

Yoga of the Rational Mind - The Structure of the Rational Mind

00.00. Good evening, I am very grateful to you, your applause, and before the beginning of the lecture, I want to thank these amazing people from the "Rainbow," who invited me and had organized everything. I also want to thank those people who have helped me a lot when I was still developing and writing my books. Mr Zidonis is here, no? He graciously participates practically in all my projects, he is sponsoring them. Also, when I have been printing the books one more amazing person from Riga has sponsored me, it was the first batch of books, his name is Boris Sakhno. I do not know if he has come. Anyway, I want to also cordially thank him for what he has done for me, so for me Riga is quite an amazing city that embodies my dreams in life, and there are a lot of well-wishers.

00.01:06 Every day there's up to 50 people from Riga visiting my site. Perhaps some of you are present here today. Now, I have warm feelings to your city and all of you. Don't know how it happened that in this place there's a lot of interest in my work. Anyway, here I am willing to present my talks in a more... usually I give knowledge rather theatrically and more common for everyone. In Russia and even in Los Angeles, US I did this way, but here in Riga I'd like to give lectures in a more scientific, systematic way and more serious. Do you agree to this? Good.

00.02.06 So, today we are starting a very serious seminar, I don't know who much one can come up with more serious. The title of the seminar is "Yoga of the Rational Mind." Let's start with few quotes: "...a man sees his aim to become a driver, a doctor, Don Juan, a friend, a tyrant – he always sees this as the higher realization and approval of his Self." said Adler Alfred and he also told that "without realization of the goal the individual activity has no sense." "Truly, a serious commitment to any goal is half a success to achieve it," said Humboldt Wilhelm. Finally, Aristotle said, "Any person individually and people all together have a certain goal, aspiring to which they shall select one and avoid another".

00:03:03 Rational mind exactly is as structure associated with the purpose and it is the only structure in our psychic which is related to the purpose of our lives. Thus, rational mind is something amazing; it is that part of our psychic which without training and development has trust in its own path, even if this path leads to a complete destruction of happiness. That is, rational mind is that part of the psychic which always believes in its own path. Often, we do not know where we go. It is often the case, but we always believe in our way. Here is the uniqueness of this structure. Therefore, study of the functions of rational mind is the main task for the person who wants to change his life for the better. Now, here are some of promotional activities of rational mind. Rational mind shapes the destiny of a man. Precisely rational mind shapes the destiny of a man. Next, rational mind gives the power to change it. Rational mind has faith, enthusiasm, determination and the ability to use memory. Rational mind is the only object of our psychic with the ability to understand what happiness is. So, it's a little background, a commercial. Now, we are going to talk about what the human psychic is, in general according to the Vedic knowledge. This will be an introduction, I am sure that ninety percent of you have listened to this lecture, I will be very brief, and will quickly bring you to the topic of our conversation, our lecture.

00:04:42 According to Vedic ideas - the human psychic is not a combination of nerve impulses or a consequence of the combination of nerve impulses. In other words, according to Vedic ideas not a matter is primary; something else is primary that causes matter to self-activity. And besides, there is a very simple proof. Vedic science, it does not invent something more complicated when there are simple ways to say the truth. For example, our scientists, many of our scientists believe that the universe emerged from the big bang. In the Vedas, there is a simple science, called "elementary logic" and elementary logic tells us that there are logical constructions that can't be refuted, because they derive from the elementary nature of things. For example, if the universe emerged from the big bang and exploded point, as the scientists say and the point came out of the void; then the elementary logic confirms where the point has originated from, if there was nothing. Can you imagine? All science now is based on this theory, but elementary logic says where had the point come from, if there was nothing? This is the simplicity of the Vedic science. There is nothing else to do now, because the elementary logic, it has disapproved all of this theory, around which all this great idea of expanding universe is being built now, etc. That's all. At this point concert is over, in this regard.

00:06:28 So I can give examples of elementary logic associated with how to relate to life. Matter creates life as Darwin considers or life activates the matter. So, even though one scientist will give some example where the matter itself suddenly comes alive. That is by itself. Was sitting-sitting, and suddenly came to life. Matter was lying, a brick, again and has come to life. Nowhere such thing happens, we have not seen. On the other hand, we know that if we take, say, a slice of life, for example, a seed is planted; it grows into a large tree. Always, some energy which is present in a seed organizes matter around itself and very actively.

00:07:17 We can see that all the objects that have something so active, that is, something different from matter, they can absorb matter into itself, structure it, so they can reproduce and use again another matter, that is, they are actively using matter. On the other hand, the matter itself cannot actively use anything. A car can't ride without us. We have not seen any examples at all to ensure that the matter itself could do something in this world, but we are absolutely convinced that exactly the matter creates the activity of the psychic. But this is a complete madness to think so. Or this is the combination of nerve impulses creates our psychic functions. In other words, matter creates something what then sustains life. But we have not seen anything in this world that by itself would create something, we see that anything itself is destroyed here, if for example, a car is left for a year, it is destroyed then. Even slippers by the door left aside then after a while they are gone. That is, matter constantly gets destroyed. Earth is getting older, buildings age, this room is getting older, we are altogether, our bodies grow old. Everything ages, but we believe in this case, that matter itself can create something. How does it create? How is this idea that a natural selection exists here, where the structure of something material, suddenly, for no apparent reason, it begins to develop into a highly organized matter.

00:08:58 One American scientist has studied the cell. He had studied, studied, studied the cell; his idea lies in the fact to understand how, the cell occurs out of a combination of

proteins. And he said, when he has learned, he said: "It is easier for a Boeing itself to arise from a pile of scrap metal, than for a cell to occur out of a combination of proteins". Such conclusion he has made. Because, here goes the following comparison, if for example, we take a small cell make it, turn it into a big city, for example, into Riga; in Riga then, you are constantly having traffic jams here; this small cell would be a million times more filled with movement than your city. This movement would be carried out in all directions of space, not only horizontally like this as we have done, but in all directions of space and in it would be no constrictions or congestions. Do you understand? It would be all like that in the cell, would move very well.

00:10:05 Now, presume, to enter Riga on visa is possible only from one side, by one road, at least from Moscow, but in that cell on all sides it is impossible to enter without specific sanction from all directions within every part of space. Can you imagine how grand is the structure? And how is it possible at all imagine that this arose out of the matter by itself, how is it all? Like this, times and again, and arose altogether. Scientists have proved that there is no way to immediately make a structure that would later evolved into the cell, i.e., imagine, take for example, the whole Boeing should be built simultaneously the entire piece, we cannot make a part of it, to construct only the tail and then it'll by itself organise into a Boeing, you know? It's impossible. Must at once construct the entire Boeing, do you agree with me? Exactly the same way the cell should be created immediately, such a huge structure is impossible to create by pieces. It's impossible. And it will not function. If a part of the cell is not created, there is a hole, it means that it will die, it will not function. It's impossible.

00:11:13 All living beings are made of tiny cells that are created in such a brilliant way. And we, in our delirium, this is now, scientific discoveries, are trying to invent the theory of evolution from the atom in these cells. This in general is not possible. It's just not possible. Scientists who study it seriously argue that this is simply absurd. The cell cannot develop simply it what has been created and as such is created. That's all. You see, it may change when it is created. Incidentally, another interesting finding which the scientists have done, they've done here a genetic way to change the individuals using DNA, modifying their genetic structure. You know DNA, it's such a twisted spiral and there are such protein cells. And they knock out these cells from some places and it turns out that the person has one eye this way the other eye is different. Well, something changes in our lives as a result. So they came to a conclusion that using genetic mutations never change individual for the better. Any genetic mutations that occur always cause degradation of our lives. Never stand for progress. Always something spoils. Always make it worse, never better. This is the conclusion made by the scientists engaged in genetic mutations. That is all. Darwin's theory is completely broken as a result, because it was based on mutations. Any mutations lead to no progress. That's all, is elementary logic.

00:12:50 Now, so the Nature laughs at our way of comprehension of the world. Vedas in general say that there are two ways of knowing the world: there is a way of understanding the world, the first method, say the Vedas, is the way of knowing the world which recognises existence of a more developed intellect than we are. The second way of understanding the world does not recognize the existence of such intelligence. Thus, the first way of

understanding the world if there is a highly developed intellect and a highly developed intellect according to the Vedas it is always intelligence that wishes us development and happiness, and according to our concepts a more highly developed intelligence are such creatures with antennas whocome down, what for? They come, in order to do us something bad. They are walking and shooting everyone, raping everybody, more highly evolved beings,aren't they?

00:13:45 According to the Vedic knowledge more highly evolved beings are those able to understand that we have to be happy. They are able to understand this. They have this function in the head, you see? And they give us good, bring us good and bring good luck. If we assume that there are such beings and they give us the freedom to choose how to live, they have to make two functions. The first function - they should leave us alone to ourselves, that we could possibly evolve and the second function - to give us the knowledge which would give us the ability to change ourselves for the better. So it really is and that way this world works. Higher beings are invisible to us, first thing and the second - they certainly give us various types of knowledge that lead us to happiness. And just as on the Earth, there are other kinds of knowledge that lead us to suffering. We shall speak about this later.

00:14:39 And the descending type of knowledge means the people humbly accept that, in this world there are higher powers that can give us the truth. Our task is to check if this true or not. That is, start to explore just that. That is to begin to study that knowledge which was brought on the earth since ancient times. Why exactly since ancient times,the Vedas again explain, why not to check in practice what was brought in the mental, let's say, to someone of us. I explain it is very easy according to the Vedic knowledge, only time can determine what knowledge is true and necessary. Only time can,because time destroys all that is unnecessary in this world. Look, let's say, two thousand years ago there were a lot of worksthat were also written by poets, writers, etc., but what was left as a legacy for us? What had come to us? The Bible had. Nothing more has come. Well, there can be, a little bit came. But again, this is something that contains great value in itself. You see? What is valuable tothe people they leaveby; the rest is being swept away.

00:15:47 According to this principle, the Vedic knowledge is based, it says, take the ancient knowledge with the help of which many people have achieved perfection. Study it, and check in practiceand this will be your scientific work. This is what I do in general, and doing all my life. The second option, we think that no, there is nothing above us. We are the rulers of this world; we are the kings of nature. We should not wait for mercy from the Nature, to take it from her is our challenge. This isthe modern scientific approach, the great man said. So here what is the idea, the idea is of the second method of knowing the world, one that is now widely distributed in our universe, on our planet, and it lies in the fact that scientists believe that there is only one way to know the truth it is by experiment. i.e., we subject everything to the experimental research, and if the experiment fails, it means that this thing does not exist.

00:16:49 Evenmore, an experiment, thescientific experiment, in fact is always under a lot of pressure. That scientific experiment, which is held now always under a lot of pressure from our desire for career growth, our desire to make money, our desire, at least do not lose the

job, etc. For this reason, Darwin's theory, for example still exists. Why is it so, because, already a lot of books have been written that point out to those facts which contradict this theory at all. For example, Darwin's theory argues that early humans appeared about a hundred thousand years ago, a long time after the dinosaurs existed. But archaeological excavations have revealed that in a single layer of land, i.e., one scientist just took it and showed this specifically, in one layer of land where there were dinosaurs, their prints, their trail, and it was many hundreds of thousands of years ago, even I think a couple of million years ago in the same formation a radiometric study showed that it was one and the same formation. They found the footprints of not a prehistoric man, but exactly of the same man as we are. That's exactly the traces of erectus people were printed in this place. After the scientist discovered all of this and published his article, immediately he was recognized as a fraud, immediately recognized as a fraud, and the marks which he found were felt as fabricated by him, in order to make himself a scandalous career. That's it.

00:18:37 Another woman, who did not advance so much, she just; there were certain excavations and in my opinion only, she has changed the course of time for a hundred thousand years, i.e., in our understanding of things that primitive men appeared earlier than a hundred thousand years. She's been deprived of the career for this, she was fired and banned her to be printed at all, and be published in any scientific articles. There is a man who has picked up all of this and published, his name is Richard Thompson, i.e., he has published the book "Forbidden Archaeology" and all these facts you can find over there, very interesting and it has been translated into Russian, basically the book is not difficult to find. You can type on Internet and you will find this book, "Forbidden Archaeology" by Richard Thompson.

00:19:24 So, why am I telling you all of this? In fact our science is very strongly influenced by the two things. First thing, we cannot completely open-mindedly move on the path of this science and the second thing it always follows the direction in which we order it. That is, say, we want something. We have ideas, for example, we think of happiness and what is it? It is to have the best cars, to have a better food, to have a comfortable flat, more computers. Do you agree with me? We have aimed the happiness, our happiness in this way. We believe that this is happiness.

00:20:09 Now, elementary logic, let's take the elementary logic. I'm not against computers, machines and so on, believe me, but now I just switch in the elementary logic. See, the ancient people sought out only through the development of their intellect. They have seen in a distance as we see on television, but they saw not what is being slipped to us on the TV, but they actually saw what was really happening, here's the difference, you know, huge. So, then, the ancient people were able to move at a distance by themselves, i.e., could move with their own powers. In which case, they did not have a head ache after the flight, you know, they have moved somewhat differently and it was easier than for us by plane. I've arrived now, a very classy feeling.

00:20:58 Now, further. They were able to heal people with the help of simple things, i.e., they just read some mantras and a man recovered. We have evolved to the extent that these powers

in us are completely absent. Because we have a TV, why do we need to develop these faculties, since we can have a look anyway? Now, we have a car, why do we need to move, to develop the ability to move, if you can take a car and go. i.e., we are developing this technological civilization as a result ecology of the earth crumbles, our ability to exist on this earth is also crumbling, because even by car impossible to get anywhere, it's easier to reach by walking. We began instead of natural products; we started to learn how to improve these products. As a result of this, it is almost impossible to find natural products we have to eat this chewing gum.

00:21:52 Next, here we go. We've decided that the body cannot cure itself, so we invented a lot of drugs that damage the body rather than cure it. Practically it's already obvious to everyone that all the chemical drugs they can just quickly treat. What is their good property? They quickly can save us for a time from some illness to have at least more or less normal existence. Ancient healers, they did the same thing without medication. What for did they need the drugs? But then, these drugs afterwards lead a man to a tomb and the ancient methods of treatment at all are normal, no problem, on the contrary, they activate the body, allow it to live normally. Thus what our civilization is heading to? Where are we moving it to? This is a big problem. And the problem is that we have forgotten what ancient scriptures study. They tell us that in the first place we should study and above all we should research. This is important to understand. And the purpose of today's lecture lies in this, so we get an image in this regard and it would come in place a little.

00:22:59 So, we live in the mind. Mind, it is a subtle matter that functions in a very exciting and mysterious way. We live inside a subtle matter, we exist here, you are looking at me, and you're in touch with me in this subtle matter. Do you know that when you look at me, you come in contact with me? A real contact occurs it is not something that I came up with; it is a real touch of your subtle body with mine. We have contacts with each other. Further. Sound, is a force that really changes the structure of your life. Do you know that, the sound changes the very structure of man's destiny? Not that he's listened to and everything is fine, I forgot, no. There's something has changed inside. And just so you cannot listen. This is important to understand that just so you should not listen. And people should not just talk. Therefore, a man should talk about something important that he really believes it is important he must only talk about it. No sense to talk about something else.

00:24:07 Next, our touch to someone sends our power of fate. i.e., we are touching the person, so we pass him a part of our life. When we eat something, we take thus fully, without a trace the energy of an object with which we come into contact. So, if we have something to eat this means that we eat the destiny of this object, and not just so. Of course, one can imagine it from the point of view of scientists: that we eat proteins, fats and carbohydrates. And therein lies the value of food, it is in proteins, fats and carbohydrates.

00:24:47 The elementary logic. Well, then why to suffer? Let's take the fat, protein, carbohydrates, and will eat it. This will be a divided food, which it is. Why suffer, have only cucumbers or only tomatoes? Let's make quite separated meals. This will be the most easily digested food only fat, only sugar, only protein, protein, protein mass, water, so let's eat this

way. Why no one wants? What's the problem? "It is not tasty." So, tasty it's something else, you know, not related to the protein, fat, fats, carbohydrates, it's some other stuff. Let us now take another experiment. Try to fry potatoes at home, get the same dices of it, the same temperature, the same amount of salt, the same amount of oil and the same amount of cooking time. One person prepares potatoes, then another one prepares. You eat. What is the difference between potatoes? The taste is. Here's one man was cooking, you eat, get sick, do not want. "Who's been cooking the meal?" "This one has." "I knew it." [Laughs] Sick, a man cannot eat. Next, the second man is cooking - yummy-yum, good. "Who's been cooking?" "This one has." "Oh, it's good." "We eat."

00:26:06 So, in taste there is something else present apart from technologies of preparation, right? Meaning, there's a power associated with a person, but we do not know all of this. We do not study these ideas. Doctors do not advise anything of this, they say, "Eat potatoes." - "And is it important who's cooked it?" "What?" "Important, who will cook the potatoes?" "In what sense?" i.e., they do not know anything about it. Now, this is important.

00:26:34 So, we are studying the subtle body now there will be definite academic information. Tune to it seriously: our psyche is composed of four main components. The first component is called the mind. This component unites everything else, but is not the main function of the psychic, because over the mind there is the controlling part of the psychic, which coordinates the activities of the mind, which is called rational mind. This is also a subtle part of our subtle skeleton. We are now going to study subtle skeleton in our body. Subtle means invisible.

00:27:16 Next, the third part of our psychic that permeates everything, completely all psychic and physical structures of the body, this component of the finest even thinner than rational mind is called a sense of ourselves as individuals. It is egoism of a person. And the fourth component which fills with life all this is called the psychic energy or prana. Now, all of these elements without the presence of the soul, which is us, that is, if I say "I" and poke a finger in the matter, in fact, "I" does not mean that what I poke in. "I" is there, inside, according to the Vedic knowledge. Even not in there, it sits even in a different dimension. "I" means a spiritual particle, the spiritual atom, according to the Vedic knowledge.

00:28:15 This spiritual atom is projected and not sitting in, it is being projected here in the chest and this spiritual atom governs all or rather encourages, inspires all of the subtle - material functions, structures that I have enumerated to you now. That is, the soul by nature is intangible at all. The spiritual meaning is of a very important difference, the first thing - spiritually, it is, in the material sense does not change, i.e., it does not age, does not die, nor born. The soul is eternal and changeless. Further. It strives to only three things and is filled with, i.e., it feeds on only three things.

00:29:00 The first thing she eats, and what is filled with, it is the energy of eternity. The one that in spiritual plane is for real exist. Therefore, we never believe; we never truly believe that we will go into oblivion. For example, many people believe that life will end and that is it, but this is complete nonsense, we never believe this. Well, how can life be over and that's

it, for no reason, for no reason began and with anything it ends. Again, nonsense, there's no logic. Well, where have we seen in this world that something times and again appeared from nothing and it went away into nothing? Where do we see such thing in general? This does not exist, as such does not happen.

00:29:42 We always are. Here is let us now imagine, let's do an experiment. The first phrase I say: we had not been, we appeared, again we do not exist and it is the first option. Now, we have always been, just now we are here in this form, and then, after we die, we will live in a different way. Rather, we will be the same, but our life will flow elsewhere in another body and it is the second option. Which is closer? The second, of course, closer, because it is correct, it is understandable, this is also elementary logic. It cannot be that something times and vanish, and times and emerge; such does not happen, it is complete nonsense.

00:30:23 So, on we go. The soul seeks knowledge about what is happiness. We always want happiness; we want to learn what happiness is. We have no idea to wish something else. Even when we ask, "Will you have bread today or not?" In the bakery we ask, this is a pursuit of happiness, we want bread. [laughs] We call to this bakery and we like this bread, this is a pursuit of happiness. We learn will there be bread or not, this cognition is a certain way of learning.

00:30:55 Here. Further. Third, where the soul aspires to, the soul is aspiring to happiness itself. There is a striving for knowledge and is a striving for the very happiness itself. It says, "Well, okay, then I'm out." At first, it studied there is happiness or not; there is a bread or not, and then the soul is gone for bread, it already gone, that's all, meaning, it is a different type of action. So, the three things that we always strive to: we want happiness, we want knowledge, and we want eternity. This is something that no one can ever cancel. Suppose, a man says, "I do not want to live." But even if he says so, that phrase means terribly strong act awful strong and yet, it does not last long. A person, for example, says: "I do not want to live; I do not want to live." If he does not kill himself in time, well, in the sense of the body. Then, after some time, he'd want to live again.

00:31:52 For it occurs naturally by itself. We do not need to force ourselves to want to live, it happens by itself, inside. Further, we do not need to force ourselves to believe that everything will be fine; it is a sense of eternity. All will be well, but what good will be? We age, grow more sick, more frustrations and then will be death. What will be good? "Well, well, all will be good in fact, what are you saying Oleg Gennad'evich, all will be well." This means that we all believe in this sensation, we believe in a sense of eternity. And then, we can not aspire to knowledge, it is impossible. Man always studies how to live better, wants to know how to live the best way. This is impossible to cancel this function, it is not simply possible. Even if a person will lie like dead in his tracks, he will not do anything. It would still be better to go and study how to lie down and make it normal to lie. [laughs] i.e., it is not possible to cancel this function, we can not cancel in ourselves, it occurs itself, you know? Three components make up the inner of the soul.

00:33:01 So, the soul manages everything, it has a spiritual mind, which creates a spiritual structure, when the soul has a spiritual body. This is difficult to understand for us, but this is and it is described in the Vedas. Further, the soul has a spiritual rational mind, which tends not to, what we are striving here for. Spiritual rational mind is active only in the case when we aspire for something unselfish. The spiritual rational mind knows that happiness only occurs in a pure interchange. Well, let's just now imagine, say, we smile to someone, happily enjoying we smile to someone. Further, he smiles happily back to us, presume, this man. Two smiles have met, what has happened? Something has got stronger. One smile creates another smile and he smiles at me even more joyfully and he has more joy, so it goes as long as the spiritual rational mind works.

00:33:59 Then presume, say, I smile even more and more, and then think, "He's somewhat coo-coo already. How much can you smile?" Other rational mind intrudes the material rational mind and immediately all at once, smiles are over. That is, we can act to some extent on the spiritual platform here, but certain forces interfere, we doubt that it is true, that it is right to behave this way. Because if we are actually going to behave from a spiritual platform fully, then this state of consciousness in this world is considered as madness. Well, let's say, a holy fool. Who is a fool? He sits and laughs, smiles to everyone and says, "Oh, how I love you" - crazy. Now, a reasonable person, how does he behave? Not crazy, decent man, how does he behave? They smile back to him and he is as such, "Hello." He goes on, they would say, "Good evening, Ivan Petrovich." He says, "Are you all right?" [Laughs] i.e., he considers himself superior, i.e., he is reasonable. And here's the man who smiles, he wants happiness with everyone – he is a fool.

00:35:00 That is here, everything is upside down, material rational mind, it works quite differently. Therein contains the problem. So, look, here's the process, we wish happiness to somebody, selfless response creates a certain kind of fixated energy that never ends and will never end. This energy has a spiritual nature, there are entirely different laws. One minus one equals two. I give a smile, I give a smile, a person gets a smile, something I have given, but as a result of that he got a smile, he gives me a smile back and it becomes two smiles. We cannot in the material sense of the same process, the analogous find in this life. Now, let's say I give a lat, will I have more in this pocket. No it won't add? No. I have no lats as a result. In the material sense we are losing a lat.

00:35:55 And people who are materially oriented. Success in business, now, I reveal you the formulas. People who are tuned in the material sense, they give a lat, lat in the business favour and they feel bad. Because they feel badly, the entire staffs feel bad. They have given lat into business. Now, people who are determined on the happiness in the spiritual way, they give lat in business and they feel good, all the staff is good, they have given lat in business, they've done business, it became two lats. Now, what energy is acting, material or spiritual? A person believes that he'll be good in this business because, everything is developing in his business. As soon as the trust is gone, well, let's say, they have taken away the two lats by different tax services, the tax inspection, there happened something and their all business is destroyed. But not the business is destroyed; a proper understanding of things is. This is an activity of the rational mind, which we will talk further.

00:36:52 A woman in Alma-Ata came up to me and says, 'I wish to shoot myself. "I say, "No". This is not funny, this is really so, I say, "Why should you shoot oneself, you are so young and pretty?" She says, "I took a large loan and my business has collapsed, now I have to give back a lot of money urgently. People do not want to listen to anything, I do not have an apartment enough big that I could sell off and give them the debt back, I do not have anything worth that debt to be given back and they demand to return the debt immediately. What is left to me, only shoot myself". Well, the worst situation in life, well, what to do? Really, what to do? I say, "Sit down, now, let's talk." And we began to talk with her, discuss this issue. I told her exactly the same way I as told to you, I explained, she understood and she realized that in fact, only the attitude to die fosters death. Another attitude gives birth to life. And she went to them just, well, from the point of life, spiritual energy. She went there and told them, "Well, now I have a situation. Let's examine it, I have no apartment, I do not have this or that, if you kill me, you get nothing at all".

00:38:02 "Now, the second option, I have a qualification. All what I have, I have the qualification, I am so and so, such a worker, let's see. You, you do have opportunities, take me to work, I will give you almost all. Only leave on life itself, so that I eat, and well, normally, to exist normally". And because, she spoke with the energy of life, they thought, "It's cool, isn't it! A person bound to us will work and will not go anywhere, super!" They found her a good job, she quickly gave back everything. And she's still working there, she had already no debt to anyone, but she has become a very big woman in this company. This is a very good way to change your own life. If she did not tune this way, nothing would work out, you know? She had to convince these people.

00:38:51 To convince means to give them some sort of power that would have worked in them, and would give them the opportunity to make her such a person; and to make this force of persuasion present, for this a person should have it, nothing arise out of the void. So, the power of persuasion or an opportunity to influence the team is none the other than the power of rational mind. And those people who do not have this energy, positive, they are not able to manage the company; they are even not capable of anything to change in their life at all. I'm not talking about some basic things; they are not capable of anything and these people are simply walking dead. The more a person has such power within, the more he is able to change his destiny for the better, no matter in which direction, no matter if the direction is material or spiritual, doesn't matter. But we do not study this subject; we do not know what rational mind depends on.

00:39:44 Well, let us set some goal. We do not know that this force what changes our lives depends on how that goal will be kept in our lives. Suppose we aim, we do not know anything about it. We also do not know that we have set ourselves a goal: "I will buy a car." Alright. The goal is set, bought the car, that's all and the enthusiasm to move forward is over. The force with the help of which a man persuades people is finished and his wife says to him: "Well, now what are we going to do with this car?" And he feels that he has nothing to say to her, because he has no power to further develop the idea. Here is, the car, everything is normal, why she screams, is not clear. Here, you see, relationship collapses. A person then cannot move with faith, all of them worked for a car, for example. That's all. The car is there,

what's next? He is not able to maintain relations further, they collapse. He has bought a car – the relations breaking down. This is a big problem.

00:40:45 Let's say, a mother has raised a child, she believes, she has dedicated all her life to this goal, that, "I live for the child." All right, the child is thirteen years old, with thirteen years of a child ceases to consider the mother to be the goal in life. Before this, he also believes that his mother is the aim in his life, he lives for the mother. Then came the age of thirteen, puberty, everything, he turns away, he goes with his own destiny and his mother catches, what? Void. Raise the hands those women who now feel the same, their child got mature sexually, and she catches the void, she cannot have him, a child does not belong to her, leaves her. It's a shock. Total depression, a person does not know what to do, she starts to torment a child, wants to return something, but it cannot be returned. A daughter leaves the family at all, the daughter is married off. A week later, she comes home as a different person mentally, with absolutely different interests, very different thinking, completely different life, with a different attitude to parents, everything is else. Her mother thinks, "Bad man, made zombie of the child." And then, as in the song, "Listen, mother-in-law, dear friend, help me, we are not enemies." That's right?

00:42:01 Why is the mother-in-law at war with a man? Why such hatred? Because, there is no understanding of the difference between a female and a male rational mind, we do not know this. Woman's rational mind is entirely changing under the influence of a man's. Woman takes on the character of her man, she gains new inclinations, new ideas, if she loves her husband. And if she does not love, then everything is fine, nothing to worry? There's nothing to worry then for the mother-in-law. The daughter remains the same as before, he's a fool, but I'm not. Why should I bother? But if the girl loves, that's when the problem occurs. We do not know about this, we're spoiling the fate of our daughter, if we do not understand it. This is the function of the woman's rational mind. So it works, we do not know this.

00:42:45 So, the power of the mind controls the activity of our entire existence. Rational mind pursues happiness and it is not an allegory, in our material universe there exists, at every point of the universe there is own taste of happiness, its own knowledge about happiness. In Riga, its own knowledge of happiness, in Moscow, its knowledge of happiness, in London its knowledge of happiness and nowhere the taste of happiness repeats itself, in any home. Go to the house next door is a different atmosphere. Somewhere you like more, somewhere less. Even go into the next apartment in this house is a different atmosphere there, And if, say, the tenants will move, at this point of the space still will be a tendency to keep the same atmosphere and this is why the more successful people come to live in places where there is more happiness, less fortunate people settle out there where there is less happiness. And about this also the modern science knows that, there are bad zones, nice zones and so on. But this is just a very inert part of our understanding, of our existence. A place in which we live is very inert, everything can be changed in reality, because there are other things.

00:43:55 Man, being in this place can bind his mind completely to another place in the universe. The human rational mind is a movable psychic structure, which is so strongly connected with the whole in this world, that we can tune into any part of the universe, i.e., to

any form of life, on any style of life in the universe, which only exists. According to the Vedic ideas there are fourteen planetary systems in the universe. In each planetary system is its own point of view on happiness. We live somewhere in the middle of this structure. We have average planetary systems, happiness slightly lower, less than we would like to have in life and happiness is a little less than desirable. But you'd agree, it so we live in this place. We do not at all have happiness, but slightly less than desirable. Always something is missing: in winter is the summer missing and in autumn missing the spring.

00:44:47 So, above us, on the next planetary system the happiness is a hundred times more, according to the Vedas. Next, on the fifth level there is happiness even a hundred times more, that is ten thousand times more than we have. On the next level there is happiness more than hundred thousand times and so on. According to the Vedic knowledge, the man who is able to understand what is the happiness of those who live above us, he lives such a life; i.e., he lives with the condition which they have "those" who are not "us", we have, you see where is the difference or not? Like if you say: "I do not know how become attached with my happiness to that part of the universe. How do they live over there? What interests do they have? What are their principles of life? How is it to become attached to this? I do not know." Well, well, adhere to at least the happiness of those who live on the earth and is, well, i.e., ten times happier, though, than, say, me. And the Vedas explain that it is very easy to do. Is enough to take the knowledge from the person who has ten times more happiness and you also will have ten times more happiness in your life, that's all.

00:45:56 It all depends on rational mind, where rational mind is attached. The attachment of rational mind means faith. Faith - it is a very intimate thing. Suppose the wife says, "I'm going to the courses." - "OK, go to the courses." She went to the courses. After that she says: "I will not eat meat." - "Stop. Why?" - "I have changed the faith." - "Are you crazy?" And big problems start in the family, because the faith is not a simple thing, faith is a surprisingly intimate thing. You see, there were the same interests in the family; once the wife starts to live very differently and the husband's eyes bulging, he says: "What are you? Are you crazy?" He does not understand what happened. Faith is a very serious thing, very serious. The taste to happiness changes and the destiny of a person is changing. And we should know this. Let's say, if you go to the lectures, your destiny will change, you have to treat the fate of loved ones, what way? You have to be patient. If they do not want to continue, let's presume; move on upwards, you should be very much with love, with respect. You leave them alone, it is necessary to treat them very gently, kindly and do not impose your own ideas.

00:47:05 As I had such cases. Suppose a man went to a lecture on nutrition, became a vegetarian. And he has got a strong enthusiasm to eat this way and he's got great taste. And he came to his apartment, the father of the family, and said: "Now, be as I say, we throw all of the meat out of the fridge. All of the children do not eat meat; do not carry to school and take with you the thermos with food in it. That's all, wife do not eat meat at work." [laughs] and away we go, a complete terror out there. They nearly ran away the whole family, you know? After all meals then depend on what? On the taste of happiness of a man, it isn't just like that, a person eats this or a person eats that This is due to his understanding of things, it

sits very deeply, human nutrition, human communication. You can't say: "You stop being rude to me as well?" It is impossible. Such is the understanding of happiness.

00:47:57 A man cannot simply stop being rude it is a disease of the mind. A person cannot just so change it is an illness of the mind. A person cannot quit smoking just like that it is a disease of the mind. A man cannot stop drinking without a reason it is a disease of rational mind. A person cannot stop being lazy and go to work it is a disease of rational mind. A person cannot just get rid of the cancer a disease of rational mind. A person cannot simply do anything that changes his life. In order for something to happen, he must really understand that this life would bring him more happiness and that's where the problem lies. Because, really we cannot understand, no one has taught us this. In general, in our life, we occupy our brain with functions. What do we do? We are engaged in that we memorize something. We are engaged in that we are studying something. We're doing this what afterwards we apply, in where? At work, but the activity of rational mind does not change as a result of this.

00:49:05 Activity of rational mind changes quite differently. A person should study something, realize something and make changes not at work, but in his own life. Here look, how much have you learned that you used in your life. My life, what is it? At what time I get up from bed, what I eat, how I treat people, how I feel about the close ones how I develop myself as a person - this is my life. Everything else that is necessary, what helps in life, our work helps in life. Why do we earn money? We earn in order to live. But if a man lives only at work what is the meaning of his life, then? He is working to live, but lives at work. [laughs] No sense at all. i.e., life is something that changes us and gives to us, makes us happier. But work. Does it change us, no, it doesn't? It leads us in to a coffin.

00:50:02 Work takes away strength, takes away health, takes time, takes away family happiness. The more at work, there's less of family happiness. Work takes life, but it gives what? Money, money in a coffin is not required. Correct? [laughs] This is the irrational approach. How much time we devote to live, to make ourselves happy, how much time during the day? Zero. We come after work, how is rational mind, the activity of rational mind means the effort to master oneself. We come after work than what do we do? Turn on the box, the work started in there, we do nothing, we watch, there is a hockey game for the true men, "a coward does not play hockey." [laughs] i.e., they live out there for us. You see, it's all nonsense; we generally just burn out our lives this way. We do nothing in order to get better.

00:50:58 After all, life goes in the same plane, and nothing changes. We want to be happy, but we do nothing for this, because we do not know how to do this. We did not study about rational mind, how it functions, what functions it has. How to use it to live, we did not do anything, so the life gives a crack. Why it gives the crack? Because life is not flowing, as that shown on TV, it has bumps and it is visible in all of you. You have it, someone has a better fate flow, someone has a better fate now and in someone it starts to descend. Here you are, looking at me girl, yes, your fate has gone down and trials awaiting you. And here the woman, who's next to her, she has already overcome, here you are, in the first row, you're better now, you've experienced awful sufferings, not so long ago. Do you agree with me? Yes. You are better already; your fate has come up.

00:51:50 People think they really believe that, "Everything will be fine, we live as we live." Guys, it will not work, fate changes every year, you know, one thing after another. Can generally be so hard to live, that is simply unbearable. For my consultations people come every day, "I'm dying, I do not know how to live." i.e., you see, these are all real situations that occur in life. I also, not so long ago, had such a situation. See, this is real, what is happening with us and we need to know how to come out of these situations. This means that we must work on our rational mind, and not just work on our money. These situations come up by themselves and we think, "Yeah, I'll be fine. Guys, stop listening to this guy in specs". It all falls apart by itself, you know, all by itself. A man comes up to me and says, "At work, I can do nothing, I cannot grasp." He says: "I used to command everybody at work, now nobody listens. Why is this happening?" "Because there is a force that makes this doing possible, and that power comes from us, from us within. We will talk about this, the Vedas tell us all this.

00:52:57 So, rational mind is situated over the mind. The mind is a psychic structure in which we live. The mind is composed of a main body in which all the activity takes place of the senses, which interact with the environment. Feelings are not the eyes, feelings - this is what gives life to the eyes and it works through the eyes. When we leave the gross body, as the Vedas saying, we do not die, but leave the gross body; it crashes and dies, because we go out of it. Therein the higher plane when we go out, the eyes remain, the ears are remaining. It means we can hear, we can see; can hear, but without the material ears, gross. There are subtle material ears, subtle eyes and so on. Raymond Moutena described this in the book "Life, blood after death." A lot of cases, it is a science.

00:53:54 A man, behold, simple logic. A man lies, devices do not show any pulse, anencephalogram shows zero, the heart, and heart rhythm is zero and a zero is a clinical death. They are reviving him and he tells: "I got to." - "Where?" - "All this time I was suspended over the room". And tells us how was the operation, in details, such cases are not one or two are described, but hundreds of cases. This means that it exists, that this force that is outside of the deceased body there it exists, it is able to describe, everything can see, everything can hear and this force is called the subtle body of the mind. It has its own structure and the Vedas describe it in detail. So, feelings, a sense of hearing - is the most important sense, because it connects the mind with rational mind. This relationship is the most important link in our psyche. The sense of hearing connects the mind with rational mind and changes the structure of rational mind, can you imagine the structure on which our fate depends, changes the sense of hearing.

00:55:00 So the Vedas say, the sense of hearing is the most momentous in our lives. There is such a script as Vedanta Sutra, the last; it is a summary of all Vedas. There are some few sentences and phrases. The most important and the last phrase in this work: "Salvation is in the sound, salvation is in the sound and salvation is in the sound." Repeated three times, that's all, a very important point, we have to understand that. Salvation means happiness. So, the following sense is the sense of touch. This is when we touch someone or oneself. The sense of touch, it has an amazing feature. The sense of touch, it energizes rational mind and energizes the mind, the sense of touch is changing the energy structure of a man, therefore the

most effective method of healing used by Jesus Christ. What did he do? He came up, like this click, right here. What is it here we have? It is the interaction of the mind and rational mind. Rational mind is here in this structure, in the higher plane and the mind is, well, is like the mental activity; the interaction of the mind and rational mind is here. Christ touched with the three fingers, click and man comes to life, getting healthy.

00:56:20 Why? Because his rational mind was taking the man's psychic and redirected to another source of happiness and man would develop. And his functions of the mind, that is, the body would instantly begin to work differently. They only depend on the happiness to which we are attached, that's all; our functions are fully depending on it. If a person is attached to that, it means his whole body is not working as it should. And he (the Christ) had the power to change it, that's all; this way the treatment is carried out, a very easy way.

00:56:54 Tactile sensitivity, this is a huge power. When a person touches another person, he passes to a man his sense. Why are husband and wife so much related to each other? Very much, when one of them goes away, the second dies, is very hard to live; it is very hard to live. Even if he does not want to die, he does not want to go to the other one, all the same is hard. Because when they embrace each other their subtle nature intertwines with very thick psychic threads which are called nodes of material existence. [laughs] The nodes appear between our hearts, you know, the knots are very sturdy, tight. And we must understand that this occurs due to the tactile sensitivity. This is a very important thing.

00:57:45 But what do we do for leisure? "I want to dance with you. Came back [singing] "Tango, Tango, tango, and you were gone; you've forgotten everything that was there." Simply a person once danced with another woman, came into contact, intertwining has happened and the wife has no idea about this; she's at home, she has no idea that there is a subtle body. She just prepares him potatoes. But his feelings arose, you know? "Tango returned and you were gone". That is, you see, his life has changed, he danced with another woman and by will of fate, he has got a very strong harmony. You know, that could be a very strong harmony, not that some woman is walking over there, but a very strong harmony in all psychic centres can occur with another woman when you have touched her. Because, when a person touches someone his protection from that person is no more. That's all there is an exchange, bye-bye, love. And a person cannot anymore; he says, "Yes, we know each other from previous lives. I've heard lectures of Oleg Gennad'evich, he speaks about the past, yes, with her, we are ready from previous life and with my wife we live only this life time, for twenty years."

00:58:58 Look, this really such is the works of psyche. I'm telling you, even if you people sitting here, I will not show with a finger, those who consider: "So, but why do I need a wife, if we have love so pure with this one?" So, here is, the Vedas say that when a married man, leaves his wife and children for someone else, a pure love cannot be. But the mind thinks so, it's a pure love. In that the problem is big, we do not know all of this, so operates sense of touch, touch. You love at a distance, please don't touch. That's it.

00:59:34 Then, the next feeling is the sense of sight. The sense of sight is associated with the mental. Through the eyes, it is a mirror of the mind. Suppose, if you look the person into the eyes, simple things I am going to tell you, very simple, but we must know what we are looking at. You see, when you look into the eyes, you can see the mind of a man, his character, his inclinations, his thoughts. Thoughts are here, on the left side in a person, here, are here. Next, wilful inclinations, desires, are over here. Now, let's say, a lot of energy here in someone, in a person. During the lecture, it means that he wants the lecture to end quickly in order to go home, but it's not comfortable. And if there's a lot of energy, so he listens to it, but you can see everything, you know.

1:00:22 Then, right there in the inner corners of the eyes is located the tonus of thought of a man, that is, his mood, but here tonus of will, that is, his inclinations, motivation. If the right eye is glassy, i.e., not in the full sense of the word; but say, you looked at a person after my lecture, can study the people, look, he has the right eye still. You know that they are different eyes, right and left. One is such, and the other is as such. You look and see that there's something wrong with the person, but, is not funny, I'm serious things telling to you, something is not right with the person, you look at him and you should define in which eye something is not right, it is very important.

1:01:02 If you see the right eye is as such frozen; it means that he has a huge problem related to his activities in the outside world. He might be fired from his job, or will soon be fired. Well, let's say, the husband does not want to talk, he came, he feels bad. Look which of the eyes, if left eye is frozen hence he had problems with understanding of oneself, his family life or he has family life elsewhere, maybe has started. It does not matter, he suffers, has stress, it is the left eye. The right eye then is in the external activity. Something is with the work related. Serious information I've told you or not. Try it, practice, it is very important. I can take these things in the details apart. Because I study this unique knowledge, it treats all of this. One can tell from the eyes, or from the nose, on the lips, by the face everything can say about the man, by phalanges of the fingers can tell all about the man, what's associated with him. The question is how much of this you know.

1:02:02 So, eyes are a mirror of the mind. If a person has the upper arc of the eye very strongly curved it means that the person is an optimist and his mental is strongly linked with the mind. If the upper arc is sunken, he is like this. This means that he is disappointed in life and his mind is not in contact with rational mind. He is not able to control his own destiny. If the lower arc is strongly elongated like that, on the contrary, this way it means that the person is strongly attached to passions in life, to the body. This means that you cannot rely on him, at any moment a misfire can happen: "It drew in a wrong direction, dude." Now, this could be, you know, and if there is a straight line, straight line, but here it is convex, this is a holy man. Well, that is, if the structure of the eyes is like this: here is straight; why are we not interested? So, are interested, it means that this person is oriented lofty in life. Well, it can be seen in the monasteries. We cannot radically change our psychic structure. Those who live in the monastic life, they can. You can see, look in the eyes, already in structure of the eye can see where a person is aimed in life.

1:03:19 And the next sense is the sense of taste, sense of taste is connected with replenishment of psychic energy in a man; yum-yum is not connected with the completion of chemistry, protein, fat and carbohydrates, as you might think, yum-yum is connected with the provision of psychic energy. It is very important to understand, because many people think, and thus attune themselves, but they are deceiving themselves. They say, "There somehow I have not enough of haemoglobin, must munch an apple. And I do not like the apples, but have to chew, for not enough of haemoglobin. "And he's munching an apple, and then becomes sick, even weaker. Perhaps, even more haemoglobin is missing.

1:03:58 You know, means, it is absolutely wrong mind-set, a person should only eat what tastes good to him, what he likes. It is particularly well seen in the pregnant women. The woman whose mind-set is cheated, whose psychic does not work properly; with the point view of the chemical elements, she can miscarry the baby. Because, when a woman becomes pregnant, she should eat only what she wants and nothing else. Because, now she has two lives within her body and now she, her tastes have changed, because, the taste means energy. This is a baby already asking by itself, its energy, it needs its own energy, she needs her own. They've got a body that carries the two lives at once. And she, she has no experience, she does not know what, to eat now. Her tastes are dramatically changing, because, a new creature is there, who wants his strength from it. Not the chemistry as you might think, but his strength.

1:04:56 If you take, say, two chemically similar products, person will want to eat this and would not want another. If this is, say, a woman and does not eat the product that suits her, a foetus dies. And it is aborted, is thrown out, he cannot stay there, because a woman's body in itself, it is selfish, it pushes the foetus out. The body cannot hold by itself, the foetus by itself is holding inside the womb, memorise this. And so that he could do this, he needs such food that suits him. We do not have experience, we do not know what kind of food suits him and to the pregnant woman rational mind of the child tells, it says, "Do not eat this." She says: "There's chemistry I need." And starts eating everything, she's gagging but eats, and afterwards a miscarriage. Why does this happen? This is out of ignorance. Do not go to the doctors, do not ask me what to eat, take products which have everything; go to the market, go to the market and look what I want, when you are pregnant. Look: "That's what I want to eat. That's what I want. "And you need to eat as much as you want.

1:05:57 Just as an ordinary person, not as much as a pregnant woman, but to a higher extent he must eat what suits him, what he likes. We are pretty much concerned; one should eat what he likes and have it on time. For, if, say, you'll eat a product which you like, but at a wrong time, it will not work, and it'd kill you. For example, women's hormonal functions are supported by the sweet foods and give them beauty. If they eat this food, when? Yes, in the morning. If they eat sweet foods during the day, then the heat is warming up in the body. Heat in the body means more masculine qualities, but if a woman is eating sweet foods in the evening, then she is; what does this woman become? She's a Nested doll. She starts to gain weight; it inflates her and she grows fat on all sides. "I do not know why I'm getting so fat." You see, because the wrong time sugary foods you eat, because hormonal functions are working improperly, that's why all this.

1:06:56 So, the five senses, which interact with the world are in the mind. These five senses, they can work at any distance, hearing; a man can hear at any distance. At five miles, you should know how to do this, you should be able to attune rational mind in such a way and the mood of rational mind is the most important function of the mind. It is the most important function of our psychic. Why, for example, the conductor can see which violin plays poorly, one out of a hundred? It is because, he caught that psychic mood that allows him to do it, but we are not taught this. We do not know how to hear at a distance, we do not know how to see the disease in humans; we do not know at all how to see if my husband cheating on me or not. We are not taught this. Although this can be seen, no problem, have a look and you will see if you know how to look.

1:07:45 Now, here the problem lies in that we have no grasp of our mind, we don't have hold over a sense of vision, we do not possess sense of hearing, because, we don't care about this whole matter. What do we study? It is computers, we have a sense of a computer, and we know what is moving in it, we can start it remotely, this computer. However we do not master the sense of hearing and sight, this is our stupidity of our civilization; when we are dependent on computers we are forgetting ourselves. And we over computer have started to love each other; by the way, this is a big problem. For, it is impossible to communicate directly. The two men met, "Hello. Hello." They communicate with each other out there, love on computer and meet with each other at work. At work they do not love, on compute they love, because people cannot communicate, there comes an atrophy of psychic ability. We do not develop ourselves we are developing technology; this is a big problem, the error of civilization.

1:08:43 So, then, the mind interacts with the gross body, with rational mind, coordinates by interacting with the senses as if, is a medium where we live in. We live in the mind, everything that is happening in our life happens in the mind. The mind constitutes of the character, simply to say. And within us moves the energy that fills us with life, this is the energy, the energy of the soul; it is the energy of consciousness, but when it comes in contact with the material energy, it becomes a psychic energy, called prana. How it functions in our body and how the false ego functions, I am going to tell you now. The lower in our gross body we take a look at; the more in the midst out there the false ego is located. If, for example, take the very bottom of it - there is a lot of false ego. Take higher; there the false ego is less, so it should be. Now, the consciousness, what is it? It is the force that interacts with some parts of our body, including those or other processes of life. This is controlled by rational mind.

1:09:54 Suppose, a man considers, well, let's say, he has believed Freud, he accepted his knowledge. "The most important thing in our life - is sex. We are different, there is a sexual-revolution, "an anthem they have invented, the youth sings, have believed to Freud. As a result, as they have believed, rational mind; rational mind is engaged in activity related to this concept. As a result the psychic energy has started to revolve with enormous force, where? There where it is related to this; that is, psychic energy has sank down and started to interact with the most lower psychic centre, which is associated with sex. Which is called Muladhara chakra, there is a lower psychic centre filled with egoism to capacity, all of our consciousness, the whole psychic activity strives there. As a result, the animals function in

our activities immediately break out, filled with feelings of great force of greed and the person starts to become brutalized in front of your eyes, that's just for the fact that he has changed the concept. He considers sex is the most important thing in life. That's all, he has accepted such decision.

1:11:11 Lets presume, a man wants to eat, to pain. Earlier, simply wanted to eat, and now wants to eat, to pain. Why is it so? He is excited by instincts, feelings become, filled with a crude force. The pain occurs in them, false ego is a force which carries pain all over the body. Why do we feel pain? The body is filled with ego. In women, for example the skin, the external structure, the outer surface is very strongly filled with egoism, so the women feel more pain. Women cannot be hit like this, you cannot actually touch her badly, because it hurts her psychically; they cannot bear such a relationship. The body is arranged so.

1:11:54 The male ego is in the psyche, in prana, in the psychic energy. Suppose, a wife says to her husband, "Go sweep up the floor." He's like this, "Ugh, what did you say? Say it again, say it the right way." Here is, you know, he's got there the psychic energy pain, there is egoism. How should she ask him? "Please, go and sweep up the floor, please." That's right, and he gladly goes and sweeps the floor. You see, each should be treated according with where the egoism is located. The egoism is the force that causes pain and it has to be handled carefully. See, it's an important thing we should know this. So, the more a person considers that happiness is in sex. The more his energy goes there, he cannot wake up in the mornings, he wants to sleep more and hence needs to sleep longer. Next, he wants to eat more, but he gains weight, he starts to defend himself from everyone. i.e., he begins to ward off. Further, he naturally wants more sex. And he starts thinking about it, only.

1:13:01 Who is attracted by such a life? Tell me, do you believe that this is happiness? A person develops the animal instincts: jealousy, envy, greed, lust. Horrible life, it is impossible to be happy. Always something is rending. The viewpoint of Freud, Freud did not know about this, he did not know what outcome his philosophy can give to the world. Cause he did not study the Vedas, he did not know that the Vedas had already said everything already there was told that a man should tend his thoughts heavenward rather than down, out there is the progress, but not down here. This means a bond with our body. There is such Vedic theory called [BindaBrahmandaNyaya], "Binda" - means the point, "Brahmanda" - means the universe, and "Nyaya" - means science. It is the science of the ties between each point of the universe and the universe itself.

1:13:59 It turns out, according to this science of the universe, each point copies universe. Our body, according to the Vedas is a point of the universe. At this point, there is the whole structure of the universe; there are seven psychic centres, each of which corresponds to the two planetary systems. Lower psychic centres are connected with hell, with his inferior planetary systems. The upper psychic centres are associated with paradise, with upper planetary systems. If a person directs his psychic energy up, of his psyche, he gets to the higher planet and is experiencing happiness. In the universe the egoism is also located at most in the bottom, out there the life is harder; there is hell and the hard existence soaked in

egoism. Next, at the top of the universe everything is selfless, so easy the existence here, because there is more of spiritual energy.

1:14:52 From the beginning we've said with you that unselfishness gives spiritual energy; it is easier to live. A smile creates a smile, more fun comes from smiling. Further, at the bottom of the universe is impossible to smile, because everything is bad in Moscow. Now, it's not, actually there is more egoism, it is true. You could feel in another way here. Well, never mind, what matters is that here you have somehow more fun, maybe a bit easier comparing to Moscow. The idea what is it? In the fact, depending on how we understand happiness, our psyche is functioning on a particular psychic centre. Let us dwell a little on this one. A man who believes that happiness is in having sex, the psychic rushes into Muladhara chakra, out there two planets operate most of all. The planet Mercury which fills in this centre, this is the centre of psychic energy. The planet Mercury is in this place, it is connected with self-preservation. And the planet Mars, which means violence, is in this psychic centre. i.e., a man, his psyche is set up only for two things: self-preservation and violence.

1:16:05 Vedas call this life an ignorant one and the concept of happiness is called ignorance. When a person thinks this is happiness then his concept of life goes something like this: "I want to be happy and I will be it, and if someone will be on my way, then he is in for it." Also an ignorant man behaves like a zombie, his psyche is fully closed, and the voice of conscience is not working. One of my friends told me that she was standing by the road; there drove a car past her, they grabbed the bag from her and she had the bag bound on her arm and she went like this along with her bag; and she wanted to detach herself from it, but could not, because the car was going at a speed. Hadn't the bag slipped off, it'd have torn off her arm. When she was looking at them, she could see that there sat the three fools that are completely soulless who were doing their job, they did not have any emotion or reaction, i.e., they were in a state of this zombie.

1:17:04 What does it mean? The concept here is of life focus on Muladhara chakra. "Tantric sex we study." Tantric sex here it is concept. i.e., some people think that it is a spiritual development, when we fixate the energy and it starts a strong energy interaction of male and female, we fixate it on the lower centre and start rotating it like this. What's going on? Energy accumulates in Muladhara chakra, humans turn into animals from this. Therefore, this should not be, the Vedas say, do not do this. And we do not know anything about it, we do this. That is where the problem lies

1:17:42 Then, the next is Svadhastana chakra, the following psychic centre. The Saturn is saving up the energy, asceticism, abstinence, accumulates the energy. The Venus spends it. In the male body at the Svadhastana chakra energy is accumulated, in the women it is consumed. At Muladhara chakra in the male body the energy is consumed and accumulated in the female. Therefore, women are less violent by nature, they are more restrained, more humane and men by nature are more violent. Can we blame a man that he tends to, as if, to lead in the family or not? It's like blaming a brick for that it is red. Now, a woman can she be blamed for the fact that she is happy all the time, all the time rejoices hugging with the girls. Can we accuse her

of it or not? That she walks pretty, can we? No we cannot, for that is the difference in the structure of the psyche.

1:18:36 The Venus in the women's body is active and the energy is consumed. The Venus means a bond with the objects of the senses, the planet Venus makes such a bond. In the woman there is such a strong bond, she greatly rejoices living in this world. And the man, he is glad to obtain the woman and well, all the other objects around. i.e., that is the difference, she just rejoices, she is happy and a man seeks, he experiences happiness from this.

1:19:04 If a person starts to consider, on one hand, that the meaning of his life is in pleasure, in enjoyment with these material objects, then he develops a terrible degree of greed. Greed, it violates the metabolism a person begins to grow fat, because when people can not get the object on the gross plane, say, a fridge, money is not enough, the result is the psyche works in such a way that it fills up the lack of psychic energy, which must be taken from the fridge, psychic energy that is taken from the food. Should be some kind of balance, a person want something from distance, there's nothing. That means we need to eat, you know? Greed creates increase of weight, a big problem. This is Venus. Now Saturn, if a person starts excessive thinking, "No, on the contrary asceticism is the meaning of life." He saves, saves, accumulates and does not spend; as a result he becomes selfish. He leaves the family, leaves kids, abandons everyone, he says, "I live for the God." In fact, he lives for himself. It is also a big problem.

1:20:15 Further, the following psychic centre is the solar plexus, there are two planets, the Sun uses the energy, Mars is saving it. Sun means ambition in achieving the power in this world, the achievement of power, success. Mars means accumulating of the force authority, the accumulation of power of domination it is the male psychic centre, in men is more developed. If a person believes authority is the purpose of his life, dominance, success in life, then his psyche rushes to the solar plexus. As a result he has increase of the blood pressure. Why is it so? Because the energy builds up in the fiery centre, psychic one, it is impossible to spend.

1:21:03 Let's say, you want the power, but they don't want. Where to put the energy? There is no interaction, it builds up inside. Manifests by increase of blood pressure, gastritis with high acidity, stomach ulcers; it occurs in leaders. They want more power than they should, they believe that authority is the purpose of their life, that's all, gastric ulcer is provided. No chance to escape because this is how their mind operates.

1:21:27 Further, the heart centre, now on the other hand. After all it can work normally, the solar plexus centre. If a person is using the Sun, his ambitions to perform the duties in front of the subordinates and he wants to help them so that they lived happily, he works for them. As a result, he has a harmony with the surrounding world, his ambitions are filled with strength, and he flourishes, he becomes very happy. And he has no ailment. On the contrary he is gaining strength in the whole body, he gets power within.

01:21:57 The following psychic center is the heart chakra, Anahata chakra, means, Jupiter saves, faith saves the energy. The Moon means the harmony between people, the relatives

relations, friendship, the Moon spends, the female psychic center, the highest. The highest psychic center of women is higher than the highest psychic center of men, in the solar plexus. It means that the understanding of family happiness in women will be always higher than in men, always. Therefore, makes less sense to accuse a man that he doesn't understand: "After all, you don't understand how children are dear to me". Well, of course, he doesn't understand, because he is a man, was born in a masculine body. You see, to accuse men in this, they have their own advantages.

01:22:44 So, if the person considers his aim to use his influence as the purpose for the achievement; if the person wants to learn how to influence people, become influential he starts to use the heart chakra. And the planet Moon, the relation of love, harmony and friendship is being exploited. As a result his smile becomes very happy as such, pushy happy. Further, his speech becomes very eloquent, from the point of view of banal erudition. There are plenty of new words with many different neologisms in his speech and he demonstrates to all people that it is necessary to communicate with him, he is cool, he is such a modern guy, and everything is cool about him. The use, exploitation of this psychic center gives such functions. The person becomes a rock-like inside, absolutely dry, he cannot be possibly simple, he can't talk to a person in an ordinary way and he has to play in something. He plays different games, he communicates with one this way, with another that way; he plays and he is a society person. Society communication is just like this. A zero, any friendship is impossible, in society circles, a friendship is impossible. Why is it so? It is necessary to become not a society person being on friendly terms or remain a society person with no possibility to be on friendly terms. Why is it? Because there they all playing some roles, there is no contact. Egoism here starts to function to full extent.

01:24:16 The following psychic center is Vishudha chakra, an emotional center. If a person wants to exploit it, this psychic center, as a result of it he starts to set emotions as the purpose of his life, then what occurs? The person becomes very nervous. He says to everyone: "Everyone here, talk to me in this way and not in any other way." You have this in your city because, here the energy is saved by the planet Venus and spends it the Mercury. As you have the sea nearby, therefore the Venus is very strong in your place and the Venus linked to the sea. In your city there are many people who say: "If you talk to me in the tone like this, will speak like this, it's the end with you, for I can't stand this, ever".

01:25:08 Do you agree with me, that there are a lot of such people here? Last time, when for the first time I came, we've parked our car a little bit incorrectly over there. The woman from the ground floor had a control over a lawn near by, she has supervised it, i.e. her happiness consisted in the lawn that should be and the grass was growing on it. And we didn't know about this, we drove on it, well, a bit on the grass we have driven and this was our awful mistake. She popped out of the window: "Stop, sit and be silent!" And she commenced: "Take away the car immediately, police!" "you see. [laughs] We reply back to her: "Well, beg your pardon, please". She goes like this: "How can you be excused? What do you do here, in general"? She said that actually we've spat into her soul.

01:25:57 Why is it so? For it was her happiness, the purpose of her life that the lawn staidnormal. And we drove there, you see, silly people. I agree that it isn't good, but it shouldn't be received like this. You see, what do I speak about? I say that there is a problem which should be solved and it is a problem of our life. It is linked here with this psychic center, here, at the level of this psychic center; here the man's thinking is situated. It is connected with concentration of a thought, the registration of the thought and so on. If a person uses his thoughts to his own advantage, as a result of such cogitative activity he becomes absolutely stone-like impenetrable. When a person sets his mental activity as a purpose of life, that is he wants to achieve the doctoral dissertation, wants to become a scientist, when he believes in some dogmas, it is impossible to bring him down from this way, it is impossible.

01:26:52 One time I've been giving a talk on a radio program "Vremechko", there were several more people sitting next to me, engaged in educational programs, health care in our country, meaning in Russia. And I said to one man: "You know, Ayurveda is such a good science, would be good to introduce it in education". He says: "What is it? A science, an Ayurveda is a science? Since when is the Ayurveda became a science?" I'm saying: "Well, since ancient times". He says: "Has your science an accreditation?" I'm saying: "No, it has not". He goes, like: "So, what kind of science is it then? Why, are you here, at all, man? Who has invited you?" [laughing] I reply: "I see, I'm speechless". I realized that it's simply a zero out there, a zero on the mass, no chance. I'm saying: "Well, it's a six years course they study in India; for six years", - I go on: "they are studying it. Can you imagine, how can one possibly study, for six years, something what doesn't exist?" He says: "Do not know" and so he has reflected for a little bit. It is a big problem, this person is very enslaved in his knowledge because, he considers the process of learning as the purpose of his life, but the truth.

01:27:59 He is a dogmatist, he can't change mentally in general. The person considers himself a very knowledgeable and doesn't recognize anything else, he can't see the truth in something else and especially in those who is lower than him in occupation. This is a big problem, a big problem, the psychic is enslaved completely. And only this psychic center it is possible to set as the purpose of the life. Only there nothing is enslaved where the non-material energy at work, the spiritual energy only. This state of consciousness is called realization.

01:28:36 So, ancient texts describe that there are only eight constituent bricks of the creation in our Universe, eight bricks only [illegibly]. There is a primary element of Earth, a brick of the creation. There is a primary element of Water, a primary element of the Air; a primary element of Ether, there is a subtle element of the mind, a subtle element of rational mind and the false ego. There are eight bricks of the Universe. The primary element of Ether makes room for space, creates space. All types of space are there in our body; the subtle body is weaved by the primary element of the Ether. This force gives life to space. Well, let us assume, we clear the space; it is compressing. Let's assume we chop off a man's hand. As a result, the first element of Ether, being in his rational mind cooperates with our primary element which stays inside of us and under the law of conservation of energy, and according

to the justice of the law, we get the same thing in the subtle layer. And it sinks in to a certain part of our psychic called a deep memory, which is in our mind. There are all events that occur in life. They are stored there. Their accumulation, such particles of congestion are called karma-vasanas.

1:30:05 So, it may take a while and as a result of fate we will lose a hand, exactly as we have chopped it off in someone. If we did this unfairly, thus we have come up to a very important moment of our existence. It occurs that "every day is not a Sunday," turns out not only our desires shape our destiny, but also our actions in relation to others. For their desires are also important. According to Vedic knowledge, this is a slight diversion, but I have to say. Our universe is created in order to satisfy the wishes of every living being. This is a big problem. And if someone has a desire which does not match mine, then the law of karma takes effect. Whose desire is more fair, that wish will come true.

1:31:05 Well, let's say we wish to kill or beat up someone, he wants to live, and I want to beat him up. Desires do not coincide. This means, as his wish to live more fair than mine and he is unfairly beaten up. Hence, the energy of that one what I do, will go, where? It'll go in to me. This means that later they will beat me up, just as well. The idea is clear, isn't it? This is how the law of karma works, very simply. So, we have discussed the primary element of the ether, it creates space, even space in the mental, even the space in the mind. All spaces in the mental are called Nadis, the psychic channels of the body. How many do you think totally Nadis, the psychic channels the Ayurveda describes? Well, approximately five hundred thousand; five hundred thousand, imagine, wherein our science can such a structure be found, of five hundred thousand channels? The fourteen out of these are most important.

1:31:59 The main psychic channel is called Sushumna the most pure spiritual energy moves in it. There are four layers in it and it is gradually moving from one layer to another, beginning to acquire the interaction property with our body. Next, the two side channels are associated with the male and female and one of them runs along the left side is called the Ida, a female channel. On the left side there flows, reaches the third eye, here up to this place. Then it goes into the eye and is connected with the left eye. Or rather it goes to the left nostril not in the eye, but in to the nostril. But, also the left eye associated with the femininity. That is, these channels, also the male go along the right side, these channels are the most important. They seem to be the essence of human life and provide the essence of his activity. Women have more function of the left channel and men have more of the right functions.

1:32:53 That is, when psychics is working on male pattern, the right side of the body becomes crucial, and psychics is working of a female type left side of the body becomes essential. And you may ask me: "Why generally should we be aware of all this?" I'm explaining, it's all very simple. A woman has come to see me and she says, "I've got a job, I work and work, at first is interesting and then it gets hard, then I think, I can't work here anymore, and I quit. Then it repeats itself the same thing. "Raise your hand at least one woman who has the same thing not repeated, raise up your hand who is "fed up working here." This means that you do not work, and at work you are having fun. This job is as a hobby for you. This is how a woman should work. So say the Vedas, why is it so? For, their

psychics strive not in to the right side of activity, but in to the left side of the body, which is connected with the family life. It is linked with the family life and a sense of ourselves as individuals. Women need personal relationship, personal communication rather than manufacturing.

1:34:02 And I said to this woman: "You know, you just your psychics; your mind is working in a wrong way, just have to stop being a man. You need to put your family in the first place and to work for pleasure." As a result, you'll have everything cool at work. You'll be; what kind of women would you like in the workplace? Who run and "la-la tra-la-la", smile to everyone, all of such women are needed at work. Now, the woman has started to load herself at work. She comes to the workplace, the head said something and she is, like this: "Oh, oh." She starts to build personal relationships with the chief and his hairs are on fire. Because the feelings of a woman are six times stronger. Imagine if he is saying to the secretary: "Well, quickly go and do this or that." Instead of 'la-la tra-la-la', that is, paying not much attention, she'd go: "Oh, oh." As a result, the chief is kaput.

1:34:55 He has two options: either to fire this secretary or he would suffer greatly suffer because, she will eat him up. You see, the transfer of the activity gives the following result, when a woman starts to work very seriously her psychic collapses. She bullies the whole team and so on. She must be very "la-la-tra-la-la" - like, a hobby. Now, if a woman directs her psychic to the family, her psychic grows stronger and is filled with strength. She lives happily at work she's "la-la-tra-la-la" everyone respects her, she has a bigger salary.. At home all is fantastic, also, because she puts her strength into the house, she changes her character, she properly builds up relations with her husband. She builds up relations with children, everything improves in her life and everything becomes good. Her body gets better because, the energy starts to flow properly. Everything becomes healthy, now, if she acts incorrectly, she goes to the doctors nothing will help, she can stop going to, it is useless, and the mind does not work properly, the main function of the body.

1:35:54 Further, the man at work, he is not strained at workplace, why should he be sweating at work; he is steamed at home. He comes home and says, "Well. Why have you not cleaned here? Clean it here, come clean up over here." He enters the kitchen, and starts to drive his wife crazy, "Why is this spice here? What is that spice doing here? "If a man comes into the kitchen, try to experiment, you never did; because, you have no time - you work, but you try. Today go to the kitchen and tell to your wife "This spice should stand here. This spice is here." You'll see a cobra in front of yourself not your wife, because you are meddling in the most profound part of her psychics, that way. Or you say, "We'll make an order, rearrangement in the apartment today." She is so, bang, and fainting at once because, there her psychic is working hard in that direction. And he says, "I'll buy you a green dress." - "No, do not, no." [laughs] Not that, you see?

1:36:58 And imagine a man, he's carried away, that's all. He is a terrorist, he starts engaging terrorism in the family and his psychic is crumbling because, he fails with the woman in family life and she's strong in it there, she is incredibly strong. She must build up the right relations. But if a woman does not understand this, and the man does not understand this,

they destroy their family life, it is impossible. Often it is the case of improper upbringing in us, everything collapses because of it, that's the problem, is a big problem. Man interferes too much in domestic affairs and a woman goes into production, and everything is crumbling in the family life. This is how the false ego of the family works, the right and the left side, only, nothing special. Proves to be very important, so the life can be destroyed if we do not have a submission where should we direct our energy, so is the action of the mind, it distributes. The woman has the left side of energy flow; the man has it on the right.

1:37:50 So, the first element of the air means prana - psychic energy. In the Nadis, the channels in our etheric body moves prana. It moves to live. And this movement is related with the concept of our happiness. The more higher we imagine happiness, say, our happiness is connected with the fact that we want to progress, wish happiness to everyone and we want to live selflessly and so on. Our prana will function very well in the body. Why it will be like that? For it will be least linked with selfishness. Selfishness is the force that slows down prana, the blocks occur in the psychic channels. As a result of these blocks, what happens? Health disorder, first at the subtle level over there [inaudible] and then disorders happen in the material body, toxins build up. What do we do? We do Pancha-Karma. What is the Pancha-Karma? This is an easy way to remove toxins, do an enema and they go out through the bowels. Instead of changing the consciousness of people nowadays we have made up another kind of Ayurveda which is based on enemas. It is necessary to do enemas often, often do the Pancha-Karma, and there will be no toxins.

1:39:05 But the toxins arise from the fact that a person has a wrong concept. After all Ayurveda is the science of life rather than science about enemas, you see? This is an enormous difference because, life is related to the higher psychic centre and the enema is to the lowest. And when the Ayurveda is perceived as a science for making money, it is converted into such an enema medicine. What has that man told me, he said: "What is there to study, the enemas of yours?" He seriously knows what Ayurveda is about, in his own way. [laughs] "Is it a five years study of enemas?" he asked me. I said, "No, it's about life." [laughs] I replied, but he understood nothing, anyway. So this is a big problem, we do not know what is Ayurveda. What for is Pancha Karma needed, it's a fact. When everything overflowed with toxins one should urgently do the Pancha karma, is a good thing. But one should not make it as a sense of the life. That is the problem. Thus prana is the psychic energy that moves everywhere in nature, is not only in our body. When we restrict the vital energy of another person, prevent it from moving then our prana will freeze also by the law of karma.

1:40:10 Next energy is fire. Energy of fire means the transformation of matter. When we are thinking our thoughts change and transformation occurs. With the power of fire you can change your destiny. If a person changes, also the transformation happens in the mind; all the primary elements operate in the false ego, in the mental and in the mind. If a person changes his understanding of happiness, it's the work of the energy of fire; he employs his power of fire. As a result, the sins are burned. When a person repents it is the burning of sins, he burns his sins. Every day should ask for forgiveness from all whom we have made any kind of

trouble to someone, the burning of sins occurs. We are acting on the internal structure of the psychics and we make our life easier.

1:40:54 This is why the ancient people would say, and repent every day, morning and evening. "No time, have to go to work." This is a very clever image of us, a picture of very intelligent creatures, very intelligent life. The sins are piling up, as a result a person has, what? It is a neurotic condition. What is a neurotic condition? This is a state of defilement; Ayurveda says Vedas say it is a state of pollution. A person is constantly trembling; his nervous system is out of order. "I cannot see this all." If you cannot look at this at all, then you should act so that your psychic is cleared from excessive fire. To do this, do the following: wash oneself every morning and every night. In the morning should shower with cold water, in the evening with warm. Further, one should repent, in the morning and in the evening, daily. Next, in order to clean the psychic from excessive fire, one should not eat too late fatty, fried, spicy, hot and so on. In the evening should eat steamed vegetables; there are some simple things neutral products, well, basically, steamed vegetables, hot milk and so on.

1:42:01 Do not overeat in the morning, do not overeat at night. Simple things, we cannot live without them. As we brush our teeth, also the mind must be cleared. Every day you need to clean the mind in the mornings wish everyone happiness. Why do people pray in the morning? They clean the mind. To clean the mind takes much longer. If teeth should be cleaned for five minutes, the mind must be cleaned at least for an hour. Do you clean the mind at least for an hour in the morning? Most do not, someone cleans, I agree. You can see the people who clean it, neat they sit, smiling, and pretty people all pinkish. Who does not clean, they look: "Why have you come here, Russian, in Riga?" Like this they look. [Laughs] It is necessary to clean the mental, everything will be fine. You'll look at me differently.. The Vedas say, "I am not a body, I am a soul. Life is beautiful, it is good. "Do you see the difference? Because, the people who are connected to the body very strongly, they are very much identifying themselves with the nation and so on. When a person is linked with a soul, with spiritual energy, he's good, he loves everyone, he likes everything, you see. I am not the body, I am a soul, life is beautiful and it is good. It should be here on this tune that we are souls and we came here to talk to each other from a position of spiritual energy, not from the point of view of the material world.

1:43:16 So, the fire is a force that purifies. It should be used in life or the power that pollutes, if we use the fire in a wrong way. Anger is the power of fire, rudeness is the power of fire, irritability is the power of fire, and anger is the power of fire; forcing someone to change his life is the force of fire. The result is accumulation of toxins inside, diseases; inflammatory diseases are associated with the power of fire. When a person inflames the environment around him, creates constant problems to all. Result is: inside of him an inflammation arises. I've just created a bit of a tension in the hall, as a result of it I will have an inflammation inside. It's true actually.

1:44:00 So, continue. Water is the energy that enables all transformations take place in this world. Without water, nothing will flow into the other. Here, our body is holding integrity thanks to the primary element of water. Not the same water that is here in the bottle, but the force that creates a liquid state is called a primary element of water. And a liquid state means two substances can connect with each other and live together. Primary element of water unites everything with each other. Primary element of water in the female psyche, the subtle body of the mind in women, the primary element of water is many times more than a primary element of fire. In the male psyche primary element of fire is much greater than the primary element of water. Therefore, women unite everything around them, they develop, and they are purified through attachments, through proper unity. Man is purified by means of a proper renunciation. The formula is very simple.

1:44:59 A man should learn to not be attached to the relatives. Precisely in what way is not attached? It is that he wants something from them. He should just give to relatives, and he should want from God. A wife should be properly attached to family members, to perform and to want to fulfil the duties, and responsibilities to them. She should be aimed in this direction. If a woman renounces all and attempts to renounce, she is not following her nature, and her subtle functions get upset. As a result, she can get into a madhouse even. If a man doesn't follow his nature and he attached overly to a woman, she pushes him under her skirt, "He's under my thumb." Now, i.e., no one needs such a man, you know, the family life is upset, the problems begin. Therefore, in women the primary element of water works more in their body. In men, the primary element of fire is more; this is the difference of the female psyche from the male psyche.

1:45:55 Next, the primary element of earth allows the substance to have a hard form. Our structure, even the subtle has a form thanks to the primary element of the earth. The mind also has a form, when a person says, "A ghost has come." A ghost is a form of a subtle body; it's life in a subtle body. It also has its own form. In the higher planets they live only in the subtle bodies, there is such a life, they live due to the form within the mind and the mind has its own skeleton. We will talk a little about this today.

1:46:27 Next topic, which, well, it is not a topic, the following material we continue to study. I tell you, in our lives it's such a very big gap at all, I'll tell you what rational mind is in general. Always, we start with this. So, the universe first, before it began to exist; it is in unmanifested state, this state is called the sleeping rational mind. Rational mind is the basis of everything, the basis of existence in general. This dormant state of the universe is called prathana, there is no life. There all is asleep. i.e., the universe has cycles of its existence, it sleeps and it is awake, just like we have day and night. There are cycles all over in the material world, cycles, everything is moving cyclically.

1:47:13 For example, the Vedas know exactly the diameter of the universe up to a kilometre. How to calculate? Now, I am going to tell you. In the Vedic scriptures it is written that four million-three hundred and twenty thousand years the Earth together with the solar system encompass throughout the universe. Now, the Moon moves around the Earth, and according to this motion we can, by days, as it happens daily, we can calculate the diameter of the lunar

motion, we can calculate according to the motion of the moon. Astronomers know it. Diameter of the lunar motion, we are calculating, and since the diameter of the Moon is also moving together with the Earth and solar system around the entire universe, the number of years, then the diameter of the Moon has to be multiplied by this number of years and we get the diameter of the universe. Cool? [laughs] It'd be hard for our scientists to guess this. The sages said, here you are, this is diameter of the universe, you can count. There is a specific figure.

1:48:17 And this time of passage of the solar system around the whole universe is called a year of the universe and this year is divided into four periods. Each period is, i.e. most short period in which we live is called the age of degradation, because in this period most of all forces of evil are accumulated in the universe, and this period lasts four hundred and thirty-two thousand years. We are living out of them, in this era five thousand and one hundred plus years, for more than a hundred and ten; about five thousand one hundred and ten years, so say the Vedas, they describe it.

1:48:51 Further, the next period is better than our, this period is called winter of the universe, better the next, and previous period is the fall of the universe. It lasts four hundred and thirty-two thousand multiply by two is a number of years. By the way, at the end of each period comes the end of the world, i.e., any of the partial transformations in the universe. And the primary element of the water and of fire are activated and the water falls from the sky, as described in the Bible, not tomorrow, not in a year, but after four hundred and twenty years or more of thousands of years. So, relax, the doomsday is not soon, according to the Vedic viewpoint. The water falls from the sky, i.e., there transformations occur, because the universe is half filled with water. Here is when these cataclysms occur, the water starts to activate them and out there big problems occur, that is another question, which we will not tackle today.

1:49:45 So the next period, in that period the life is a lot easier and better, in that one, the previous period ahead of us is the fall of the universe. In the summer of the universe is even better life, it lasts four hundred and thirty-two thousand times three. And in the spring of the universe is the best life, the golden age they say, it lasts four hundred and thirty-two thousand multiplied by four. Such a number of years, it is clear, isn't it? This is true, by the way. Now, the whole universe has a spherical shape, so when we look at the sky, its dark because, the envelopes of the universe consist of the primary elements of water and earth - the densest matter. It is not transparent, so we see the darkness in front of us rather than light. Because in the spiritual world there is light, according to the Vedic knowledge, everything is light; there is no darkness at all. It was there, in the material universe and we got here like in a jail, i.e., we came here in order to change and improve. The purpose of human life is the change oneself, not a job for the money, but change in oneself. That is the purpose; the meaning human existence consists of.

1:50:47 And it's all, that's the whole, the whole space of the universe is filled with prathana - undifferentiated substance, which is called the sleeping rational mind, i.e., only active rational mind allows the structure of the universe to create. Similarly, when we have rational

mind active, when the sperm joins with the egg, times! at this point, what happens? Activated subtle rational mind and it begins to function in the higher plane appears thin skeleton of the future being, activated subtle psychic channels around which starts grouped matter. Scientists cannot explain how the intestines are connected to each other. Intestinal cells are placed in different parts of the child, there are no even the intestines, but then they are combined in a single tube and almost no anomalies. Very rarely are. This is only possible if to sculpt the tube in the image of something. Here the image and likeness of something is nothing more than a subtle psychic channel through which shapes our gross body. This subtle channel is called shrotos and shrotos, in them all the spaces are formed that exist in the body.

1:52:02 Shrotos are ethereal spaces that connect our psychic with the gross matter and the nadis are a psychic channels that connect the mental and the mind with the subtle matter. Shrotos connect the mind and the mental with gross matter and nadis connect rational mind and the mind with the subtle matter. So, just as the matter in the universe was in the wrong state. Then, at the right moment it got intensified and rational mind began to function. At this point it became universal rational mind when it started functioning, it began to change its state, i.e., in the universal rational mind, there are three states. They change: the state of goodness, passion and ignorance.

1:52:49 When universal rational mind is in a state of ignorance there in the universe appear gross elements, i.e., gross matter starts to function and work. The energy of rational mind is used for the creation of gross matter. Next, when rational mind is in passion, the universal mind in that moment, the energy of the mind of living beings is developing. Our rational minds are in passion, they want material happiness. It means the passion of our material rational mind. And when the universe, rational mind of the universe is in goodness, there emerges the power of the mind. The mind is in goodness, our mind is in goodness and rational mind is in passion. Question: How can rational mind, a passionate rational mind control benevolent mind, which is subtler in its development, thinner in nature? And the Vedas say it's impossible. Therefore, when a person acquires passionate purposes in life, he wants material happiness and then at this moment his mind becomes unmanageable. At this point diseases start and all problems occur and etc. Therefore, one should not put material goals the main purpose of his life, because he includes activities of material rational mind in such a way that it becomes the foundation of his existence as a result.

1:54:07 As a result, a man is unable to live a normal life. He says "I cannot quit smoking." Why is it so? For material rational mind operates stronger than spiritual. Spiritual rational mind we also have, selfless thoughts we have, there are selfless deeds. We have an unselfish structure of the psychic and only it can totally control everything. According to the Vedic outlook, if a person starts to pray and he connects himself by prayer with God, with the higher powers, he gets another attachment of rational mind and his rational mind is filled with spiritual energy. He is not attached to material objects, but to the spiritual. Filled with the spiritual energy, the following transformations happen in rational mind: it is filled with determination, enthusiasm and desire to live, i.e., people, some people say, "I do not want to live, I do not know what to do." It means rational mind is connected with wrong objects.

1:55:00 When a man begins to pray, or just, well, all right, you do not believe in God, repeat: "I wish you all happiness." This is also a spiritual energy. When a person connects himself with this idea, as a result, he has a desire to live. Exactly this desire to live makes it possible to quit the bad habit. For this opportunity is connected with the activity of the mind and nothing else. Okay, well, do not want to give up smoking - smoke, no problem. But still something in life you wish to change in your destiny. Well, let's say, you wish to stop talking rude with your wife. Now, in order to bring this wish in life, for it is not enough just want to, will not work, you still will be rude. In order the voice, the tone of the voice change, for this the energy of rational mind should be enabled, what can always be invoked only if the spiritual rational mind functions stronger in our psychic than the material.

1:55:58 Therefore, the first thing a person should do, he has to learn how to put the spiritual purposes in life higher than the material. And then the success of his life is guaranteed, you do not have to cancel the material goals they should be, but the spiritual should be given the priority. This is the meaning of this workshop that I present. The meaning is called Yoga of the Mind, "Yoga" is a link; "Yoga of Rational Mind" means the connection of rational mind to something. And according to the Vedic knowledge there is no other Yoga other than the Yoga associated with the spiritual aspect. That is some say, "Yoga", there is some kind of and name some yoga, but if the goal of this activity is not to link rational mind or the mind, or something else with the spiritual energy, then it is not Yoga, but simply something else that is called Yoga. Yoga is a link to only spiritual energy. Yoga of rational mind means Budhi Yoga. "Budh" - means rational mind in Sanskrit, Budhi Yoga means a connection of spiritual energy.

1:56:59 Well, we've done this introductory lecture and then we will speak in the next lecture, already the functions will describe. Also I did not tell you of the types of knowledge, yet have not told we'll talk about them in the next lecture. We will as well, dwell in more detail on the interaction, a little bit more on the interactions of the mind and rational mind. And what is rational mind in goodness, in passion and ignorance, we'll talk with you about it. Also we give the definition of rational mind; can now give the definition of rational mind. Rational mind is the one, who in our life time is informed in something. In Sanskrit it means [buddha ate anaya]. Rational mind is derived from the word "Budh" this is an internal tool of knowledge of the truth of anta-carne by which we are aware of the specific characteristics of any object in this world. Rational mind is different from the mind in that the mind is grouped around the sensory activity and feelings. And it chooses what functions of rational mind to use. Rational chooses the kind of happiness and goes for it.

1:58:06 Rational mind is the main tool of life and the mind is a secondary tool. People who live in order to study something just for the sake of money and so on and they put the mind as the main focus of their existence. And so they are even in an iota cannot change themselves and their destiny. They just become constrained, anchored to their life completely. Only those people, who change their rational mind, engaging in activities aimed at the study of rational mind, can change their lives. Which activity is connected with the change of rational mind? A prayer and communication with those people who speak on spiritual topics is the second type of activity. Next, the organization of own life, that is the study about a day regimen, about

nutrition. Further, the study about the proper behaviour, i.e., study of changes how to change your character is the activity related to rational mind. Next, the discipline of the body and discipline of the mind; Hatha Yoga is the discipline of the body. Discipline of the mind, also there are such things described in Yoga, in Ayurveda. We'll talk about that a little bit.

1:59:19 And so, the development of rational mind is a different activity which often in life we do not do. But exactly this activity changes our destiny. We aim to our life on change of our own destiny. We wish to improve the relationship with the wife, we think that the more money we will bring, the better the relationship, but it is not true, this is not correct. Because, so it does not happen, the practice shows, even millionaires quarrel with their wives least no less, even more. Therefore, it is not working, something else works. This does not mean that money is not necessary to bring in to the family, it is necessary, but this is the second goal. And the first aim one has to do something different what we are not doing nor do it a little. Herein lays the problem of our destiny.

2:00:03 Each person who is under stress, his rational mind is directed incorrectly. Every person who is depressed, his rational mind is not directed properly. Every person who does not know what he is doing in his life; his rational mind is aimed up there, or aimed in there, but not with the force at which it should be aimed. This is all, all these states of psychic are called mental illnesses: schizophrenia, epilepsy, neurotic states, psychopathy, they are diseases of rational mind. These are not the mental illnesses. Our modern medicine does not treat these things. Why it doesn't? It has no clue about what rational mind is, has no idea; not something that it guesses, at all does not know what this is.

2:00:47 At the end of each lecture, we will wish everybody happiness. This activity involves the development of rational mind. When we chant, "I wish you all happiness," all together, as a result we change direction of rational mind and it follows the necessary channel, in to the proper direction. In order that this activity is correct, during this process will turn on the music with a holy man singing. And in this way we will guide our activity to the necessary channel. This does not mean if, say, a person is singing not in synch with you, not of your faith; you do not worry in this regard, tune oneself with your faith. The main mood is an upward direction gives a good result; this is exactly what we will do. Now I'd like to hear your questions. Your questions, please, more boldly, ask.

2:01:36 Yeah?

[From the audience] [unintelligible].

[Torsunov O.G.] A woman should be explained, who is in these structures, that she has to give people not the money, but her attitude. You see, giving the money is not something that should the organization do. Is clear that the organization should survive, which means that the money must increase rather than decrease, it is clear, this is the material law. But in order for this to happen, it is necessary to give an attitude to the people. When you give the money to people they want the money even more. But when you give them the attitude, they rejoice and can give something back, you know? That is, they should be given the work, relationships and then the money will flow to the organization. You have to explain this to

your supervisor, you must use her feminine nature in the right direction and then it will be a good result. Got it, right?

2:02:24 Yeah?

[From the audience] [unintelligible].

[Torsunov O.G.] a very good question. The sound is associated with the space. Space is the basis of life. According to the Vedic knowledge, life had begun with the sound. When the Divine sound entered the universe the space was born in it. First there was the word, we know about it, so the sound is associated with the space. And all the spaces are also changing with the sound. For example, the space of rational mind, the power of rational mind, is an important thing, at all or not? Not in real life. "Why don't you want to get up early?" "I cannot, no strength at all, I get up in the morning - such weakness, want nothing to do, so bad." No power of rational mind. Is it an important function? It is important.

2:03:09 Power of rational mind emerges from a fact that a person can listen someone humbly, with trust. If a person does not do this in his life, he does not trust anyone, so he will sleep and not at all be able to live normally. When a person listens he gets the mind filled with power. As a result the mind, it is able to change something in life. He now has the power, you know, inspiration. [sings] "Strongly we believe in the sports heroes, we need the victory as air." What you think, why did this country prosper at that time? You think, because a lot of bribes were given? It prospered greatly because people knew how rational mind works. Intuitively the communists knew it or how they felt it, but the first thing they did, they filled the country with songs that inspired in life, the first thing they did, you know, is very important.

2:04:10 What do we fill the country with? [sings] "It is sexual revolution." But the communists, what have they filled with? [sings] "My dear country is grand." What is the difference between these songs? When I started this song to sing: [singing] "Shirokaa." Where does the energy go? It goes up. This is the song of rational mind, a song of faith. [sings] "Boldly we go into the battle and for power," - up. [sings] "Lord" - up. We are singing such songs, no we are not. Do you go to church? You must go, otherwise life does not seem sweet as raspberries, need to go to places where the sound is associated with the rise of energy, where there is faith in the sound, you know? Otherwise, life will not seem sweet as raspberries, I'm telling you. This is the most important thing that we need to understand. So sound, it strengthens rational mind and allows you to live, inspires a person.

2:05:11 Let's presume, a close relative has died. He was the purpose of life, some purpose. Suffocating, is impossible to live, a person cannot live. All the functions of the body die off, it may cancer occur; it may cause a premature aging, anything, everything, the death of someone close. Close relative died, should hit alarm. What to do in the meantime? The Vedas say, ten days, no work, only pray. Immediately after the death of a close relative, immediately take a leave and for ten days no work, only pray in order to support rational mind in the normal state, so that afterwards the children normally could live, so that no one has suffered from it all. A man must regain his rational mind back to normal state.

2:05:55 Now, this same relative, when he dies, he cannot eat himself. To him in order to eat, that is, absorb psychic energy, one must first create a new body, subtle which is designed for the future life and only then he will be able; when he gets in the future life then his psychic nutrition starts. And therefore forty days, until he has not died, the relatives have to give him their strength. And they have no strength in themselves, not to mention that give to someone, so they are howling. Why, after funerals, people are howling? Because they have not the strength to endure all this, that is going on. They do not understand where the strengths go, and the strengths go to build the subtle body of the future man. Therefore, at this time it is necessary to pray and not to wail. When a relative has died, have to pray hard and then relief comes, and you think: "Thank God, I feel." And from there gratitude comes down, he knows, "Thank you, you have helped me." Gratitude, a sense of joy, love and duty fulfilled and to the end of your life you will feel it in front of that person.

2:07:05 We do not know how to communicate with each other, we do not know how to part with each other in the final hour. This is a big problem of our destiny, it is a big problem, you know? We do not understand these things and then the whole life we suffer: "I did not give him something, to this man. I am to blame for his death." Feel remorse for the whole life. Why? We do not know how to behave at the moment of death. We do not know that the sound is associated with mind, with the activity the mind; we do not know that have to pray at this time and in voice to pray not in the mental, but in the full voice to pray. And we are giving the energy to that person. Next, how do we give him the energy? We make the food; we cook and we say prayers, as a result of this food becomes sanctified. We are not only our mind associate with the higher powers, but also him. We put his picture in front of this food and what do we do? We tell him, "Please eat it." i.e., we associate him with this psychic food. He himself cannot connect, we connect him.

2:08:06 Later we are giving this food to animals, no one else should eat it. What happens at this point? He is filled with sanctified food and his mind calms down; he starts to rejoice and his mind will rejoice. I had one such patient. One man, a very wealthy businessman came to me, he was a banker and he came to see me, showed a photo of a daughter: "What's wrong with my daughter, now happening?" I look, neither alive nor dead. I look, like yet there is a connection with her, but she is neither alive nor dead. I say, "I am horrified; I do not know what is happening to her now." "I am also horrified," he says, "She has died. My daughter had a wedding, travelled with her husband; there was an accident and an instant death. She was sleeping in the car, he crashed and her head was rolled off. "But this is not the biggest problem what had happened to her. The biggest problem lies in the fact that his daughter did not understand that she had died. You see, she was next to them, trying to build a relationship with them, she was not ready mentally to this state. As a result, they were terrified.

2:09:13 The mother told me that every day the daughter comes to her and asks to eat. She is hungry, "I do not know what to do, how to feed her if she has died." I say "You have to alleviate the plight of your daughter and I know how to do it." They are very rich people, I say, "Do you want her to be happy a lot?" They say, "We want." I say, "Give a lot of sanctified food, you should cook and mentally associate this food with your daughter and feed many, many people so that this food would give good for everyone and this went to the benefit of

your daughter." What did they do? They made a cake, two tons, have put it in three railway stations; the police closed the whole way, the whole street and all have rushed to the cake. In short, all of those big pieces they were handing out, I do not know how many people were fed. The daughter did not return any more.

2:10:05 Once came, she smiled and said, "Thank you." And she went happy. All sighed with relief. Do you understand? We do not know these things; we do not understand that, what for the mind is needed, what it means the sound. They have been preparing everything with a prayer and filled this food with power. Then this food went to people who facilitated the fate of their daughter. All of them gave their piety to her, all of them in return for this food, gave her happiness. This is enough, when five thousand people will eat, that's enough.

2:10:37 Any other questions?

[From the audience] [unintelligible].

[Torsunov O.G.] Sure. Exactly, there are some tantric scriptures; there is Tantra a science in the Vedas. It gives an accurate description of the subtle body structure, and how to use it. They explain that in the Muladhara near the, not far from the muladhara chakra is located the kundalini. I will not describe this to you in details all of this now, it makes no sense, but such descriptions exist. The most important thing you have to understand that our jumping on the butt is not the way kundalini is activated. It is a fact that they activate some of the sheaths of the kundalini, but we must understand that everything is not so cheap. Kundalini actually, this is Divine energy. And one must first understand the phenomena of the Divine nature, and then try to activate the kundalini.

2:11:23 According to the Vedic knowledge, the Divine nature has nothing to do with bouncing on the butt. For this, such activity is related to a material energy. In fact, the Divine nature is activated with a pure selfless activity and strong contact with spiritual entities. This activity can only be in the holy people, so only they can really intensify the kundalini, and only they are capable of doing this. All other people who want a cheap way to do it, they are deceiving themselves. In fact, at that time they activate entirely different energies, which can, by the way, much spoil their health. For the energy associated with the sushumna, with this channel inside of the spine, psychic, energetic, the most unmanageable in the body. Therefore, if people activate them, afterwards they are very much suffering mentally. And they do not know what to do; their psychic gets out of balance. One should not go there, this is not the area where one has to experiment.

2:12:27 the next question.

[From the audience] [unintelligible].

[Torsunov O.G.] Olfaction is connected with the gross matter. The energy of smell, it is linked with the way we relate to the body. Suppose, a man is ascetically set up and he performs austerities with his body, then he has a sense of smell very much purified. He begins to feel the smells. On the other hand, if his body is overly filled with toxins, then his sense of smell brakes, he stops feel smells. Therefore, if a person's nose clogs it is a sure indication that intoxication in the body is taking place.

2:13:02 Sense of smell is always associated with the workings of our body. If a person feels good the smells, both of his nostrils are breathing well; it means the gross body is working well. If any nostril becomes clogged means the problems are on that side. Or there are problems with the energy which go through this way. For example, if a person has more clogged the right nostril, then he has too much of fire in the body. And if a person has a heavily clogged left nostril, then he has too much cold in the body. Clearly this should be treated. When the treatment takes place then both nostrils will function identically. That is, sense of smell it is connected with how we interact with gross matter. For example, you enter into an apartment, buying a new house; enter the apartment, what should you think about? What about? Sniff, sniff there you should. Can laugh, or not. As you go into a new apartment, you want to live in there, smell and walk around in it, and see if you like the smell or not. Do not like the smell, try to wash it there somehow. Again, smell, again do not like it, the place does not fit, means.

2:14:09 If you've come and it's, like so cool, all right. So there will be normal and then it's your place. In a place that does not suit you, no matter how much you wash in it, still the smell there you will not like in this apartment, you see? This means that here the body will be breaking down, impossible to live, difficult; is not your place. Or suppose, will have a child with a man or not. If you do not like the smell of the body of say, the husband or wife, it is likely that the child will not be conceived. Incompatibility bodily means there should be an effort made. Body smell of a loved one if you like it, then the child will be all right, okay, right? Here you have the Ayurveda.

2:14:53 Yeah?

[From the floor] [unintelligible].

[Torsunov OG] That's right, thank you. Spiritual rational mind is associated with the soul. It also functions in our psychic, but only when we unselfishly attune. If spiritual rational mind overpowers us, life becomes happy and we progress. If we put the material goals in our life as the main, the material rational mind grows stronger than spiritual rational mind, as a result, our life becomes uncontrollable and we can not be happy. Material rational mind, this is that rational mind, the definition to which we have given. A spiritual rational mind has exactly the same definition, it is in control of everything, but only the activity of material rational mind if it is basic leads to suffering. And if the primary in our psyche is the activity of spiritual rational mind then it leads to happiness. If spiritual rational mind is more active than the material, such person is called benevolent. If material rational mind works harder than spiritual such person is called passionate, because material rational mind is situated in passion. If in a person material rational mind is strong and spiritual rational mind is inert, that person is called ignorant and his life is heading to degradation.

2:16:06 Yes. Your question.

[From the audience] [unintelligible].

[TorsunovO.G] It is the mind. For without talking, when a person felt something hence you have incompatibility, incompatibility on some planets. All of the planets are acting inside the mind and all chakras are psychically connected with the mind. When we do not like someone, it means that he does not suit us mentally. However, to determine to collaborate with this person or not, to live with him or not, is already clear. Cause if you do not like a person right from the start, hence the mind incompatibility, should not live with this person. But whether or not collaborate with this person; it is necessary to define when he opens the mouth. As soon as he starts to talk to you and you feel that you like his voice, and he tells reasonable things, he is properly attuned, it makes sense to think about cooperating with him.

2:17:02 Collaborate because, in this respect the psychic compatibility, here namely the mind does not play a big role. If a person is much evolved, his rational mind works clearly, he, will bring happiness to all who are close to him. If his rational mind is doing badly then the bodily compatibility, the mind compatibility becomes an enormous obstacle in the understanding what this man will do with you. Because, it so happens that a person chooses his employees from the fact he likes them or not. Not even talking to them and checking them in the business. For human activities are related only with rational mind and not with the mind. When a person does something practically, thus operates his rational mind, not the mind. We will speak about this, yet.

2:17:50 If a person did not check a man in practice, just relies on his feelings, it is likely that he will destroy the entire enterprise. Cause only activity of the mind is paramount. If a person for example, is not compatible with you mentally, but he is much evolved, he is pure, unselfish, he can work with love and so on, he will bring happiness of one hundred percent to this enterprise. But if he is set up on the contrary, he will bring sufferings. Even if he is compatible, does not really matter. It will be worse, because you cannot fire him out. You'll like him, and he will always harm you, liking and fouling. And it gets even worse, you know, this is a big problem. Therefore, the feeling is not necessary to put in the first place, it is a fallacy of rational mind which leads to destruction of the entire enterprise.

2:18:43 On the other hand, the mind compatibility is foundation for creating a family. Like say, if the closest person is not much of the same rational mind with you. You can with your love for him, compatibility and harmony gradually redirect his rational mind back on track and your life will go by the same way. For the mind is very inert by nature it depends on the activities of the planets. Rational mind is very mobile, and it is associated with the freedom of choice. Each person can change his life and redirect it in to a proper direction even if his rational mind currently not at all working properly. The only thing that women need to understand that rational mind in men is similar to a locomotive which is very difficult to move from the spot, but when he will pick up the speed it could not be stopped. Rational mind of a woman is like a feather which will fly with the wind anywhere, quickly changing direction. But if it sticks to something she is holding to it tight.

2:19:44 Thus rational mind of a woman is getting stronger when she sticks to something and rational mind of a man develops when he would move his locomotive from the place.

[Laughs] It is quite difficult. Therefore, women have to be very patient to inspire men.

Change yourself and when it does happen, the changes start the woman will be happy for life, for she will go by train. On the other hand, if a man will attach his wife with different actions, deeds, he will glue her to him, he will also be happy, because she can never unglue. This is how her functions work, but if she has disconnected and flew away, you can just take look and wave good-bye. It is very difficult back then to have her back, a whole science. Rational mind works differently women have a very addictive mind. Right now the women would come back home; who has come for the lecture without a husband, raise your hand. Husbands are not right letting their women alone to the lecture. You must come together. They come back home and say: "Oh, I feel good; it was interesting in the lecture." He is so, stop, she's taking off somewhere. "What, did you do there at the lecture?" he will start immediately. And rightly so, women have to be under some control. They quickly fly away. "We were engaged in spiritual practice."

2:21:05 Women be careful through spiritual practice it is very easy to destroy the family. A woman should always consult with her husband in everything. Explain to him, tell him what is going on with her. So he will be calm and he'll be changing. Same thing if you do something and there after you tell him, the husband is very much afraid of what you are doing. As a result, the family is destroyed, if you be pulled off somewhere. Therefore the Vedas say that woman before doing something she must first ask for blessing of her husband. If he gives the blessing, for example, you say: "Will you let me go for a lecture?" - "Yes, go, my dear." From the lecture you have come back, say something there, you are likely start talking. He says, "Are you, what?" She says, "You did let me go yourself. Hello!" And everything will be all fine [laughs], as a result. The Vedas explain it all, so acts rational mind of a woman and a man.

2:21:59 Now, we'll wish happiness to all of you. All sit up straight. Means, what are we going to do? Now we're going to do the following, we have to tune at hearing; now an experiment will carry out, a scientific experiment, Vedic. We have to tune in to the hearing with you and while listening attentively to your voice, and in listening psychically attune to the atmosphere that reigns in the hall; be very calm, do not show any emotion; be very calm and with an understanding of what we do, repeat, "I wish you all happiness." We will repeat in chorus, so that no one is disturbed or distracted. We will repeat the same thing, because the activity of rational mind is different from the activity of the mind. The mind wants diversity, and rational mind has to repeat the same thing, so that this action would give a good result; that is why one has to learn to repeat the same thing, he has to understand this practice. Precisely the taste of repetition the same is an activity, the taste of the activity of rational mind. This is now we will do such a workout with you. If you say, feel that you are not interested that means you cannot work with rational mind; it is a big problem in life.