuality and can talk back to us but no matter how much it talks out to us and proves to itself that it's not a show, it is the four of us who put it together, it ain't going to satisfy this (inaudible). In our minds, we put it together, in his mind he's busy telling us he put himself together. That's exactly what we are, we are the creation. In our minds, we are telling this Creative Intelligence that we put ourselves together and He's looking at us and says, "Continue my sons, have your game, have your ball and when you're satisfied that you didn't put yourselves together, you will see now why (inaudible). And in my ridiculous way or my religious way or in my helter-skelter stupidity way, you'll accept me as Father/Mother God, wake up every Sunday morning, ding-dong, go to church, push the key in the door, accept the ritual, and continue to worship Me sitting outside here." The only person that the movie actor has respect for is owner of the business that keeps that movie factory going otherwise he's out of business, otherwise he has no respect for nobody, he's top dog. Audience: But the movie actors only act because they know the owner and they know they receive wages but why do actors keep acting that don't know it, that don't know the owner? Adano: Those are like people who walk in their sleep until they step on a wet blanket or a pool of water then they wake up from their sleep, the dream of sleep walking. You know I used to encounter people who were sleep walking and the cure for them is to put a wet blanket right at the foot of the bed and when they feel they are going to get up in the night and do their sleep walking, as soon as they get up they'll step on that wet blanket and they wake up. The shock cures them, they are awake for the first time and then they realize positively, without doubt, that they do walk in their sleep. Now when we get this rude shock, when we get this rude shock from our sleep walking in the consciousness that we are so-called creators and we can't do nothing wrong and that we have no one to account for or account to, the rude shock is that we wake up and see ourselves acting a pre-arranged program to suit the producer and then we accept our role that we are working for wages and the wages is called bliss. Now the wages of sin or missing the mark or stupidity is death which is somnambulism, a form of going back to sleep again, and the wages of understanding or non-stupidity if you want to call it that way, is the waking up, the rude waking up and that is acceptance and not death. (Gap in tape then long section of inaudible). 0:51 Without the first one, without the communion with the Saints that means without the contact with the sane person who has got the foresight of how to modify the second condition, forgiveness of sins or how I've missed the mark in my ignorance because I'm not fully sane and can be

classified as insane in many levels by the irrational action of my behavior but without the first one, I can't handle the second one, and when I come back with the first one, I can handle the second one which gives me the benefit of the third one, life eternal which I don't refuse acting the role or try to select the role of my importance in the role. (Inaudible section). What's the word "love" backwards? "Evol." So there is no end to evolution which is in-volution at the same time. When we evolve, we are talking of colossal time-lapse within the Creative Time of immediacy. So when we look outwardly, it's an evolution in terms of time lapse. When we look inwardly, that same evolution is a creation because it satisfies mental immediacy. The mental immediacy is that I think of something inside and it will seem to appear geometrically as a shape so instantaneously that it is considered from that level creativity. Now if I can shift the optical illusion of looking outward and say to that stock, "Get big," the immediacy suddenly takes over and that stock starts multiplying into quantity. Now I have bypassed the painful repetition of doing it with my hands through machinery so the fact of seeing it stacking up, what am I really saying to myself? I'm a doggone (inaudible) and I want to do the thing without working for it so we look for miracles to evade action. Our laziness of our body, we don't want to let the body do anything so we tend to become lazy and we want to make our minds do it all. The laziness of the body is what makes for the evasion. Now I'm not going to say there are not times when the body needs to be lazy, when you understand the word lazy in its true sense, not its negative sense, from the positive sense, you need laziness in a positive way. In the negative sense, laziness is evasion. Laziness in a positive sense is rejuvenation. You see you have to rejuvenate your body and therefore cellular laziness is necessary. That type of laziness is an art, it is the art of how to rejuvenate your cells, how to take things easy and not getting flustered under the stress around you in the environment. It is the art of Being, just plain art of being. My friend, he knew the art of how to behave. He'd wake up in the morning, he fill his cup with coffee, pack of cigarettes, smoke the cigarette and drink the coffee. (Adano kisses himself). "Boy I love you, the greatest thing going." You want a mantra? I don't think there's a better mantra than (Adano kisses himself) "Man, I love you. Look at who you turned out to be. Man, this 'I' is fantastic, number one. 'I' am number one, a human being." Alright, when you understand what the person is doing, then you understand that this person was very close to reality of what truth is all about in the so-called comedy of it, that is the real truth, the truth of biological existence without any pretense, strictly fundamental evaluation of fundamental acceptance. All within what Jesus said, "Loving the Lord thy God with all of your mind, all of your heart and Soul, and your neighbor as yourself." There is no better self than you. Me, I love me. (Inaudible). We were staying with a friend, we talked to him about loving yourself before you can love anybody. Here we had one big roast at the table and he says, "Adano, you always talk about loving your neighbor as yourself." I says, "Yeah." He says "You don't mind I demonstrate my version." So he took his plate, reach over to the roast, and cut off three quarters of the roast and put it on his plate. He says, "I love myself." (Inaudible). I says, "That's very good Jeffrey, at least you're honest with yourself. Now we don't think you're a glutton, we think you love yourself so much that you'll get a belly ache." (Inaudible). Whatever seat you bought, you're going to this movie: balcony, front row, or dealer's chair. Make sure you buy a dealer's chair next time. This whole thing is a show, we just don't want to accept that Daddy provides us a beautiful movie. He's the producer, the director, the owner, He's His own audience, He's His own actor, but He likes us to fool ourselves that we are doing it, that we put it all together. You know something, the actor is such a naive individual, he believes he put the whole picture together, he believes that he makes all the box office and all the people that go around bothering him. You know who puts the thing all together? The US Treasury Department, us little fellows who mark that little piece of paper (inaudible). Substance, Divine Substance makes everything work. (Inaudible section). 1:00 How do you hear something? When you hear something you pay no attention to how you hear it simply because it's an automatic behavior for you to interpret or compute what's passing though your ears, that's hearing. When you're listening, you're making a determined effort to synchronize with what you want to listen with in order to differentiate what is it you're listening from or to. So when a musician is playing, he's not hearing notes, he's listening to notes but an audience is not a musician when they are hearing music. They go to hear it, they don't go to listen to the music. We the audience hear what the musician plays but a musician

he's not hearing what the audience is hearing, he's listening to what he has to play unless he makes a mistake so he has to keep on what is called measured audition with his nerves. Whereas the audience who listens is not doing that, they are hearing, they go there to hear the entertainment, they go to be entertained because they don't know when he's making a mistake or when he's not making a mistake, whether he missed a note or not and how many can tell if Segovia missed a note? Even the conductor don't know himself because Segovia has mucked it through many times right in his own recordings and they never found out until one day he spoke about it in what is called a master seminar. He says "a good musician who knows the score can play it so uniquely that even if he misses one bar, it could never be noticed because he can synchronize other notes to sound to match it that even the best conductors would not recognize it." He says, "Therefore in the art of music do not be overly concerned what your audience listens or hears or what you as a musician has to listen to or hear, be more concerned with the continuity of the piece that you don't bring a harsh note into a soft note to create a jar." He says, "Because music is not notation correct or auditional/sonic correct," he says that's not the purpose of music. He says "If a man is going to look all the time and adhere accurately to the score and lose the gist of the score, he is not musically inclined." Versus the person who only wants to hear the flow of the music. He says "I can quote two guys who were ideal at this: (inaudible). They were able to play the music where even when they were making notation mistakes, it sounded accurately to the composer or the director because they were imparting what is called "flow" to the music" and he said that's where he chose the guitar over the violin. You see he used to be a violinist before and he was a concert violinist (inaudible). It's because he found with the violin he was too over-conscious of notation and not enough flow and only the Gypsies were able to flow with the violin and they weren't conscious of notes, they weren't interested in notes, they were interested in the flow of the music. Then he switched to the guitar because the guitar had more to offer in terms of harmony on a bigger scale and he could go into the low notes and the high notes and then he switched over to the guitar. So he could play the guitar like a chamber music or play it like a Flamenco instrument and he chose the classical guitar. He actually make the guitar famous by bringing out the flow, he gave the guitar flow for the first time. Now one would say "Here is a maestro of the guitar and can play the guitar with such quality" and if you asked him personally "Mr. Segovia, what kind of guitar music do you like to listen to?" (Gap in tape). You see the Europeans did not have a music style to the guitar, a folk style, it was all classically setup except the Flamenco which is a folk style but outside of that, there is no folk style to the guitar in Europe. Yet in America where the guitar has never really been brought into any focus, on a folk style level it was always played by the traveling cowboy as a means to get into reverie. So between the cowboy western style of music and the Flamenco, the western was the nearest thing to a folk style developed to match Flamenco. (Inaudible section then general conversation then gap in tape). (The next section is a duplicate of Adano76\_03\_29\_1SatsangsQ3NW1). 1:32 Something is wrong with the balloon, it's not holding and that's exactly what we are at that point. Now the moment it holds, the first thing you do is put it to the breast to nurse simply because this is shut down, it's holding here now to pump to force this to do what? Make this work, eat, so automatically this action of constricting and dilating is the interrelationship with the lungs and the mouth so they put the baby and it's a suction action for the baby to start the process of internal maintenance of the organs on time. Yet it's strange, when the baby takes the first nursing from the mother and we know the milk is white milk, when the baby has his first bowel movement the diaper is black as tar. Now where did all this waste matter come from, all it had inside there were just a little milk, a few drops of white milk. It goes to show you there is some accumulated waste matter from mouth to anus of dead wastes by virtue of the mother feeding it through her own organisms to form it and then it stored the waste off for the first input pressure of mass in the form of milk to push the dead waste out. Then the next nursing, the second nursing, the diaper again is dark, it don't look normal but still it's pushing dead waste out. Then the third milk, then it looks normal and then we find there's a valid reason for the shape of the anatomy for the quanta of mass moving through from the input of the pressure to the waste deposit it takes three meals to push out. So if you eat breakfast this morning, the dead waste that you push out before you eat your breakfast would be yesterday's lunch if you're on time. If you're not on time, you're not gonna go to the bathroom, you're

constipated. If you're running ahead you're diuretic, something's wrong, the timing is off, you're either too fast or too slow. If it's too fast they call it hyper, too slow they call it hypo, the problem is transport timing to the mass but if you're on time then it can be clocked but you at lunch time yesterday it passed out this morning and what you ate last night at supper will pass out lunchtime and what you eat this morning will pass out tonight in that rhythm and this is the first establishing of living to eat to get sick. But you take a child, you put it down and leave it, it can't function on its own because it doesn't have the logic, it's biological so it will see this object, it doesn't know what it is and what is the first thing will it do with it? Put it in its mouth and you come back and you hear it (Adano makes gagging sound). "Oh my god, what did I do?" But then you saw you've got to hit him all over to get it out but that's how it's going to learn and then we look at our own cells and all our ancestors back to the dawn of time there was no other way to learn. So but it takes you 30 years to much it up to get your logic working for you in a rational way, you can't do it any faster. See that's the peculiar phenomenon of this world, it's all pre-programmed timing from your DNAs, your RNAs, and hormone. So to live to eat to get sick is a rational period of the organism and it's the responsible period of the parent to observe and maintain so that the child doesn't hurt itself and one time I asked my parents "why do they call you parents?" And my dad laughed and said "we are always paying the rent son until you grow up and get on your two feet," that's why they call them parents. He had a very good of putting the answer in my head so they have illusions about the word. "We're paying the rent, when you're paying it you do what you want." The fourth rule is to live to eat not to get sick. This is obvious after you've hurt yourself many times, you're going to want to make sure that you function without sickness. By that time you're going into your 30s and 40s, you're not monkeying around too much with your health because you don't have too many arms or eyes to buy back once they go out of control, you lose them. They don't grow back, you see the parts bank is not a reliable place so rather be satisfied with your own parts and take care of it. So to live to eat not to get sick, this here can lead to a type of monotony though, it's a very rational evolution of the health in the person but it can be monotonous because you'll be too busy trying to eat not to get sick and other things will come up that you can't relate to and you got to cancel one for the other. So the monotony of it is going to be obvious after a while so therefore you have to lock into a time-lapse system that is going to allow you to utilize the right eating to stay healthy. 1:40 If that was all there is to nutrition to live to eat not to get sick and the monotony that will come from it, it's kind of preposterous to create an organism and just turn it loose into a wanton environment to do what? Merely the fact that it can fly from planet to planet in time to come, wanting to find the same thing or none at all? There must be something more unique about the organism, something more unique, and if nutrition was the instruction given to the organism to start with, "eat everything there is that moves on the face of the earth," it should be for food and for medicine and no other type of instruction took such an important aspect, then the key to the future of the organism must be locked up in nutrition and the lifestyle must be locked up in nutrition but you may be missing it or not recognizing it, what it is that nutrition really has to offer apart from staying healthy and not get sick and selecting the ones that will keep you healthy, avoiding the ones that will make you sick. I've heard a lot of answers but then nature can't make organisms and don't leave instructions but the environment came before the organism called Man and then the environment would have the information as a model for the human race to experience its quality not its quantity and the model is left in a little fella called the caterpillar. It looks like a colon, you ever see how a caterpillar looks? And all it does from the time it's born to the time it's ready to phase out is eat, it doesn't work and do anything else but what is so unique about this caterpillar, it knows when to phase out. And when it does phase out, it does a particular mechanics of its own called its phasing down time or cocoon stage and approximately after 72 hours, a new life form is emerging out of that phase down stage but this life form has one uniqueness about it, it is not crawling around to eat, it can fly. It's called a butterfly emerging from a caterpillar that can't do anything more than crawl around and eat and of all the creatures that fly in this universe, there is none more beautiful than a butterfly. You ever look at it and look at all the different creatures that can fly? Good, by the same token I have never found a rotten butterfly but I have deliberately made rotten caterpillars by smashing them to see what would happen in my research after they were crushed, what takes place. The tissue decomposes, I am made of tissue, I

can decompose too but why should a butterfly be a non-decomposing tissue emerging from a tissue that decomposes if it's taken out of its context? If you don't allow the caterpillar to go its normal conclusive state of phasing down into cocoon and transforming its cells into a butterfly, then what are we missing? There's something we are missing because the same laws have to be enough, it can be separate. It is when we turn to all the religions of the world and the various people who have done any type of extraordinary contribution to the world, not in terms of their writings or sayings, in terms of their mechanism at death becomes the measuring stick and those who have done anything that is contributive in that direction, we find the bodies don't decompose and some didn't leave anybody to be buried either, they really flew away. That leaves us a kind of puzzle. (Gap in tape then duplicate of Adano76\_04\_15SatsangQ3NW1 0:36)

Most recent transcription above this point

1976 April 19 - Satsang

Adano76\_04\_19SatsangQ4NW1 - (Duplicate of Adano76\_04\_15SatsangQ3NW1).

1976 June - Tyler Texas

Adano76\_06TylerTXQ3 - (Duplicate of Adano75\_06TylerTXQ3. This is the better quality recording.) ... preparation for the exposure to the force field inside. The force field is infinite, formless, pure love, pure light but can be appreciated by us who are finite creatures and our form that walks, eats, must be provided for by somebody and cries out because it doesn't get anybody saying "you're a good boy, you're a good girl, we love you." And you need that so badly when you're born you're hanging on to everybody until your mother and daddy kicks you out and says "go out and make your way in the world" and then you hang on to the wife and the husband "you love me" and then the children and then they kick you out. So you run to the Guru and he now has a problem, what is he going to tell you, "Go away, I don't need you?" It's because he's found out without loving himself first, he can't function, and once he learns to love himself first, he can function by loving you. So he takes the love of himself and directs it now for the first time towards the outward nature that you are rejecting and pull it back to the inward nature of yourself inside for the first time and make you accept yourself. All right by devotion to the Guru, you can now accept yourself. You didn't have nobody to come to so the Guru takes the role, "You see me," he says "I'm the Father." The next day he says, "I'm your mother." He's like the sergeant major when you get in the Army, "You ain't got no parents but me inside here now and everything you gotta do and I'm gonna bang this thing on your head until you become a good fighter." But that is exactly what a Guru does, he's gonna play God mother, God father, uncle, aunt, and everything, you name it, he's got it. You can cry on his shoulder and it's all right there, some people call it father confessor/mother confessor but that's the role, the role of centering emotion into devotion as an acceptance level of yourself but you need it. If you don't need, you're already on the way to be healthy, that means realized, balanced. When you accept the the devotional road as the way to God, Pure Spirit, and the human form is the one that is pointing it out to you, then this is a rational and very very inspirational, there's no other more inspirational approach to God than the other human form. We can all think of God in a non-human form but we will never generate sufficient intimacy until we learn to love another human being as ourselves and that's how we transfer from parent, to husband and wife, to children, to teacher, back to God which we came from in the first place. We came out of God looking at ourselves but we couldn't accept ourselves at that level so we tried to reach for our parents (Adano cries like a child). We're kicked out of the womb by God in a strange way only to find out by the doctors, "Oh we don't know you." They pulled the doors down on you on the other side and I can't see on the other side. They pulled the doors down here before they buried you. They don't need you here, you go on the other side. When you get on the other side (Adano cries like a baby) and you come out. There's no death, it's all birth. Your astral parents are busy waiting for you, your astral mother is pregnant walking with you for centuries. "Well at last you're here, good and fine." You can't get back to the other side because they don't want you on the other side and now you're on this side, you don't know how to relate, you're a

baby, you've got to grow up into the avenues of astral living just as much as you grow up in the avenues of physical living but we need it, that's why we need the human contact for human growth, human teaching, human understanding. So we say devotion to the Guru is the shortcut and true human being, loving your neighbor as yourself, makes for this love, it makes for this bond and happiness. Therefore they say, "Greater than the angel, greater than the all the Devas, and all the big hierarchy is the Guru." Greater than mother, greater than father, greater than anyone is the Guru. Why? Because he got so much patience, he has taken the role of being so patient, the wet nursemaid and everything, that he's going to accept you for whatever you are and work with you at that level. So he is your "Linus blanket" or spiritual teddybear, you go to him with all your problems. "Are you God?" "(Inaudible)." "But Guru, can you show me God?" "Look at me, what do you think I am?" "But you're a man" "(Inaudible)." "But Guru, I don't see it inside of you." "Then look long enough and shut your eyes." "I see a shape in there, it looks like you." "Very good, after image, psycho-optics." "(Inaudible) truth like that, I don't want you Guru." "Ah son, that's the Radiant Form of the Spirit. (Inaudible), Lord of the Universe." You're looking inside. If you tell him it's after image or mind optics, he don't grasp it right away because he can't cope with it but you tell him "some great being" (inaudible), he's going to absorb it and then you put on what they call "the frosting." Now you know when you look long enough, you're going to see yourself in him. You ever seen your face in the water or a mirror? Provided you have a mirror to look in, you can recognize the face, the only other time you can see your face is when you put your head in some water and see the reflection. If you never saw your face, you don't know what you look like. So you'll never have an after image of yourself inside the Radiant Light, that's a horrible experience to have but we all pass through that level at some time so we know a blank, radiant form is not an intimate experience. So we can't accept ourselves in a blank, radiant form, we have to accept the teacher's form as a guide or inspiration, then finally we accept our own face as the Radiant Form lifting us up. But a funny phenomena comes in, conscience comes in. Conscience is this marvelous lighthouse that burns 24 hours a day which tells you in spite of all you think you know, you didn't get here where you think you are by yourself so don't pride yourself that you know it all. The guy outside that just told you that you are what you think you are, is the guy that is responsible for making you think this way. (Inaudible). So then you shift the role and say "Guruji" and you start doing prostrations, "you are truly the Lord in human form, accept this humble wretch, do anything you want with it." So Yoganada said to his own teacher, "You know Master, all the time I lived with you, you never said you love me." (Inaudible). He was looking for words of consolation to reinforce his image of himself within the Guru form and the only way he could reinforce it is the idea, "I love you." Does that make it better? It's the energy itself that really loves the energy. 0:10 So devotion to the Guru is the key and the conscious then is satisfied, no more guilt complex, no more feeling of hopelessness, and the sense of shifting the burden of carrying the world on your back like Atlas suddenly ends up in the image form, "Thou shalt have no other graven image before me." Guru form takes the role now, takes the burden off of you that you carry the world on your back. You don't want to step in the role or accept the role that God has become you, this is actual realization, but because you want to be humble and maintain a humbleness, you shift the role and always say "I got a Master, I got a Guru, I'm a student." Now that Master will make this statement any time he meets another human being: brother, sister, he never says disciple, and then he says "He that doeth the Will of the Lord is my brother and my sister," that means he who looks inside himself and sees that this energy is himself and follows the path of obedience or devotion is realized but until we go around in circles finding out what is necessary to do, looking inside, we don't understand what to do. So the highest way back to God is via human form, which is the personal aspect, into the impersonal aspect of yourself, and come back to the role of humility, in the church you genuflect. How many of us go in the church and do that? You walk right up to the altar and you look at it and you say "Humph." We have no more sense of realization and it's not a necessary ritual or something that will degrade you, it's that the common reality is this that God is everything and humility is not mere show of prostration, humility is recognition to recognize that this point of the building is accepted as a focal point for love and you respect it by genuflecting or prostrating your body. Until Yogananda realized that, he had a hard time too. There was a stone in the part of India where everybody would come and they would

touch it with their head you know and bend down and he came along and said, "that dirty stone." (Laughter). I don't blame him, I would do same thing too, "that dirty stone, who wants to put his head on it or kiss it." But the problem was this, all during that day and the next day the thing that he was looking for he couldn't find, the man that he went looking for he couldn't find him, and late that night he saw a man walking on the road and he went up to the man and asked the man are you familiar with such a such a person and he said "You're nothing but a lying detective, what do you want?" Then the man told him who he was and then he took him home but when took him home he says, "Tell me, where do you think God is?" He said, "God is everywhere." He says "Well why didn't you bow down to the stone?" "If you believe God is everywhere, why did you refuse to bow down to the stone?" He make him realize now that he was caught in his own mental perspective of what God is as a form, being somebody sitting on a throne dispensing miracles and saying when you discover Him after many millions of incarnations, you come up lily white pure and antiseptic, "I worked my way up here Daddy, here I am, pin the magic mirror to me now." He says, "Go back you little worm you" (laughter), he doesn't know what it's all about. So he is expecting a kind of a God like that, somebody sitting on a throne saying here I am, all lily white clean, scrubbed up and everything. So his teacher says to him "God is everywhere, if you admit He's everywhere then the stone is God." What we're realizing is this that in the hypo-precious states, which is the states you want to get down in, but you have to watch it, and then you meditate and get into these lower states of slowing down the body not to be overly distressed with the sounds and the vibrations and keep the center of focus. Now here's where the technique comes in now, there are four basic techniques and they all relate into the brain, the blood, and the respiration, and the physical body movement. So the brain is slowed down in a safe way by repeating something, that's very scientific and very organic and very natural. That's why they call it prayer unceasingly, you should say something over and over unceasingly without stopping to organize this to slow down and it's very safe. Even though you drop the pressure down and we go to levels like these where it can be very disconcerting, it will flip up back again like a relay stitch and come up back normally and you'll hold the focus. In the event that once in a while you may get low blood pressure then you can check yourself. Right here there is an automatic switch on the left side above the heart and if you find it's sore in that notch then you just press on it and relieve the pressure and the soreness will go away and then the blood pressure will back again up normal. So this will usually happen in people who meditate a lot or tend to go into the vegetarian diet because it does happen and not eating correctly vegetarian, then they would have to massage that spot but you'll never get high blood pressure once you meditate, there's no way for that to happen because you can start off with high blood pressure and this technique will slow you down and one of the easiest techniques of slowing it down is to repeat something. Now the second technique to slow you down is observation of your own breathing, don't force yourself to breathe, just realize that you do breathe. This is called observation of breath or respiratory control, they call it Pranayama. Most people think Pranayama mean breath control, Pranayama really means life control by observation of the respiratory rate, the length of time the breath comes in and the length of time the breath goes out on an observatory level. So to observe that is to take this left thumb, place on your right wrist and feel for the pulse beat so the heart rate will synchronize now with the breath rate, these two things will act as one, that's the next technique which is valid and very scientific and we'll get the same results as the first one which is called repeating Names or mantras, the brain will slow down. Audience: Should you breathe in and out when you feel the pulse? Adano: Yes, that's the synchronization between respiration and pulse vibration, 16 times a minute. So you'll find after a while the brain and the respiration and the blood in the heart synchronize, you will be going slower which is a hypo condition dropping down. They'll go slower to the point where you may be only doing about eight to the minute or six to the minute. Audience: The Hare Krishna mantra has 16 syllables. Adano: Yeah that is to get the same vibratory rate or respiratory rate down to that level, they're doing it in sound now, sound alliance or sound integration, and you're doing it now with a respiratory, pulse, and brain integration so you're doing an actual technique which will bring down high blood pressure immediately. If you've got high blood pressure, frenetic actions, or mental fuzziness, you can press there and calm it up. So what would happen is this, during that period you're going to have what is called the losses of

the time lapse, you're going to find that the pulse seems to disappear and there are times that you don't seem to want to breathe and there are times when you don't want to think, you want to just phase off into a semi-sleep state. These lapse or time periods are what we call synchronization periods and that's the period you're actually living, not existing, you're living for the first time on the pure Life Field that is passing through the mechanism in an electrical (inaudible). Audience: This only happens in early morning meditation, sometimes like 20 minutes or 40 minutes will disappear, you don't know where it is. Adano: Right and therefore you're you're busy hunting for it and you may think now that something has gone wrong with your heart. Audience: And it's just like you lost it but where has it gone to? Adano: It hasn't gone any place, here is what has happened now, the pulse rate has become slower than brain rate. 0:20 See brain rate is at 12 cycles a second alpha level and 10 cycles a second is theta level and 6 cycles a second is delta level. Now when the blood goes down to say about 20 to the minute then it will seem to disappear longer but actually to slow down, not to stay in synchronization with the brain. In other words it's appearing too slow, that would be like this, it's like a graph. Here we have heart going like that and then we have lungs going like this and then we have brain going like this, see what is happening? So heart appears to disappear, two to one times for brain, and one time to lung, that is the normal ratio of the relationship of the graph for every person in a level of meditation. So that you come to a point somedays you'll find that you don't have no relationship to a pulse beat and you wonder where it's gone so you say "I'm dead." No you're not dead, you're arriving at what is called now suspended animation, Samadhi, the Yogic terminology for suspended animation which is conscious sensory motor organic, organic that means lung and heart, relaxation. Turning down the volume, not turning off the volume, you're turning down the volume consciously for the first time in a hypo not hyper, hypo that means a slowing down rate of understanding your nature. Audience: What happens if that happens when you're not meditating? Adano: This is auto feedback, when it happens like that it's auto feedback and the auto feedback is normal as the means of reinforcing internal tolerances to offset shocks that could affect the mechanism that you can't handle, sometimes you need this auto feedback. For instance, when you meditate and this condition comes on in auto-shock or an auto-state and you get a phone call and you jump and all of a sudden you find the whole body goes down because you've been practicing meditation and it is a built-in protective measure as a safety release valve for the pressure, the buildup under the trauma or the shock and this will automatically release itself and that would prove to you... now you say "Oh that doesn't bother me now, years ago man I would have heard that phone and I'd be tearing my hair out" but suddenly you have what is called equanimity, you suddenly seem to be more tolerant, more in control, you're seeming to get turned off, getting cold or frigid, but you can't get cold or frigid, that would be an incorrect evaluation of what has happened because what has happened is this, the degree of tolerance to environmental pressure by the hypo-practice has brought you to a state now where those type of shocks are no longer detrimental to the cellular mechanism and in fact they are an aid to the mechanism, they are making you tougher now, they are extracting from you your inner strength. So "the greater the trial, the greater the person," the greater the release of more vitality from the person. So you are forced now to see "I really progressed in my behavioral attitudes by not getting uptight as I would have done four years ago had I not been practicing," what? Meditation, which would mean "had I not been learning to relax and bringing down the mechanism to a slower rate of conductivity of behavior than to be uptight and burning and be hot-headed." Audience: What if the people around you got on your nerves? How come people still (inaudible)? Adano: You're nervous in body motion. I said there's a way in which we come back to body motion now. You have breath, you have blood, you have brain, and you have body motion. Body motion alters, four years ago your body motion was more like this (Adano does something and audience laughter). You're waiting for the imaginary streetcar to come along (inaudible) trying to idle time away four years ago but what has happened now four years after of self-adjustment (Adano does something and audience laughter). So you're nervous at a different rate now. (Inaudible). So their view of nervousness now is that you shouldn't be walking around whistling, it's not a nice thing to do, you're creating a sonic pressure in the atmosphere. For the first time you are being you and the world is your home and not just planet earth or Fifth Avenue or wherever you are in some little community, the world

is home. You have come home to the reality of Now and you've come home to the naturalness of yourself. So the idea is that you have discovered self-happiness, it's not something that has been showered on you. Nobody can give you self-happiness, self-happiness is something you've got to release and you release this from recognizing the technique of body motion, body motion became now the key to release self-happiness. So years ago you were like that walking and all of a sudden you're like this now, whistling away, looking at the trees and everything looks calm, the walls are not falling down, there's no earthquake coming down. So it's bliss, a better sense of perspective of where you are in terms of your environment. You're like a yogi now who says "Ah! Sat Chit Ananda," when you know what the word Sat, Chit, Ananda means, then you know why he's like this, "Existence, Consciousness, Bliss, Existence, Consciousness, Bliss," that's his mantra. He's existing and he's consciously blissful but he's walking around in such a blissful state that he is what you call consciously drunk and that consciousness of drunk is what Yogananda called Divine Ecstasy, you are biologically drunk from your own cellular nature from a hypo-pressure level and accept yourself where you are in the unity of things. Prior to that, you were psychologically insane because nothing pleases you, you can't even stand up in the road because it aggravates you and people will aggravate you. Now this is four years after meditation where you're coming to accept this unity of self, go another four more years. (Audience laughing). 0:30 You are it, you're not looking for ecstasy, you are ecstasy itself, you're not looking for music, you are the music itself, you're not looking for mind-optics, you're the optics itself, this is the realization that comes in the end, this is what they call Nirvikalpa Samadhi. Suspended animation in a mobile shape, suspended animation in a non-mobile state would be like this (Adano demonstrates). Suspended animation in a mobile state is this (Adano demonstrates) and go drive your car riding high all the time, that's suspended animation in the mobile state or moving state. It's called Nirvikalpa Samadhi or God-centeredness in a moving state, active state. Where as God-centeredness in the non-acting state or non-moving state is sitting down and holding a posture like a stone Buddha. Well we got enough stone Buddhas, what we need now is active living Jesuses, somebody who can get out there push push, that means act it out, live it out in the vibration of Now. So you'll find that devotion becomes Seva, it's all dharma which is all karma, it's all ad-dharma which is no more karma. So see ad-dharma means it's no more duty, it's no more actions because it ends by service. So you find now after you learn to realize yourself then God is presence. Very important word "presence," the I AM presence, the presence of Now, "Thy kingdom come." You're living it, you are it, and you don't have to kowtow but the best way to do it to kowtow because who else would you bow down to but yourself? If God is all around so the Yogis tell us "where you think God is, he's all around so bow down to the rock," bow down to yourself, bow down to the God in you, accept this reality now. It's not a sacrilegious idea or a degrading idea to bow down "Man I love you, there nothing better than you." It seems sexy but it ain't, it's the highest form of love that we can ever communicate and neither it is narcissist, it's not a self-love in a degrading way. It's love of self as self is, which the Guru is. Why do people want to run up and kiss the Guru's feet? And the Guru says "Come on, kiss your own feet" (laughter). And when the Guru sees his Guru, he runs up and he wants to do the same thing too. It's because love is that particular phenomena that wants to give and gets only by giving. It's strange, you never get more of it until you give of it.

Audience: What would you say is the biggest difference between the mental processes of the people who know that intellectually and the people who feel the state of dharma or humility? Adano: The only demonstration of that is this, (Adano meditates). There are no words for it but if you felt something pass through the room that made you wonder what it is, then you know. That's why they say "You and the Father are one," Jesus merely used that as a reference point for it. It's a state of being that you're eventually immersed into. In other words at that point of observation you are not in the room, everything is gone from the room including myself, you are drawn into the vortex of life but you have to come to it, it comes to you naturally after a while. Audience: When you say everyone's gone from the room is that why you sometimes zero out? Adano: But how would you know the difference with a person in that state, what is the outstanding condition that sticks out in that state? Audience: They just become consumed. Adano: That's why they call it vision, Holy Vision, the visionary action, the optics have to be there. Audience: I just want to go back to that little graphic there, lately quite a few people have come in

and said time is speeding up, that even children notice how fast time is going, does that explain the phenomena that you feel because the heart and the mind and the respiratory rate are working at an adverse rate and so you feel like time is speeding up? Adano: Yes, when you are not interested in God-realization or what you call "time lapse sequential existence," when you're not interested in that. See God realization is time lapse sequential existence, people don't know that. "Time lapse" means there are no time, "sequential existence" means everything is now and therefore you exist as Now and that is God realization in it's scientific context. So what has happened is that there is no time in God realization and when we break out from our time nature, wanting everything to act on time, we get very disoriented and we feel an urgency speeding up in us. Therefore people who become spiritual are always on an urgency level, they get more and more involved with the timelessness of it. So anything that is aggravating would be time itself, they never seem to have enough time to do the thing in time so they end up doing what is called "Guru time." Audience: Which is no time at all. (Laughter). Adano: Right, so when the person is writing Mutkananda and they say "Well you'll be here for Satsang," he says "yeah I'll be here tomorrow night" and he shows up at 10 o'clock for it and we're all waiting for him to show up. So they're all peeved, he's supposed to show up eight o'clock, he shows up ten o'clock. In the Guru's mind there's no numerical value on time, it is all in flow according to receptivity when he comes there. That's a realized person and he's never late, you are late because he has been waiting for you a few thousands of lives for you to realize that you were out of phase with yourself and you're busy thinking you got to satisfy society to be on time like a punch card then society doesn't give a hoot who you are when you die and the only person that gives anything about you is your own self, how you stay healthy while you're alive and how you take care of this mechanism and conserve this energy to enjoy it the best way you can by being serenely happy. And health is happiness, half of the job done. Sickness is unhappiness, half of the job done, so who wants the other half which is death too soon? So you extend the health nature as much as you can without trying to run society or impose upon society and that flow is there. So the Guru consciousness is one that he ain't in a hurry because he ain't going no place and as soon as you recognize that he ain't going no place, the quicker you're going to get there with him and the sooner you're going to find he is always going to be on time because you're going to end up synchronizing with him and you're never going to be late in your mind. So after you've learned that lesson from him a few times, you got it on time and they were on time. 0:40 Now you take Master Charan Singh, they say you can measure the time in the Dera where the Master comes out of his house and walks across to give Satsang, he's always on time, that's what everybody says but you ask the people "Who is on time, Master or the people are on time?" The time is on time around the Master when he's in time and you flow with it but you are not aware of the fact that the time is measuring itself proportionately to the Master's motion. Audience: Could you say that again? Adano: You're not aware of the fact that time is measuring itself proportionately to the bodily motion of a Master and when we synchronize to that bodily motion of his, we are always in time even the light in the environment will appear to be like that. Good example, how many times I come to Boston and the rain falls before I come? A lot of people have experiences like that, that we're in phase. It says "the more you realize the trueness of yourself, the more you're in phase with the environment" and you're never out of phase with it. Light will even seem to extend itself a little longer than normal for that person that is in phase and all different other phenomena seem to extend themselves to adjust and that's exactly what has happened. Audience: Is that like the Taoist story of the man who changed it because there was a drought and he didn't do anything, he just sat in the house and three days later the drought was broken and when they asked him why he said "because it only took me three days because when I left my home I was out of the Tao and now it took me three days to reestablish it and so it fell?" Adano: That's the whole idea of it, our universe is our time lapse if we accept it as such but the reason why we don't accept it as such is because we've been pre-conditioned by certain conditions around us and therefore we're always expecting it not to work. I'll give you an example, I have a patient and not too long ago she came in and was telling me about her problems so I says "You know, you're perfect, why won't you accept it?" She said "What do you mean?" I said "Well God made Man in His own image and if He made us in His own image and likeness, He's pretty imperfect." Now she didn't like that so she starts thinking, "Well He's

perfect then she's perfect" and automatically was healed. (Gap in tape). Because she found out where her perfection came from, she got off the chair "I'm well! I'm well!" So friend called me on the phone, "I don't know what you did to her but she's well, you know you're gonna lose a patient." I says "Naw, I lost no patient, in fact I won a friend." Audience: I didn't understand the part where she said he went out of his Tao and back in. In other words once you establish this rapport with yourself, you disturb it only by tension, is that not true? Adano: Yes, you have to stay in what is called conscious continuity and live as if you were always walking on water or walking through water. Audience: Slow. Adano: Good, now you understand what Tao is. Audience: In other words, that's where you accomplish the most by accomplishing nothing. Adano: You try to pick up water and it goes through your hands and it's no longer water wetting you but I'm actually more wet. So walk as if you're walking through water, that's how they developed Tai Chi. (Inaudible), your body glides with the flow of the energy. Picture for one moment everything around here is water and that you're walking through it and you're not in a hurry and it's flowing and you're flowing with it all the time, this is happiness. Adano chanting "Enjoy yourself, it's later than you think." Kirtan therapy, how it works, how it affects us, how it modifies the different pressures in the body and how we can use it effectively to bring about more inner happiness and peace in ourselves. As we get into our one-to-one relationship with ourselves and we start thinking in terms of making ourselves more happy, making ourselves more objective, and breaking down the patterns that tend to isolate us from others, we can learn a lot from chanting. Years ago they used to say "Sing Along With Mitch," now they say "Sing Along with Swamiji" and it's all the same. There's no real difference, the East and West they're all discovering these techniques of self-induced happiness, self-arousal and happiness, and it is practical from the standpoint when we use english, also when we use scientific terms or Hebrew terms or Arabic terms, whatever you want to use but the main importance of Kirtan is the identification and the frame of reference for which the identification comes from. We can be singing to God as a creation hoping to identify and we can generate a lot of emotional drive but if the frame of reference is from God singing to us, God telling us in His own words what He wants us to realize, then this is an entirely different communication. God is on a different tone level of communication. Our tone level is to reach up because we feel abandoned, our tone level is to express our separateness and a need for communication but we couldn't feel abandoned or we couldn't feel a sense of communication if it was not designed that way at the very start. Who is more abandoned than God when everything goes back to Him? Who is at the bottom of the ladder when everything is gone back into Him? You see you never think that God is lonely just as much as you feel you are lonely and separate from Him, He is lonely when He's got no creation to play with. 0:49 (Gap in tape and then group chanting). (Chanting multiple times). We love you, we love you, we love you. Our dear Elementals we do. All Beings of Air, Fire, and Water, and Beings of Earth we love you. I AM Presence, free all Elementals the great, the small. I AM Presence, through them give protection to all. (Gap in tape). 1:26 Now you know what love is. All of us are elementals, we are all a composition of earth, water, fire, and air. When you look at a person, you don't see them no more, you see the energy. (Inaudible then gap in tape). ...and then you'll find the process of living becomes very simple. What you eat is important to your growth. How long you spending your meditation is important to your growth and those who think and feel and hear the same vibratory forces in their body, that's what you call your Satsang or your group gathering, fellowship, and that the growth is a togetherness and a non-togetherness. In the early stages you got to be by yourself and battle this thing out until you break free from it and then in the second stages or final stages, it's everybody, whenever you sit down, the vibes are there. (Inaudible). There's four universes right here if we would accept it now. Accepting our true nature as Now, accepting ourselves as pure unadulterated joyous love. 1:30 How many of us are drunk in the spirit tonight? Nobody drunk, nobody feeling blissed out or riding high on spiritual rum and coke? You don't have that heavy feeling in your head yet? Take another swig of it. (Laughter). Get into it, that's what it's all about. "I drink Thy Name, I drink Thy Name, and get all drunk all over with Thy Name." What is the Name? Sound Current. (Inaudible), soak it up, it's ultrasonics that you can sense within your eardrum. The actual atoms moving, making that sound. A whole universe of melody, subtle sound waves. "Drink Thy Name and get all drunk with Thy Name." It's the ocean of peace that passes all understanding. You think of a night club or a lounge, people go there

to huddle around in the dark to sip the alcohol, here you sit down and sit in Divine alcohol. You talk about Alcoholics Anonymous, this is alcoholic cosmological, this is cosmological alcoholics (laughter). You have all the symptoms of the alcoholic from this process, the only one advantage the alcoholic cannot drive his car without making a problem (laughter). We are drunk and we can still go home and drive our car and get locked into it without any hangovers, very inexpensive. It has been with us all these centuries. You know the first day I ever encountered this sonic field and realized that it was that cheap, that inexpensive, and it was all around me, and get blissed out and drunk with it, I didn't want to do anything else. Then I realized after a while you can't stay drunk and don't move around because the very drunkenness starts to push you. I find out Seva, I discovered Seva, devotional service, that's what you call drunk with the Lord now to serve the Lord. So I wouldn't start my day without first taking my first shot of cosmological alcohol. I get drunk for a couple hours in a day and just swim around in this Divine state of drunkenness. One time Yogananda was standing under a tree and a drunk came up to him, stone drunk and bumped into him, "What kind of alcohol do you drink man? That's real alcohol." That bliss just blew right through him and knocked out his artificial bliss (laughter). That's what they call Naam, Name, Sound Current, bio-sonics, body sonics, environmental force field. God is that, not some person, this whole cosmological principle is Sound, a speech, in the beginning was speech, cosmic dynamics, cosmic sonics, and the sonics you're with the consciousness of life. Speech is always found in life.

Notes: Adano72\_4RichmondforInitiates\_ChartQ1NW4 is 6/28/1972.

"In 50 years we will all go to sleep like Rip van Winkle and when we awake and return to the cities we will find they are run by the nine years young." — Adano Ley c. 1979 (note: Adano later changed this prediction to 25 years.)

"For absolute control of your life and for destroying prenatal and postnatal root-causes of failure, you must exercise your will in every undertaking until it shakes off its mortal delusion of being human will and becomes all-powerful divine will."

**ADANO PRAYER** Heavenly Father, Divine Mother, Brother Jesus Beloved Masters, Saints, and Sages of all religions Be Thou present at this meditation Open our Spiritual Eyes and take us back to Sach Khand Lead us from Darkness to Light, from Ignorance to Truth, from Mortality to Immortality We will Reason, we will Will, and we will Act Guide Thou our reason, our will, and our acts to the right place, at the right time, for the right experience May our Love so shine in the sanctuary of our devotion that we may awaken this Love in all hearts Om, Shanti, Peace, Amen

**SATSANG PRAYER SWAMI NITYANANDA SARASWATI** Heavenly father, Divine Mother, Brother Jesus, Masters, Saints and Sages of all Religions, Angelic Hosts, place a ring of light around this room and seal it off from the entities of lower consciousness. Please be present at this meditation. Open our spiritual eye and take us back home.

Free our lives from all obstacles and bless us with physical, mental and spiritual unfoldment.

Lead us from darkness to light, ignorance to truth, mortality to immortality. Teach us by dream, by vision, by revelation and by direct materialization. Let those who are spiritually our own come unto us.

May Thy light shine upon us and the sanctuary of our devotion that we may be able to awaken this love in all hearts.

Om, Shanti, Peace, Amen