



Meditations for the New Millennium

a project by

Atma Singh Khalsa and Guruprem Kaur Khalsa
from the teachings of **Yogi Bhaan, Ph.D.**

Subscription Renewal

To renew your subscription for the year 2001, please complete the Renewal Subscription Form and mail it to us along with your payment. Act now to insure that you receive Yogi Bhaan's ongoing classes without interruption.

The Year 2000 CD-Rom

This CD-Rom, offering the complete set of year 2000 meditations, features a clickable index, a glossary, and the entire texts and translations of the mantras and songs. Look for its release this coming February, 2001. As one of our full year 2000 subscribers, you may reserve your copy today for just \$19 (a \$54 value), plus S&H. No subscription renewal is required.

Subscription of a Friend

Send your full year renewal along with a full year subscription of a friend, and you will receive the year 2000 CD-Rom *for free* (pay just S&H), and enable your friend to purchase a copy of the CD-Rom for just \$27, plus S&H.

Payment

Make your check or money order payable to:

Guruprem Kaur Khalsa
PO Box 530
Santa Cruz, NM 87567

For more information please email or call:

onepage@yogagems.net
1-505-747-9329

RENEWAL SUBSCRIPTION FORM

NAME _____

ADDRESS _____

CITY _____

ZIP _____

COUNTRY _____

EMAIL ADDRESS _____

MODE OF PAYMENT:

☐ CHECK

☐ MONEY ORDER

AMOUNT PAID _____

DATE _____

SUBSCRIPTION OPTION

- ☐ 2001 SIX MONTH, EMAIL - \$54
- ☐ 2001 FULL YEAR, EMAIL - \$108
- ☐ 2001 SIX MONTH, POSTAL (USA ONLY) - \$67
- ☐ 2001 FULL YEAR, POSTAL (USA ONLY) - \$133
- ☐ 2000 FULL YEAR CD-ROM - \$19
- ☐ 2000 FULL YEAR CD-ROM - **FREE***
*Offer valid only with a full year renewal
and a full year subscription of a friend
- ☐ CD-ROM U.S. S&H - \$4.50**
**Please inquire for international rates

FRIEND'S SUBSCRIPTION FORM

NAME _____

ADDRESS _____

CITY _____

ZIP _____

COUNTRY _____

EMAIL ADDRESS _____

MODE OF PAYMENT:

☐ CHECK

☐ MONEY ORDER

AMOUNT PAID _____

DATE _____

SUBSCRIPTION OPTION

- ☐ 2001 SIX MONTH, EMAIL - \$54
- ☐ 2001 FULL YEAR, EMAIL - \$108
- ☐ 2001 SIX MONTH, POSTAL (USA ONLY) - \$67
- ☐ 2001 FULL YEAR, POSTAL (USA ONLY) - \$133
- ☐ 2000 FULL YEAR CD-ROM - \$54
- ☐ 2000 FULL YEAR CD-ROM - \$27*
*Offer valid only with a full year subscription
and a full year renewal of a friend
- ☐ CD-ROM U.S. S&H - \$4.50**
**Please inquire for international rates

<i>#COD</i>	<i>DATE</i>	<i>TITLE</i>
NM0334	01-10-00	Relationships and the Information Age
NM0335	01-11-00	Connect Up To Infinity
NM0336	01-17-00	Reflecting Identities
NM0337	01-19-00	Sacred Natural Law
NM0338	02-03-00	Self Knowledge
NM0339	02-04-00	Live Beyond Karma
NM0340	02-07-00	Develop the Subtle Body
NM0341	02-08-00	The Psychology of the Beyond
LA0950	02-14-00	Self Reliance
LA0951	02-15-00	Shine the Brightness
LA0952	02-19-00	The Golden Bridge
LA0953	02-21-00	Sun Flares
LA0954	02-22-00	The Flow of Life
LA0955	04-05-00	Conscious Existence
LA0956	04-07-00	I Am a Human Being
LA0957	04-12-00	Recharge Yourself
LA0958	04-13-00	My Grace Is Me!
M0161	04-15-00	Inner Purity
NM0342	04-19-00	Elevate Others
NM0343	04-20-00	Give of Your Self
NM0344	04-24-00	Mind and Mentality - Part I
NM0345	04-25-00	Mind and Mentality - Part II
NM0346	05-01-00	I Am a Way, a Flow of the Spirit
NM0347	05-02-00	Let Your Soul Shine
NM0348	05-15-00	The Virtue of a Meditative Nature
NM0349	05-16-00	Impressions
NM0350	05-22-00	Find Peace
NM0351	05-23-00	Macro Consciousness
NM0352	06-16-00	Feed Your Mind
YB0341	06-19-00	Let Me Serve My Grace
M0162	06-23-00	Trust Yourself



Synopsis from the teachings of Yogi Bhajan. © 2000 Alma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of these and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563

<i>#COD</i>	<i>DATE</i>	<i>TITLE</i>
TCH36-1	07-13-00	Pain and Ecstasy
TCH36-6	07-20-00	The Flow of the Psyche
TCH36-8	07-24-00	I, You and Thou
TCH36-10	07-26-00	Sensitivity and Endurance
TCH37-1	08-01-00	The Self-Sensory System and the Transition of the Piscean Age to the Aquarian Age
TCH37-2	08-02-00	The Science of Keeping Up
TCH37-3	08-03-00	Live Simply and Enjoy
NM0353	08-07-00	Recognize The Power of a Word
NM0354	08-08-00	Tomorrow
NM0355	08-14-00	Earth and Heavens
NM0356	08-15-00	The Power of a Thought
NM0357	08-21-00	The Self-Sensory System and Relationship
NM0358	08-22-00	Sensory Communication
NM0359	09-12-00	Purity
NM0360	09-13-00	Making a Mold
NM0361	10-05-00	Wake Up To Your Destiny
NM0362	10-16-00	Caliber
NM0363	10-17-00	Cold Depression
NM0364	10-23-00	On Communication - Part I
NM0365	10-24-00	On Communication - Part II
NM0366	10-25-00	On Communication - Part III
NM0367	10-30-00	Tranquillity
NM0368	10-31-00	Dignity
NM0369	11-13-00	The Regulatory System I - The Rules
NM0370	11-14-00	The Regulatory System II - Meditation and Thought
NM0371	11-20-00	The Regulatory System III - The Subconscious
NM0372	11-21-00	The Regulatory System IV - Relationships
NM0373	11-27-00	The Regulatory System V - Conscious Breathing
NM0374	11-28-00	The Regulatory System VI - Patience and Intuition
NM0375	12-04-00	The Regulatory System VII - Positive Thought
NM0376	12-05-00	The Regulatory System VIII - Dedication



Synopsis from the teachings of Yogi Bhajan. © 2000 Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of these and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563

**MEDITATIONS
for
THE NEW MILLENNIUM**

a project by

*Atma Singh Khalsa
Guruprem Kaur Khalsa*

from the teachings of Yogi Bhajan, Ph.D.

YOGI BHAJAN'S NEW MILLENNIUM MEDITATIONS NOW AVAILABLE THROUGH THE INTERNET

It becomes clearer every day that in this new age the search for information is no longer a primary objective. Information is available everywhere, for everyone. Today the objective is the experience that we can have within ourselves and our capacity to share the knowledge with others for the health and happiness of body, mind and soul.

MEDITATIONS FOR THE NEW MILLENNIUM

We have the blessing to sit at the feet of the Master twice a week. From Yogi Bhajan's intimate and deep connection with the tradition and knowledge of kundalini yoga, we receive a continual stream of information, teachings and inspiration. These lectures are available on video tapes and may later appear in books and manuals.

Today, through the Internet, these lectures are available to the entire planet. The meditations taught by Yogi Bhajan in this new millennium will be available on one-page cards. There will be a synopsis of the lecture, a photograph and description of the meditation, and a list of the mantras and music used in the class.

The project has just begun. As we streamline the process we plan to email these one-page cards worldwide within the week a class has been given. If you wish to continue to receive these *Meditations for the New Millennium* one-page cards, or if you would like more information:

please email us at onepage@yogagems.net
or call 1-505-747-9329

Light and Love,
Atma Singh Khalsa and Guruprem Kaur Khalsa

THE KRI SEAL OF APPROVAL



Kundalini Research Institute

The *Meditations for the New Millennium* one-page cards have received the KRI seal of approval. This is granted only to those products which have been approved through the Kundalini Research Institute review process for the accuracy and integrity of those portions which embody the technology of Kundalini Yoga and 3HO lifestyle as taught by Yogi Bhajan.

WHAT PEOPLE ARE SAYING ABOUT THIS PROJECT

We would like to share some of the comments people have sent from every part of the world—Chile, Japan, Spain, South Africa, United States, France, China, Brazil, Thailand, Italy, Russia, Canada, Germany, Singapore, Great Britain and Australia.

Thanks and keep up this wonderful service. You'll never know how much it means to those of us who live far away from regular personal/physical contact with our teacher. Blessings!

Prabhu Prakash Kaur

Thank you for your email and the Meditation for the New Millennium. I will print and work with these. I appreciate Yogi Bajan's willingness to make his wisdom available to everyone. Love to all.

Caroline Bloomfield

Sat Nam. Happy New Year.

What a wonderful format and gift for the millennium!!!

It recalls my old days of struggling to get the standard format for LA lectures for SSS as I sat at his feet and got it out in the old collections by KRI. SO ..good job, nice format, send them to my email as you get them.. Anything else like this that can help in producing his projects here..let me know.

Sincerely in the Naam

Gurucharan Singh Khalsa

One of the most beautiful uses of technology...

Yes, I would love to receive these .pdf cards regularly. Many thanks.

Michael Brake

What a beautiful job you did putting the summary of the lecture and meditation together! The picture was also of great quality. It is a blessing to have access to these recent meditations and lecture summaries by Yogi Bajan. It will enhance my teaching as well as my personal practice. I certainly would like to continue to receive these by e-mail as you make them available. I would also be happy to pay a subscription fee to cover your time and cost of putting this together.

Thank you again for your efforts. Sat Nam. Sincerely,

Guru Parkash Kaur

Please do send us your pdf files of new meditations.

We have started to teach them here at Golden Bridge already. Sat Nam

Guru Shabd Singh Khalsa

Thank you for sending me the card. It made the day even better after I read it.

I would love to receive more of these cards, so please keep me on your mailing list.

Malkeet Singh

Sat Nam. Hello!!

Your work is great I would like so much to continue receiving the cards "meditations for the new millennium". Is a excellent idea, it gives the opportunity to the people who are far from SSS, to be in touch with Him. Thank you very much!!!

Adi Singh

HOW CAN I RECEIVE "MEDITATIONS FOR THE NEW MILLENNIUM"

Thank you for your interest. We have received hundreds of inquires! To receive the one-page cards you may subscribe by sending a check or postal money order, payable to Guruprem Kaur Khalsa.

E-MAIL SUBSCRIPTION FEES:
six months, 54 US dollars
2000 full year, 108 US dollars

POSTAL SUBSCRIPTION FEES (US ONLY):
six months, 67 US dollars
2000 full year, 133 US dollars

Please mail to:

Guruprem Kaur Khalsa
P.O. Box 530
Santa Cruz, NM 87567
USA

As soon we receive your check or postal money order we will begin sending out *Meditations for the New Millennium* one-page cards. Please remember to include your name and e-mail or mailing address.

HOW CAN I HELP TO DEVELOP THE PROJECT?

Many of you have offered to help. To do so you may forward this introductory packet to your friends or students. You are also encouraged to send us email addresses of people that may like to receive *Meditations for the New Millennium*.

Your suggestions and feedback are welcome.

Light and Love,
Atma Singh Khalsa and Guruprem Kaur Khalsa

onepage@yogagems.net 1-505-747-9329

GENERAL INFORMATION

Sat Nam. Thank you for subscribing to *Meditations for the New Millennium*.

The one-page cards are for your personal use. We ask you to not distribute the pdf files. You may print and occasionally distribute the one-page cards for free, as long as all the information is retained on them. If you plan to distribute printed one-page cards for free on a regular basis a donation will be welcome.

Commercial use of the one-page cards is not allowed without our written permission. Please feel free to forward the info.pdf file.

Nothing in the *Meditations for the New Millennium* one-page cards is to be construed as medical advice. The benefits attributed to the practice of Kundalini Yoga and meditation come from the centuries-old yogic tradition. Results will vary with individuals.

OTHER RESOURCES

Reference books, as well other related Kundalini Yoga publications, audio and video tapes, are available from:

Golden Temple Enterprises
gte@newmexico.com

The Ancient Healing Ways Catalog
ahwc@cybermesa.com

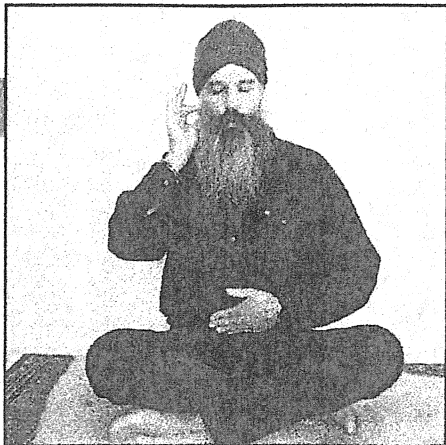
Sat Nam Versand (for Europe)
satnam.versand@t-online.de

Other information:

3HO – Healthy Happy Holy Organization
yogainfo@cybermesa.com

IKYTA – International Kundalini Yoga Teachers Association
lkyta@3HO.org

ONE-PAGE CARDS



Relationships and the Information Age

Yogi Bhajan, Ph.D. - January 10th, 2000 - Espanola, NM, USA

This is the Information Age—everybody can be informed about anything and everything. There is no secret, therefore there is no sacredness. Life is going to become an open book. When your computer is more loyal, truthful, informed and excellent than you, you'll be challenged. You do not have to compete with anybody. You have to compete with yourself. Sooner or later there will be no marriages, no relationships, because you will not have mind to control yourself. Computers will take over your life and all you will find is frustration. You have to prepare yourself with a meditative mind and applied consciousness. Taking shelter in faith and hope won't work. It doesn't matter how successful you are—money, environments and success will not give you any strength at all. Those who are slave of these and caught up in emotions and commotions are not spiritual. They have no trust in God. They have not understood the Greatness of Ever-Prevailing Lord, the Creator of the Universe.

We need a system in us to energize ourselves and get going. Our sadhana should be so perfect, we get into a solid state. To be simple, to be pure, to Be, is the answer. Touch your consciousness, intelligence, endurance—touch you. You shall have a mental power, a projection, which must overcome you, yourself and your environments.

Emotion, commotion, 2nd chakra pursuits—a relationship based on these must die. It has to come from here (YB points to 3rd eye). You have to ultimately respect and value the other person, and reverence has to be maintained. *"Come what may between life and death, between earth and heavens and that of God, we shall stay together for each other. We promise the day, the light of sun, all stars and moons will be our friends. All humans will be our guides. We'll live a very plush, happy life with the trust of God, our Father in Heavens."* Love other than that is a covered prostitution, debauchery, hateful. Today you love somebody, tomorrow you walk away. Human is as vast, as pure, as full of love as Infinity is. Purity is my first right. Happiness is my original thought. Under One God, unto One God I go.

Power of Mantras Chanted from the Navel

"Sat Narayan Waahay Guroo, Haree Narayan Sat Naam" — The most powerful ashtang (8-part) mantra. It cleans out the subconscious as well as impurity from your surroundings. When perfected, man rules the heavens. When the navel vibrates, earth and heaven's axle starts vibrating. That's the human power.

"Ardaas Bha-ay, Amar Daas Guroo, Amar Daas Guroo Ardaas Bha-ay, Raam Daas Guroo, Raam Daas Guroo, Raam Daas Guroo, Sachee Sahee" — Chant this mantra when you are in a painful difficulty. This is a mukta mantra, a mantra for liberation. It frees you from all garbage. The prayer has already happened, it is confirmed—between two Gurus, you put heaven and earth together.

"Kaal Akaal, Siree Akaal, Maahaa Akaal, Akaal Moorat, Waahay Guroo" — When you chant this from the navel you will reach a state where you can feel what is the Prakirti, the Heaven, and what are you. You will feel how many angels there are in the room and how limited in number you are. When the Unknown of you starts shining, all Heavens are bestowing their best luck on you.

MEDITATION - Brain Acupuncture

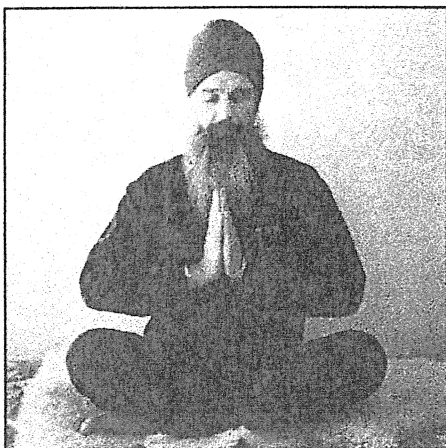
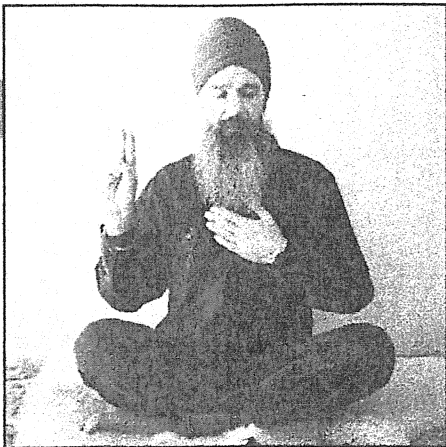
Sit straight in a cross-legged position. With the right hand in gyan mudra, pinch and pull down the right earlobe with the thumb and fore finger (this stimulate acupressure points to the frontal lobe and the head). The left hand is on the navel. Close the eyes. Breathe deeply through a pursed mouth, whistling on the inhale. Continue for 31 minutes. To end, inhale deeply, hold the breath and pinch the earlobe as much as you can. Exhale. Repeat 2 more times stretching the spine as much is possible. With the last inhaled breath, also press the navel point as best you can. Relax.



Golden Temple Enterprises

© Atma S. Khalsa and Guruprem K. Khalsa. "Meditations for the New Millennium" one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800-829-3970 or 505-753-0563



Connect Up To Infinity

Yogi Bhajan, Ph.D. - January 11th, 2000 - Espanola, NM, USA

When you feel superior you overbore yourself with everybody—a lot of air with no purpose. All our problems—jealousy, insecurity, fears and mistrust—come from our inferiority complex. People have problems because they cannot connect up to Infinity. Society doesn't trust a yo yo. Show your worth, and prove that you are trustworthy. Wherever you go, your reputation goes ahead of you. In life, to be worthy, you should be trustworthy to the entire universe. Professionally you are getting ready for the Aquarian Age. I hope you will not let down the global consciousness. You are needed by the world now.

MEDITATION

1. Sit straight in a cross-legged position. The right hand is held up beside the right shoulder with the elbow relaxed down. Lock the first two fingers close together pointing upwards, and use the thumb to hold the other two. The left hand rests on your heart. Chant from the navel, "Ong Naamo Guroo Dev Naamo" (by Nirinjan Kaur). Eyes closed. Continue for 31 minutes. Inhale deeply, hold, exhale like cannon fire through the nostrils. Repeat 2 more times.

2. Same posture but switch hands. Chant from the navel the mantra, "Waahay Gurroo, Waahay Jio" (from Raga Sadhana by Sat Sangeet Kaur). Continue for

11 minutes divided into three parts: first part loudly, second part whispering, last part in deep silence. "In silence you speak in yourself and you must hear by your ears. God will give you the power to hear the unknown sounds of the world—you can talk with birds and animals and humans alike."

3. Same posture. Chant from the navel the mantra "Sat Narayan" (by Amarjit Kaur). After 2 minutes bring the hands in prayer mudra in front of your chest. Continue chanting as you press the hands together for another 2 minutes.

4. Chant 5 times from the navel the mantra "Har Har Har Har Gobinday, Har Har Har Mukanday,..." (by Nirinjan Kaur). To end, inhale, breathe out, relax.

A Kundalini Yoga teacher can earn \$250,000 - \$300,000 a year, easy. You have trained in Kundalini Yoga for 30 years in a professional system to control your inner self. It is a graceful profession. Thousands of people are needing to seek refuge. They need guidance to be goaded to a state of mind to feel relaxed, and they will give anything for this. Share your spirituality with others. You should not hesitate now. The Age of Aquarius is a challenge. If you want to give something to somebody, forgive them. Let nature take care of its course, not you. Don't come in-between. It's not worth it.

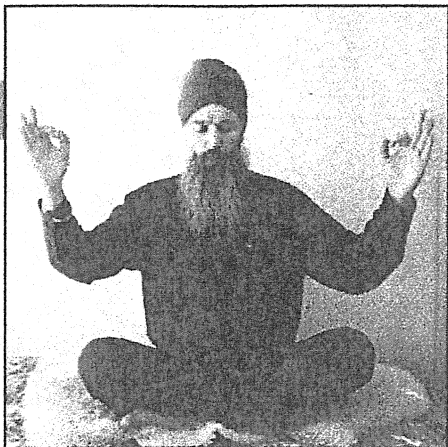
Nature always gives you wealth to give you trouble. You start guarding your wealth, being around your wealth. YOU are the highest wealth! Control yourself, for yourself. Nothing can be learned unless you can deeply gear yourself into meditation. Once you start meditating, you will come out totally different—your worth will come out. Philosophy and faith won't work in the Age of Aquarius. These are Piscean. The slogan of the Piscean Age was, "I need knowledge—take me where I can get it." The slogan of the Aquarian Age is, "I have a knowledge—take me where I can have an experience." I shall know my reality and understand my identity. I shall have prosperity and serve and compassionately care for all living beings.

Professionally start acting as leaders, teachers, guides, and helping people. You have the power of touch, the grace of Guru Ram Das. Where do we get this power? "Amrit Vaylao Such Naa Vadiaaee Veechaar, Karmee Aavai Kapraa, Nadaree Mokh Duwaar..." Meditating on Truth in the early morning before sunrise, praise the Lord. All your actions shall be covered, and you will see the door of redemption. Nanak, this is how I have found it.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Reflecting Identities

Yogi Bhajan, Ph.D. - January 17th, 2000 - Espanola, NM, USA

There is a human need to reflect your identity. You will reflect your identity so you can affect the identity. This is how we mutually talk to each other. We are social. Sometime in this reflection the psyche gets entangled and we are deeply in love. When we cannot follow the rhythm of our own psyche, we deflect ourselves and we lose the relationship.

The relationship between two individual identities has to be decided on values. If a woman wants what she wants but has minus values, she is self destructive. If a man wants something with no positive values, he is not going to work it out. If commotions can make emotion, and our feelings are all healing, we would be living in heavens. If you are dealing with somebody who is insane and has emotions and commotion—neurotic, useless, hopeless—still that person has an identity. You have to reflect that identity in your making a decision.

Life has a simple challenge—act, don't react. Calm yourself and claim yourself. When you reflect like a torch, it takes away the darkness for a long distance. When you reflect, your psyche takes away indifference for a long distance. When you speak for your self, or somebody speaks for you, there is somebody else who speaks for you—your character and projection. *That is yourself.* Your self is the strongest thing you have. If you doubt within your self, act and react, if you answer the call of Dharma and have no heart in it—you never make sense. You need higher energy, your higher psyche, which should purify you so you can enjoy life.

An unstable man was advised to practice the *one minute breath meditation* for 31 minutes a day. Today he is grateful to have become successful and compassionate, without any lecture. He has realized himself. Why? You live by breath and die by breath. If you meditate on your breath, then through Pawan Guru, the Pranic Vidya—the knowledge of prana—of creation and creativity and all incarnations will dawn on you. You will start winning your self, start valuing your breath, valuing your environments, valuing your projection—and in this way everyone will in turn value you.

In the company of the holy congregation, sharing our psyche, our flow of the identity for each other, our understanding, we go across all difficulties. In doing so, we change our psyche. That enrichment which happens, that 30 trillion cells and a most booming power in the universe, creates a sense of purity and piety. The purpose of this congregation is to elevate ourselves. When you elevate, it is like the person who climbs high up a tree to escape a lion, rather than running from the lion. When calamity hits you—elevate yourself!

We must learn to meditate on our breath. Breath is God in us. Breath is life in us. Breath is us.

MEDITATION

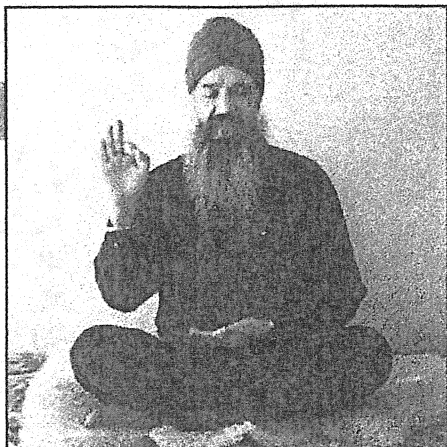
Sit straight in a cross-legged position. Extend the arms slightly up and forward at 45° angles. Both hands are in receptive gyan mudra. Eyes closed. Whistle in deeply, hold, and then cannon fire out through the mouth. Continue for 11 minutes. To end, inhale deep, straighten the spine, hold, fire it out. Repeat 2 more times, holding the breath and tightening every fiber of your body. Relax.

Whistling vibrates the breath with saliva which has a very magnetic affect on the body. The cannon fire exhalation takes away all that is not needed by your being. The arm position works on important meridian points and the posture gives you self-containment. If you do this meditation 11 minutes a day soon you will be a changed person. Things start happening. Your strength can help a lot of people. For walking in this information age you need a temperament, manners, courage, endurance, communication and mutual understanding. I hope you will do it all.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Sacred Natural Law

Yogi Bhan, Ph.D. - January 19th, 2000 - Espanola, NM, USA

If the moon does not reflect the sun and does not wane and wax, there is no growth on the planet. Seeds will sprout and die. The male is a sun—warm, stationary, stable—shines. If a male does not have these three qualities, he is not a male. The moon wanes and waxes and reflects the light of the sun. If the male and female get to that relationship they will be prosperous, happy and fulfilled. Otherwise it is push and pull. It becomes a story. You are not part of the story that you live as. It is the story of your mother, your father. Your story has to be totally yours, and you have to clean everything out. That is why *Siblings of Destiny* has been republished. There is a sacred law—Puruka and Prakriti—how poor a woman is, how poor a man is. If they are together there shall be sweet grace, social grace, personal grace and life. But when not together, it will not be acceptable. If you openly defy the law of nature, you shall have troubles and suffer.

We develop patterns and become a slave of our patterns. We lose our freedom, our sovereignty, our identity. The problem is that you love each other, live with each other, and at each other, because you cannot digest each other and come to a mutual understanding. Even the moon and sun get eclipsed. You are no exception to the rule. If you decide to do what you are going to do, you must face the consequences. Don't blame others. Blame what's in you that made you to start the sequence. If thou shalt not deliver, GOD shall deliver. When you make an appointment, you will get a disappointment. But if you don't make an appointment—be yourself—nothing will go wrong for you. You will find a natural path. But when you cannot develop your elementary nature, Bhagati—anything which exists on the earth, including you—does not touch boundary with the Puruka—the natural law of Dharma.

Karma has to be paid. Karma is a debt. And karma has to be paid dharmically, religiously. And so we pay homage. Touch the feet of a man of God. Hug him, touch his hand. He will say, "God be with you." Why? You reach out kindly, humbly—you shall be blessed. It is the law. When you bow you will be blessed. In all your life, your whole incarnation, you need one blessing. That is called "*Touch of the Master*." He doesn't tell you about himself or yourself. He tells you about your destiny and blesses you. Riches and poverty do not make a difference. The person who goes through riches and poverty is you. It is YOU who matters. It is a simple problem—you did not touch the Master, you cannot touch the world.

Are your gears transmission right? When the times call on you, do you act and not bust it? When you shall deliver, a man delivers. "Thou shall deliver"—then God will deliver. And that is the difference between God and man. Prepare yourself mentally to have a meditative mind, a mental capacity, which automatically changes gears as you face the life.

BUJUNG KRIYA

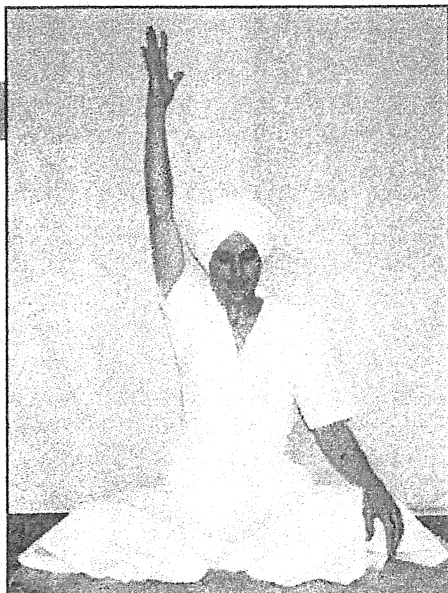
Sit straight in a cross-legged position. Form a cup with the left hand at the navel. The right hand is held in gyan mudra to the side at neck height with the elbow relaxed down. Take your tongue out, keeping it flat, and firmly lock it in position with your front teeth. Eyes closed. Breathe deeply, sucking the air around the sides of the tongue. To end, keep the posture, inhale deep, hold, and exhale through the mouth like cannon fire. Repeat 2 more times tightening the entire body. Relax. Recommended time is 11 minutes. Never go more than 31 minutes.

This is the most powerful kriya in the science of yoga. The habit to falsely call, "Wolf! Wolf!" will go away from your personality. This breathing will give your nerves standardization while giving power to the central nerve.



© Alma S. Khalsa and Guruprem K. Khalsa. "Meditations for the New Millennium" one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Self Knowledge

Yogi Bhajan, Ph.D. - February 3rd, 2000 - Espanola, NM, USA

There are certain kriyas you need to do. We are based on Breath of Fire, Sat Kriya and Kirtan Kriya. Doomsday is not going to come, but you are all going to be sick if you do not do sadhana. Sadhana—do it as it is, Aradhana, Prabupati—be like God. You'll become Lord Master of God.

You are angry and emotional. You have feelings, imagination and fantasies. One thing you do not have, that is Self Knowledge. You know everything else but you never understood your inner core, you are not aware of it. Any frustration is a short circuit—you want something, you are not getting it. If you have not got yourself to yourself, everything else you get is useless. It has no meaning.

You came from Infinite to finite, and you have to merge back into Infinite. But you have not accomplished yourself and your subtlety to enable you to get back to Infinity. The body has been loaned to you with certain prana to a certain extent, through which *now* you must admit your spirit. But you, as egomaniacs, admit your ego through your body. It is contrary to God's Will. You do not get respected because you are a shining star and spirit. You want to get respected by how much money you have, how much power you have, how many people you can befool. One day I will be gone and people will look to you for help. If you won't help them somebody will say, "You didn't help me, because I am not like you," and chop off your head. It has happened for centuries, it will happen again. They see your characteristics and your commitment, but you do not look good to yourself because of your neurotic habits.

Heat, youth, hot blood, vision, circumstances and environments can take you anywhere, but your corruption stops you. Your corruption ultimately takes away the glow from your face, takes away the glow of your existence, takes away the glow of your presence. You are just a dead rat. There is nothing in you. Animals are better than you—they get in heat in a certain season. You are in heat all the time. It is not practical. Emotional intercourse destroys your angelic power. The jewel of this precious life is wasted. When are you going to become precious? When are you not going to bite the bait, no matter what? Stop playing with your life—you will never get it again.

What is the difference between a woman and a prostitute? One way you get a dowry, relatives, money, a band—the whole town shows up. The other way you are lucky if you collect fifty bucks. Woman is the same, values differ. Give yourself values. Character will only come when your body, mind and soul are committed to YOU. This body will be diseased and it will go. In-between you have to emit light so you can leave behind a legacy. If you understand this you will not do countless nonsenses. You are made in God. You are part of God. Change your angle, from being physical and mental, to be Angelic.

MEDITATION - Sat Kriya Variation

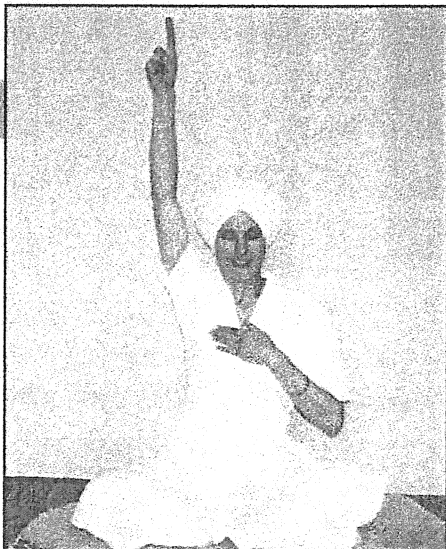
Sit straight in a cross-legged position. Raise the right arm and hand straight up, lifting the shoulder, with the palm facing towards you and widespread fingers. Eyes closed. Chant "Sat Naam" in a constant rhythm, about eight times per 10 seconds. Chant the sound "Sat" from the navel, and pull the umbilicus all the way in toward the spine, on "Naam" relax the belly. To end, inhale, hold, and squeeze the entire body, bringing the energy up. Relax.

Recommended time is 11, 22 or 31 minutes. Whatever you choose, be regular. Sat Kriya for 31 minutes a day is the essence of life,



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800-829-3970 or 505-753-0563



Live Beyond Karma

Yogi Bhajan, Ph.d. - February 4th, 2000 - Espanola, NM, USA

Every day you want to live. While living, do you produce energy to live, or do you use energy to live? Do emotions and commotion guide your life, or do you guide your own self esteem, reality and ecstasy? It is that deep inner strength on which a human lives—I am, I Am. That is God in us. How you die does not matter. Do you leave a legacy behind? If you do not have self control, self knowledge and self awareness, you will be lazy, lousy, complaining, miserable and without manners, sobriety, calmness, depth.

There is a difference between people who talk and who practice—when there is an avalanche, they stand tall. That human quality is very precious. Even if you can see God, you are useless. So long you cannot share, you are good for nothing. Actions should be by the call of duty, not of emotions. It is a very difficult way of life. It challenges the very core of human essence. It integrates with the entire universe individual purity and piety. And there is no running away, no hiding, no weaknesses. Personal strength is so strong that the Will of God becomes weaker before the man. Make yourself so pure and lofty that, before planning, God should ask you, "What is your opinion?"

The tragedy is that you prostitute yourself. This most precious life God gave you, you lose for nothing. You think you are enjoying—you are putting another brick on your graveyard! Finally, under the weight of your own karma, you will be destroyed. Prostituting God's gifts, body, mind and spirit, you shall never get reality—even if God grants immunity from this sinful action. Because actions have reactions, equal and opposite. Be sick as much as you can be, and still do the job. Bitch is a bitch, but when she is called to do a job, if she does it, everything is even. It is that *action*. This is the essence of *Gita*. At the time of *Gita* people were conquerors of Death. They were beyond karma. Because with eyes of purity and piety they could see the beauty of the universe. There was no cry. There was ecstasy.

"Ang Sang Wahay Guroo." With you, God is. There are 30 trillion cells in you, and with each cell God is—30 trillion living Gods.

MEDITATION - Sat Kriya Variation

Sit straight in a cross-legged position. Raise the right arm up straight, pointing the index finger. The left hand rests on your heart. Eyes closed. Chant "Sat Naam" in a constant rhythm, about eight times per 10 seconds. Chant the sound "Sat" from the navel, and pull the umbilicus all the way in toward the spine. On "Naam" relax the belly. Continue for 11 minutes. During the last minute whistle it—it is difficult but will give you internal relaxation. To end, inhale deeply, hold, stretch the spine, balance the body. Cannon fire exhale. Inhale again, hold and raise both hands straight up pointing the index fingers, stretch the spine, uplift the diaphragm, stretch the navel point. Cannon fire exhale. Inhale again, hold and interlock the fingers overhead, lift up your body and stretch the spine. Cannon fire exhale.

We have the power to create in us the power we need. Screwing around is not what the body was made for. We are part animal, part human, part angel. Our anger is not angelic. That is why we suffer. If you want to drive a car with no brakes you are sure to have an accident. There are people who speak on the loudspeaker all life—no one cares. There are people who say two words—the world listens to them.

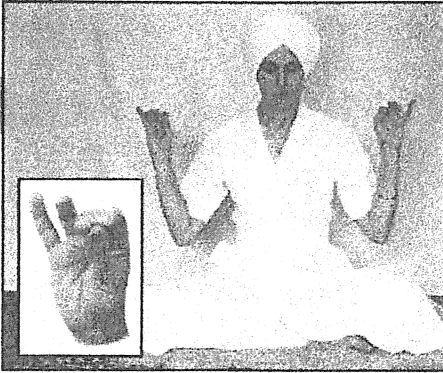
MEDITATION

Sit straight in a cross-legged position. Extend the right arm with the index finger pointing forward. The left hand rests on your lap. Rotate the right hand in small clockwise circles as fast as you can. Continue for 3 minutes.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Develop the Subtle Body

Yogi Bhajan, Ph.D. - February 7th, 2000 - Espanola, NM, USA

If you start counting your curses you will forget the blessings. Forget your curses and start counting your blessings, and bless everybody. The rest God will do, not you. We should not have the luxury of negative thoughts. With negativity and insecurity you suffocate your identity. Can you take a promise that you will never curse yourself? Trust yourself! *Ang Sang Wahay Guroo*—God is within you. Do not be angry, do not worry what you have been taught or who is who. Be grateful that God made you to be as you are.

Everything is a thought. If you know how to use mantra to cut a negative thought into a positive thought, you win. Environments will change, things will come to you. Going after things is totally ridiculous. Life is a precious gift. You have to live by your grace. You have to do what you are. Your guiding star must guide you to that reverence so that other people sincerely feel your love.

Prepare for that beautiful tomorrow when you will be asked to help. At that time, don't think, "I didn't do my sadhana, I can't bless anyone." The only thing you should remember is, "*Hail, Hail Guru Ram Das and Heal the World.*" Let Guru Ram Das do miracles. Let people feel your presence and be in debt for your positive energy. When people reach you, touch them—with smiles, with

your hand, with your sweetness of word. Give them a chance that they can be. When you put on your bana and go out in the world, consciously and unconsciously you have that Grace. "*I shall see God in all, I shall serve God in all.*" Enhance the power, the core in us—the purity and piety. All you need is to touch one heart.

GROUP MEDITATION

Sit straight in a cross-legged position. Eyes closed. Apply neck lock. Chant "Ek Ong Kaar-a Sa Ta Naam-a Si-Ree Wha-a-hay Gu-roo" in Laya Yoga form. Pull the navel in powerfully on "Ek" and each "-a." Release energy out of the top of the head into the infinite on "-hay Guroo." Continue for 11 minutes divided into three parts: in the first part raise hands to the side at neck height with the elbows relaxed down, pressing the tips of index, middle fingers and thumb together as hard as possible. In the second part hold hands with your neighbors. In the third part tightly interlock the fingers, and on each "-a" pull your hands towards yourself. To end, inhale deep, hold 15 seconds, make your spine straight and powerfully pull on the hands. Bring the focus to your central self. Give and take, adjust yourself. Exhale. Repeat 2 more times. Relax.

During this exercise you are going to get pushed, but you do not know when. Your brain and psyche have to calculate the moment. The alternative sensitivity has to come into play. Your body has the right of defense, and this defense will elevate you to the subtlety of the surroundings. In this subtlety lies your power to penetrate the universe. That is the key to every richness. This exercise is the ultimate power—it will give you super sensitivity. Your subtle body is the most powerful thing. That is what we are trying to develop.

"May your designated destiny give you the power to bless yourself. May your mind find out the richness of your existence, and give you all the power and strength of being so good and elegant. May you start appreciating yourself in the sense of word, and in a comparative study be thankful for all the virtues. May your values be shared in all the goodness and honesty, and may you be in a position to fall in love with you, so that you understand the basic love. May God take away from you the interrogation of self-criticism and self-denial, and may you live well in His Name, with His Grace, for His Sake. May you all be prosperous, virtuous, compassionate, kind and caring. May this day bring in you the change so you can face the coming age with strength, with self loyalty and with your own virtues. May Almighty God make you worthy of it. Sat Nam."



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563

Let Me Serve My Grace - Summer Solstice 2000

Yogi Bhajan, Ph.D. - June 19th, 2000 - Ram Das Puri, NM, USA

You are the teacher of the Age of Aquarius. Ask yourself, "Am I saving my face, or am I saving my Grace? Am I creating a world within the world, or am I true to my word? Am I a yo-yo fluctuating within myself and around myself, or is my word and am I real?" Decide to live and be straight so that everything around is straight with you. If we had been doing Sat Kriya for the last 32 years for one half hour each day, keeping our chakras open and working, we would never have gotten into difficulties, or we would have the capacity and energy to overcome it.

All riches and powers do not give us fulfillment and satisfaction. We only want, want, want. We have never learned to give, give, give. We do not understand the joy of giving. Matter can be changed into energy and energy can be changed into matter. Those who serve the master become the master. Those who give themselves, get God. Those who live their spiritual destiny, cover the distance and reach the destination, get joy from worldly achievements, not emptiness.

There is no make-up for original, organic self. There is no beauty without duty. There is absolutely no life when you live in strife. Duality has no reality. Whatever one's capacity for the breath of life is, it should all be utilized. Because when we do not have a most powerful personal energy, we become like maybe's. We compete with God—we worry. He created us and has the power to create all environments and take care of us. But we are maybes. Our entire effort is to save the time and serve the time. When things come to us, we let them go by, because we only want to receive what we achieve through our tiny manipulation, to satisfy our ego. When we serve our ego, we do not serve God. We do not participate on this beautiful planet. We live on ego land.

Be simple, smile. Open up so *ALL* can enter. Do not close down and deny the opportunity, the infinity of God. Recharge yourself with sadhana in the morning so we can face the day with beauty, with bounty, with bliss.

The Age of Aquarius will be the most graceful, wonderful period of human life, in which experiences will be the most prominent factor. It will flow through us. Our touch will heal many. People will find us to learn how to be straight, smiling, organic, original. We do not only worship *Akal*—the Infinite—we are the Infinite. No make-up can match up to the Infinity. No beauty can be equal to that reality. When you are real, you are trusted. When you are real, you are loved. When you are not complicated, you are simple and straight and beautiful. Opportunity, prosperity and good luck run to you.

It is wonderful to be gathered together in this sacred place for our sacredness—to get rid of our fear and our belittlement. We are answering the call of the Age of Aquarius. We are entering the millennium with full force. We have learned that if we do not have a meditative mind, an organized mind, an applied mind, a real mind, we cannot have peace of mind. Unless we have power to know our mind and our nuclear self, we cannot solve our problems. If we are not full of life and energy and we are not fabulous, what can we share? Our shortcomings, complaints, neuroses and moods? We are supposed to share our joy, our greatness, our vastness, our happiness. We should be shining bright stars, because we are created in the image of God.

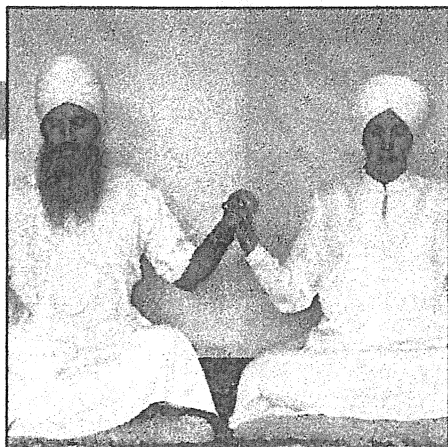
The slogan of the Age of Aquarius is, "Let me serve and save my grace, not my ego and my face." That one line can define all issues. The entire knowledge of the universe is contained in it. Grit and power is contained in it. Effort and discipline are contained in it. I ask you to join us, walk hand in hand, carry the banner. Walk tall, smart, alert. There is no alternative to it. We have to do it. It is a virtuous time. People who suffer in their own suffering shall join together. They will stop their monkey games. They will bring their mind to be applied. Those who meditate on their identity and personality and go through the hard labor, they will be bright and beautiful in the eyes of God. Fulfillment and joy will make them extremely happy. The essence of life will be at their command. The world will look to them for guidance. Their words will touch and bring brightness and health and grace to people's minds. Physically, mentally and spiritually they will enrich everybody.

May you all live in that Grace. May you all protect that Grace. May you all create a Grace. Let life prevail, like oil on the chest of the ocean. Let us cover the seven seas with the Holy Nam. Let our sounds resound and reach everywhere. Let us share the prophesy of God with our grace. May you all be rich, pure, gracious, sharing and giving. May your selflessness be so vast that you can share. May you be angels with every angle of life. It is the hand of God which blesses us and gives us grace. It is His Touch which proves and gives us the chance of our prayers. It is His power which makes us worthy to serve. Let us all remember that we are One in God and God is One in us.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Psychology of the Beyond

Yogi Bhajan, Ph.d. - February 8th, 2000 - Espanola, NM, USA

Without an understanding of parapsychology, the psychology of the beyond, we will suffer in a very indirect way. Our local psychology runs around a focal point, an axle of life, as the earth goes around the sun. Our cooperative psychology—our own circle, our whole world of imagination and thoughts—moves as the earth moves around itself in its orbit. Sometimes the applied social psychology puts people to a task which is not real, not necessary. Sometimes the reactive social psychology—for example, where you are mad at your mother and father—makes people do things which are unnecessary. When people get into their drama, their neuroses or psychoses, uplift them to a new level. Elevate them so they have a new surface to sail on.

You can study, get college degrees and become as professional as you can be, but you will be stupid in the beginning, stupid in the middle and stupid in the end, if you do not know the psychology of the beyond. As an object you are 10%. As a subject you are 10 %. The remaining 80% is the para-self, the Unknown Hand of the Creator. The local psychology of your axle and the comparative social psychology of your orbit both represent *YOU*. Through time and space and beyond time and space, show commitment and character, show goodness of the heart. Your head must bow to your heart. It is that strength which will give you life. It is that strength which will give you the power, that if you touch something by sight, hand, or word, it will be true. You have no enemy. If you have an enemy it is your own fear, your own doubt, your own cleverness. Guru Nanak said, "*Sahas sianapaa lakh ho-ay, ta ik na chalai naal*"—you may use 100,000 clevernesses, nothing will go with you. If you twist every word of wisdom into your twisted self, it is reverse living. It is useless.

We all forget that one day we may become old. Old age cannot be lived without grace. And grace cannot be achieved without meditation. Meditation is nothing but to give yourself the vastness. It is not a human requirement. It is a necessity. The only way you can stop the mind from troubling you is with deep breathing. When you call on the breath, Pavan Guru, your mind must serve you. The caliber has to be enriched, the light of the being has to be enhanced. Character has to be built from the foundation to the top. Character is not a joke one has to play with. Character brings you prosperity because it will bring opportunity. People will trust you, will sacrifice for you. But once your reputation is that you are clever, you are foxy, people will avoid you.

Look at society today--there is date rape. In offices, nobody talks to female members. It can be labeled "sexual harassment." No gentleman, no valuable person wants to date. 32 years ago I never used to lock the house—now when I leave, a guard is posted at the door. All which is happening is social chaos. The answer is not to buy handguns. It is to keep your mind intuitive, so you can read the defect or misfortune ahead of time.

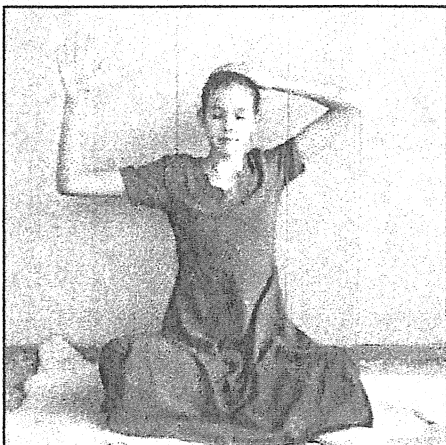
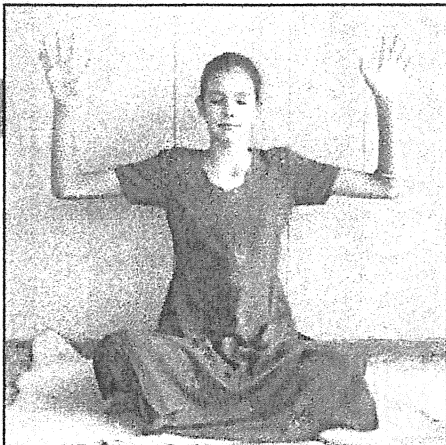
GROUP MEDITATION - Human Chain

Sit straight in a cross-legged position. Raise both hands to the side, reach across and hold hands with your neighbors, interlocking fingers. Eyes closed. Chant in a monotone, "Har Har Har Har Gobinday, Har Har Har Har Mukanday..." pulling on the navel and pull your hands towards yourself with each "Har." Continue for 11 minutes. To end, inhale deeply, hold 15 sec. and pull towards yourself with all your strength. Exhale. Repeat 2 more times. Relax.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800-829-3970 or 505-753-0563



Elevate Others

Yogi Bhajan, Ph.D. - April 19th, 2000 - Espanola, NM, USA

If you keep eating, one day you will become constipated. Similarly, when you have 1,000 thoughts per blink of the eye—creating feelings, desires, neuroses and psychoses—it is possible you will get stuck with your own neurosis. When a thought is haunting you, a psychologist or psychiatrist cannot help you. Any thought which is not fulfilled goes to the subconscious. An overloaded subconscious will drop into the unconscious, and an overloaded unconscious will generate a haunting thought in your conscious.

Fantasy overextends to the point that you start believing it, and finally you become that. When the reality, earth, and the heavenly fantasies do not meet together, we get in trouble. And now—in the information age—there will be so much trouble. Conversing in a *chat room* for hours and hours causes you to become addicted to sitting in front of the computer. You become caught in the network of computers. Sooner or later no one will go to the office—you will go to your computer.

What is your power? Money? Health? Knowledge? No! Your everlasting power is *seva*—selfless service. If you do not have the power to elevate others, you have absolutely no power. If your attitude does not elevate others, you are not human. Lack of *seva* can raise you to nothing. Real *seva* can raise you to everything. What is keeping you bound down to your lower self? It is your neurosis. You are stuck by your neuroses. You are trapped. You love your ego more than your identity. "In God I trust," is what you have to learn. Get up in the morning, do your *sadhana*, cleanse yourself. It will bring you purity and piety so you may elevate yourself, and then you can elevate others.

Learn the shabd of the Guru, then become that shabd itself. "My mind, you are the Light of God." When you enjoy the Guru's word and live it, you start shining. People start respecting you, because people want to be unlimited. But instead of taking the gospel of the Guru, you start gossiping, saying negative things and putting a person down.

Your life is based on sex—marrying here, divorcing there, sex here, sex there, falling in love, falling out of love. You proclaim, "I have so many acres of land," "I have that much money," "I am a business man," "I am an attorney," "I am a doctor." You invest in all this dirt. In the end you end up in the dirt, six feet deep. You do not understand sex, and you do not understand life. When you get up in the morning and open your eyes, touch the top of the head with the right hand, blessing yourself, saying, "I am a human being. Thank You Lord for giving me another day. Thank You for making me a human being."

We have to work very hard and very powerfully to get rid of our subconscious neuroses and get ready to face our tomorrow.

MEDITATION - Bless Yourself

Raise both arms to the sides, elbows bent at 90 degree angles, so that the forearms are pointing upward. Hands face forward. Eyes on the tip of the nose. Chant the mantra "Humee Hum Brahm Hum" (#CT110 Humee Hum Brahm Hum by Nirinjan Kaur). In rhythm with the mantra touch the top of your head with the left hand (Humee Hum), blessing yourself, then return to the starting position (Brahm Hum). Continue for 11 minutes. To end, inhale, hold the breath and tighten the spine, stiffen only the left hand. Pull the energy of the spine into the left hand. Repeat 2 more times. Relax.

When you get up in the morning, stretch yourself in cat pose. Then lie down straight, with your right arm alongside you, and bless yourself as you did in the meditation. One blessing is enough to start your day. Start living consciously. Become a human being. Be humble, serviceful, kind, compassionate. Your power to heal is in how much anger you have forgiven yourself for.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Give of Your Self

Yogi Bhajan, Ph.D. - April 20th, 2000 - Espanola, NM, USA

We claim, blame, discuss, plan. We qualify and disqualify ourselves by the power of our thoughts. Thoughts are wonderful when they do not cross the banks. When thoughts cross the unconscious they affect the conscious. Our thoughts take us somewhere else, so when opportunity and good luck come we are not at home to receive.

Our power is *seva*—selfless service. Those who do not know how to give will never receive. *Seva* gives us grace, gives us glory. But without *simran*--without a meditative and devoted mind--you cannot do *seva*. *Simran* is a self-purifying process. What makes an affect is not our talking, writing and claiming. It is the grace of purity that shines through us. Something that can be said with three words should not be said with 30 words. A pure person is very simple in speech.

What do you need in yoga? *Union with your Self*. When you are united with your Self, *then* God shall unite with you. Self is very important, yet you degrade and put conditions on your Self, you do not let Self flow. If you give your Self a chance, your Self will give you all the chances. If you are consistent and constant in recognizing your Self and its beauty, and if you give of your Self you will be a saint. Through service, through being caring and compassionate. A spiritual person is vast, like an ocean--humble, but very mighty, very powerful.

It is difficult for people to stay in their hearts. Waves of thoughts are in the head. The heart is constant--it beats 70 times per minute. When you become constant like a heartbeat, everything starts working for you. In the mantra, "I Am, I am," the first "I Am" is an affirmation. The second "I am" is to be humble. "I have come from the Infinite to the finite, and from the finite I have to go to the Infinite." If you do not understand the subtlety of life, you cannot make it. Each breath in life is a value which you cannot redeem. Leave all questioning and answering to subtlety.

When we meet somebody, we want something. This basic corruption is not our fault. It comes from the lack of affection in childhood. When you are giving a hand shake, create a feeling--the thumbs must meet, and your index finger must touch the heart point on the inside of the other person's wrist. Hug children with a bear hug, or in a *sandwich hug* with a friend. Learn to love people.

You have every value in you. Transform every value into a virtue so you can share, and share because you care. If you care, you will be loved. When you are loved you will have opportunities, chances, and you will live well. Do not hesitate to communicate a good thought.

MEDITATION

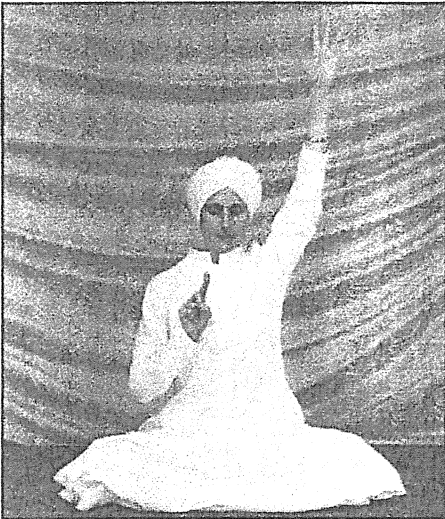
Sit straight in a cross-legged position. With the elbows relaxed down, extend the forearms in front of you parallel to the ground, palms facing down. Look at the tip of the nose and move both hands in a crescent moon movement in front of the heart center, sweeping the energy up. Silently move the hands up and down in rhythm with the mantra, "Humee Hum, Brahm Hum" (#CT110 Humee Hum Brahm Hum by Niranjan Kaur). Continue for 11 minutes. To end, inhale deeply, hold, make the hands tight like steel and cross the energy between the hands with a mental focus. Cannon fire out. Repeat 2 more times. On the last breath tighten every molecule and muscle in the body. Relax.

Do this meditation in the morning. You will find the practical meaning of ecstasy.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Mind and Mentality I

Yogi Bhajan, Ph.D. - April 24th, 2000 - Espanola, NM, USA

We have lost our personality in the name of civilization. Mind and mentality have become shallow. Our personality decides our priorities. If we knew each other's priorities there would be no difficulty. But our priorities are deeply personal. They come out of fear, not out of love. When you fly, you must fly using the opposite wind. Similarly, when you have opposition, it gives you the personality to prioritize and face it. Your intuition automatically does it. But if you become afraid, it does not work.

Love is your fantasy to be liked. Love comes from the first hug your mother gave you. You are still chasing that hug even today, and you will keep on chasing it until your grave. Because the one thing you will never know is your mother. A mother is nothing but a hug, and a hug is psychic flow. It is that mother who turned her blood into milk, and that nipple which you sucked, which is as alive as it was the first day. It has never run away. Deep in you is that imprint of that psyche which can never leave you. You seek that hug, because your *love* grants temporary safety from your own insecurity.

The mind cannot be cleared without meditation. In meditation you calm your self through a posture of energy and will. All subconscious negativity starts flowing. You are chanting, "God, God, God..." thinking, "that girl behind the tree—I would like to sleep with her," "...God, God, God." This is your subconscious thought which you do not want people to know. In this, "God, God, God..." you are pretending to be spiritual. You are trying to impress people. It is your baiting game.

You know three things—baiting game, dating game and rating game. How many of you have ever spoken truth on a date—"I am an angry, dirty piece of nothing, but will you marry me?" Instead, you are seductive, "I had a dream—an angel told me that I should be with you..." Or you play the rating game and think, "She is getting old—she is getting all these wrinkles." Some women think of divorcing at the top of their husbands' careers, because they seek the independence which they sought from the very beginning.

Mind and its mentality are one of the most secret things in this civilized world—you never let anybody know the mentality brewing within your mind. Meditate, clear out the subconscious mind. You will save yourself from a lot of pain, shallowness and errors if you give yourself a chance.

MEDITATION

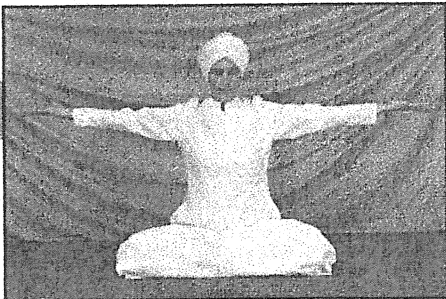
Sit straight in a cross-legged position. Raise the left arm up straight, palm facing forward, fingers spread. Bend the right arm with the elbow down, forearm facing forward. Point the index finger upwards and hold down the other fingers with the thumb. Eyes at the tip of the nose. Chant in a monotone, "Har Haray Haree, Wha-hay Guroo," moving the right forearm from side to side, like a pendulum, in rhythm with the mantra. Continue for 11 minutes. To end, inhale deeply, stretch the spine, tighten the right index finger like steel and spread the fingers of the raised left hand. Give your body a rest of the inflow of the psyche and the energy of the nervous system. Exhale. Repeat 2 more times. Relax.

In this meditation the posture creates a balance of energy and enables a mental and physical body adjustment. The mantra is composed of the six sounds of the tip of the tongue. Hit the upper palate with the tongue on the "r" sound to stimulate the hypothalamus and the thalamus. The secretions of these glands control personality, emotions and feelings.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Mind and Mentality II -

Yogi Bhajan, Ph.D. - April 25th, 2000 - Espanola, NM, USA

Someone may know your mentality, but they may not know your mind. If you are restricted, constrictive, critical, nagging—you are doomed. You should be willing to choose your mentality's scope and projection. Ask yourself if your mentality proves that you are gracious, compassionate, kind, truthful, real. Happiness is your human birthright. And the secret of happiness is to have a clean, clear mentality. With all of God's love, He has made you a human. You must have the mentality and personality of a human. You must have a relationship between you and your mind.

"O my mind, be with God all the time. All worries and discomforts will be forgotten. God will be with you and guide you to do all your jobs."

—Anand Sahib, Guru Arjun

God is perfect and can do it all—why do you forget this? You forget you are a person, that you are compassionate, kind, beautiful, virtuous. When we are forgetful, we cannot be grateful. We must not forget we are made in God, with a perfect mentality, gracious. Practice it, remember it. Will you remember it? If you truly start practicing, soon I will be left with only 2-3 students! I came here to create masters of dignity and destiny who can give people happiness, joy and comfort.

Animals are animals because they have impulses. As a human you are supposed to have intuition. You can only live between yourself and God with intuition connecting you—with the totality of the realm of the consciousness in the cosmos. This is the infinity of which you are a part. That is your reality. That is your religion. Sit under a tree somewhere and think about it. Intuition means—you see, you know, you solve. The human brain is very competent.

MEDITATION - Shuniya Kriya (22:00)

Shuniya—I am nothing, but God.

Kriya—expressed in body language.

Sit straight in a cross-legged position. Extend your arms straight out to the sides with the hands facing forward and the fingers spread. Eyes at the tip of the nose. Chant the mantra, "Har Har Har Har..." (Tantric Har by Simran Kaur and Guruprem K. Khalsa). Alternately, on each "Har," flip your hands to face upwards and then downwards. Continue for 11 minutes. To end, inhale deeply, hold the breath, stretch your spine and stretch your hands outwards as much as you can. Bring your molecular rhythm into the fingers of your hands. Bring heaven and earth together. Exhale. Repeat 2 more times. On the last inhale bring the spinal energy from the base all the way up and spread it outwards. Relax.

Do this exercise for a few days. Do it for your shoulders, your arthritis, your digestive system, your colon. This exercise hurts because there is a nonsense going on in you. Take care of your body and it will not hurt. If your body cannot serve you, how can your mind serve you? Sometimes simple things serve you better than big things.

Springtime Yogic Massage

Massage the body with a 2:1 mixture of virgin pressed mustard oil and fresh ginger juice. Lie down and rest. Then relax in a bath tub full of lukewarm water and clean yourself off. You will save your skin and many things under it. When summer is coming, because of the change of the season, you can get many kinds of pimples and sicknesses. This massage will keep you very clean and clear.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



I Am a Way, a Flow of the Spirit

Yogi Bhajan, Ph.D. - May 1st, 2000 - Espanola, NM, USA

One way or another our life has problems. Why does a man, created by God in His own image, have problems? Your body grows in the mother's womb. You do not breathe in the mother's womb, but you are alive, your heart beats and develops sound, you make movements, you go through yoga postures and you meditate. You are in complete bliss. Then you are born, the cord is cut, and you start to break away from meditation and a meditative mind.

Then you grow up and your meditation is lost, you want to receive knowledge. Knowledge without the guidance of Dharma, makes no meditative sense. If you do not have a meditative mind, you will not have happiness. It does not matter what you try. Without a meditative mind, you are subject to attack. Your own mind will not protect you—it will react to it. The energy of your mind, meant to be used by you *for you*, is wasted.

You do not relate to other's souls, because you do not relate to your soul. You characterize the soul in the body as a doctor, a teacher, a friend, and forget that you have a soul. When you forget that you have a soul you prostitute yourself. If your mind gives out signals that you are available for exploitation, how can you be perfect? If you are lazy, a spiritual fanatic, feel lost, take drugs, or screw around—you cannot build your elementary nature. And without your elementary nature, you cannot be happy.

You are born complete. If you keep yourself complete in your elementary meditative mind, everything will be provided for and taken care of. Your elementary meditative mind will tell you that you have a spirit in you. If you do not see yourself as a spirit, you will never ever see anybody as a spirit. How do you recognize that you are a spirit? Just think, "I do not work—I am an instrument of work. I am not water—I am a pipe through which water comes, quenching the thirst of all. I am not a source—I am a way." Once you recognize this, you are liberated—self-realized. Self-realization means that you are a way, a flow of the spirit. That realization cuts the ego, and you join and flow. Realize that you are part of Infinity, and have come to pay your karma and return to Infinity.

When you feel that other people disturb your environments, you are unable to gear yourself to go forward and reach out. And when you have no power to share and care, you are confined in your own cocoon. The time has come to have subtle control of mental thoughts through the power of the Shabd Guru. Channelize thoughts into purity and reality by talking to the mind.

"Oh my mind, be with the Creative God. My mind, if you are with the Creative God, all discomforts will be forgotten. The One Who has given you your limbs and all your power by His Own Graphics will do all your jobs."

—Anand Sahib, by Guru Arjun.

Realize, "I have a mind. I am turning my mind into a meditative mind. And I have to have an applied meditative mind." Then you are self-realized—an enlightened soul. When you cannot see other souls, you are still in the dark. Go and touch the heart and heal the pain of others, share with them and elevate them.

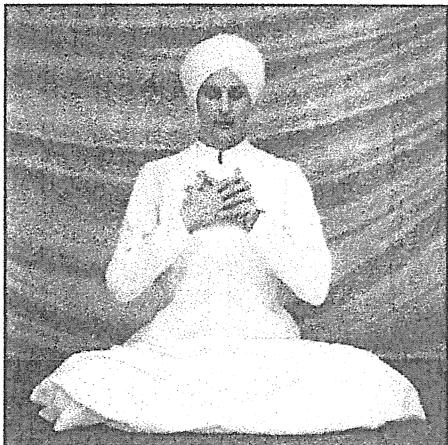
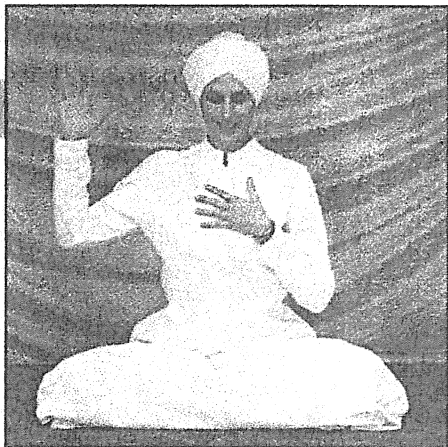
MEDITATION

1. Sit straight in a cross-legged position. Lock the hands in bear grip in front of the heart. Eyes are closed or focused at the tip of the nose. Chant the mantra, "Hume Hum, Brahm Hum" (#CT110 Hume Hum Brahm Hum by Niranjan Kaur), pulling on bear-grip with each word.. Continue for 11 minutes.
2. Hold the posture and steadily pull on bear grip so that the energy can move through your whole system. Breathe long and deep. Create the equilibrium of the earth's magnetic field and the energy field of the heavens. Continue for 3 minutes. To end, inhale deeply, hold, exhale. Repeat 2 more times. Relax.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Let Your Soul Shine

Yogi Bhajan, Ph.D. - May 2nd, 2000 - Espanola, NM, USA

First you were conceived. After conception you grew. During the last two months of pregnancy, a mother becomes very, very radiant because there is a life in her. Then you are delivered, you start breathing, and need food. Similarly, you conceive a thought out of 1,000 thoughts per wink of the eye. That thought grows and has feelings. Each feeling becomes a desire, and then manifests—like your life. Out of billions of feelings, a million emotions attach to it, and then you deliver. You deliver a baby because you have a desire. Your desires have hopes, opinions and ideas—like those of a baby. You can have a good son, mediocre son or a good-for-nothing son. In the same way, a thought becomes a good desire, a mediocre desire and a good-for-nothing desire. This desire is *your* desire—and so you have prejudices. And prejudices create party alliances. Hitler created a mass movement out of individuals. When you create a flood it sweeps the land. People become territorial and fight. Man becomes the enemy of man.

In reality, man becomes the enemy of *himself*. Why? You have not found yourself. You have not told your mind, "Oh my mind, you are the personification of the Light of God. Understand your Essence." Instead you say, "I have this habit, I have this neurosis." They are not yours—they are the thoughts you perceive and the prejudices you conceive. You block yourself and do not allow your radiant, most beautiful, most powerful soul to shine.

When a lamp becomes dirty from burning through many incarnations, no light can come through it. That person's existence emits crudeness, animosity, jealousy, rudeness. God made him in His own Image—he is part of His Light. He should be bright, beautiful, bountiful, blissful.

Give because God gives to you. Love because that is your purpose in life. Shine because it is important. Share because it is demanded of you. How can you do it? In Japji, Guru Nanak gave you guidance, telling you the way he found liberation, "*In the ambrosial hour, meditate on the True Identity. Your karma will be covered and you will see the door of liberation.*"

Rise up and praise your conception, your reality, your identity and soul. Understand your Creator—examine it. Make your heart flow like a river—all your difficulties will wash away. The ambrosial hour is the time to get ready to go to the universe, it is the hour of your life. Do you want to be happy, prosperous, gracious? Do you want to know everything? Do you want have things come to you? If you cover a magnet with rubber it will not attract anything. Realize that this time is given to you to be pure and to live in piety, with a burning fire of compassion, touching every heart.

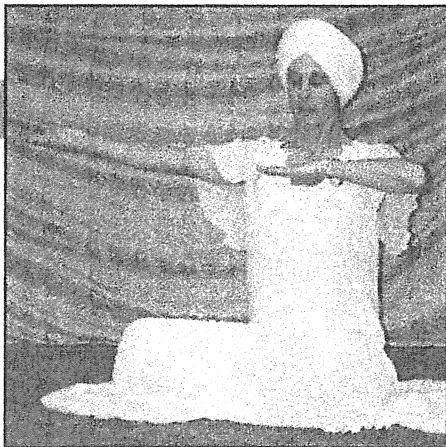
MEDITATION - Guru Kriya

1. Sit up straight in a cross-legged position. Place the left hand on the heart and raise the right hand to the side as if you are taking an oath. The fingers of both hands are spread and do not touch each other—this is the secret of this meditation. Close your eyes. Sing the shabad, "Guru Dev Mata, Guru Dev Pita" (#GJS005 Guru Dev Mata, Guru Dev Pita by Guru Jiwan Singh). Become Guru Dev. Let Guru come in. Let the guidance of God come in. Apply yourself. Be steady. Continue for 31 minutes.
2. Place the right hand over the left on the heart. Chant in a monotone, "Aad Guray Namay, Jugaad Guray Namay, Sat Guray Namay, Siree Guroo Dayvay Namay." Continue for 3 minutes. To end, inhale deeply, hold, and press your heart center with the strength of both hands. Cannon-fire exhale. Repeat 2 more times. Relax.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Virtue of a Meditative Nature

Yogi Bhajan, Ph.D. - May 15th, 2000 - Espanola, NM, USA

A nation is an embodiment of people who have a grip on their today and their tomorrow, which gives them the capacity to work together for a common cause. First we were cave people and then we expanded into territories. From kingdoms we became city-states, then nations. Man is a social animal and cannot live alone. We *need* to live together. To get together we have to have a common cause. We know, feel and understand our common cause. It becomes extremely easy to be united, if we have a meditative mind.

When we act through our impulse we are just two-legged animals. We look human but we are impulsive and guided by emotions, commotions and neuroses. By our meditative mind, we act through intuition. When your nature is not developed into a combination of goodness, Godliness and grace, it is your direct loss. Through your unkindness, you are unkind to yourself. When you are intuitive you live your caring, compassionate and kind nature. Through the virtue of a meditative nature, you enjoy your *real* nature. You will always be prosperous. You cannot be defeated.

When wrong things happen to us we blame the environments. Environments are not to be blamed! We rely on our easy, impulsive nature. We all refuse to confront—we say, "Leave him alone! Time will teach him. Let him have his way. Why should we do anything?" Our nature is to avoid confrontation. Consequently, by habit, we are liars. We lie to ourselves to start with, and then to everybody else, because we are non-confronting and non-expressive. That is why our prayer does not work. Our prayer is non-confrontational. If you do not confront and make agreements with God, you do not have a relationship with Him.

MEDITATION

1. *Sit straight in a cross-legged position. Raise the left arm in parallel equilibrium with the ground and bend the elbow so that the hand is in front of your chest, palm facing down. Extend the right arm straight forward in parallel equilibrium with the heavens, elbow straight, palm facing upwards. Eyes on the tip of the nose. Become calm. Chant the mantra, "Wahay Guroo, Wahay Guroo, Wahay Guroo, Wahay Jeeo" (from Raga Sadhana tape by Sangeet Kaur). Continue for 22 minutes.*
2. *Place both hands over the heart center, right over left. Continue chanting for 2 minutes.*
3. *Same position, whisper chant for 2 minutes.*
4. *Same position, in silence for 1 minute. To end, inhale deeply and hold. Stretch the spine and squeeze every fiber of the body to equalize the energy. Exhale. Repeat 2 more times. Relax.*

This meditation creates a magnetic frequency in your body which will make your psyche flow towards you. You have the mind to project your thoughts. For seeding thoughts you need extra inner energy to inspire your aim. With those practices, you should have a clear aim so you can penetrate a mantra in your being and in your surroundings.

Do not proselytize, do not argue, do not tell people what is good and what is bad. Just uplift them. Take them one step higher. Let them know there is hope, there is a chance. We are a nation of technicians who will be in a position to transmit energy to uplift people. No matter what you are going through—just consolidate on your breath. In that consolidation you will find the answer to confronting your problem. Hail Guru Ram Das and heal people in his name. Let Guru Ram Das give the result. Be alert, pray unto him, who is already in you, to come through.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Impressions

Yogi Bhanan, Ph.D. - May 16th, 2000 - Espanola, NM, USA

An *impression* is a state of mind created to impress other's minds. The impression is the most sophisticated part of the human body and of your subtle body's projection. When you see me become abusive it is because I am creating an impression to let you know that I am not a saint. I just want to be human, I do not want to be worshipped. I want to chisel you down to nothing when I have to. As a teacher, you have to change the attitude of the student toward his fate for him to experience the reality.

As a student you are not willing to get chiseled. By kissing a stone you cannot turn it into an elephant, even if you kiss it for the rest of your life! So, when you meet a teacher, be ready. When a teacher meets a student, it is bad luck. A teacher does not cater to a student's false impressions.

Once a talented female singer came and sang kirtan in the temple. When she asked what I thought of her singing I told her, "You were stealing the word of the Guru. You were speaking the Guru's words, you were not impressing the Guru. A holy gathering, minus the Guru, is zero. If you had meditated on the Guru and forgotten your presence and forgotten your surroundings, you would have carried the sangat a thousand times and given them everything they needed in life." One year later she came back to sing in the temple and again asked what I thought. I said, "You carried the Guru to ecstasy."

As a yogi you have to learn how to create a union between the finite you and the infinite you. Then the finite will serve you and the heavens will bless you. The game will be over. Do not ask me about your performance. In the future, your performance as a Teacher will be as a chisel hammering on a stone. On first contact with the stone there will be a spark. Stone is Ego, Chisel is the Impression and Hammer is the Shabad, the Word. That ego is cut and shaped. From a stone, it can become anything.

You build your character, and it is your character which creates the impression. Let your impression be that you are *GREAT*. If your presence does not affect and create an impression, you have not learned a thing. "Your presence must have impact, and it must act on the person forever. If you do not mean business, you are a mean person and you will never be respected. Hammer it, rivet it and BE it."

In the time of Guru Gobind Singh, the enemies of the Sikhs said, "These dogs have this quality—they speak like Gods." This was their impression. They called us dogs, but claimed, "The reality is, they talk like God—so truthful are they."

SEVEN STAR MEDITATION

Sit straight in a cross-legged position. Raise both arms at 60 degree angles, palms facing slightly forwards and upwards, fingers tightened and spread open. Elbows stretched straight. Eyes on the tip of the nose. Sing the mantra, "Humee Hum Brahm Hum" (#CT110 "Humee Hum Brahm Hum" by Niranjan Kaur). Draw the energy from the Prakirti—the heavens—into your being. Let it come in. Continue for 11 minutes. To end, inhale deeply, hold, and stretch the spine tighter and tighter. Bring the energy of your spine into your fingers. Cannon fire exhale. Repeat 2 more times. Relax.

This meditation will bring a rhythm of positive and negative. Through your hands all seven star forces will be connected at the spinal cortex at the 13th vertebra, which controls the heart center. The meditation is wasted if you do not stretch your tightest at the end.



Golden Temple Enterprises

Synopsis from the teachings of Yogi Bhanan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhanan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Find Peace

Yogi Bajan, Ph.D. - May 22nd, 2000 - Espanola, NM, USA

We are multiplying and growing in numbers, but we are shrinking in consciousness. We want to be happy, but we cannot apply our minds. We do not have the strength and tolerance of each other. Do you see how the world is different today than it was twenty years ago? Our relationships are not based on reverence. They are based on judgment.

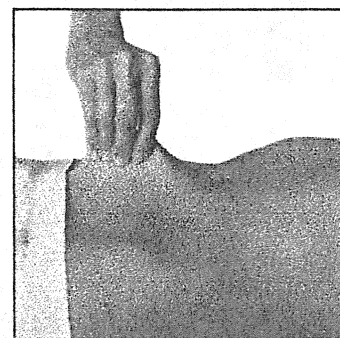
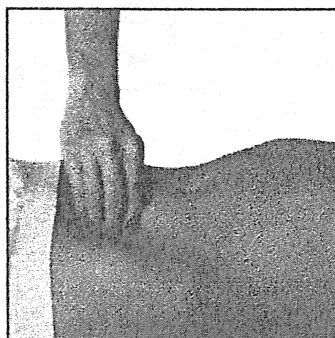
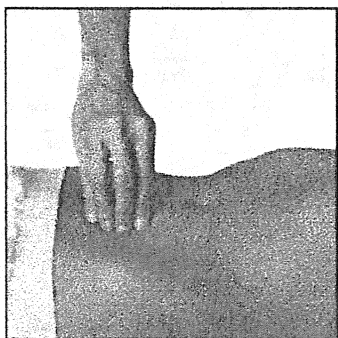
Tonight we will do a very special meditation to overcome our insecurity and anxiety so we can find peace. It will give you patience, tolerance and Self.

MEDITATION - For Patience, Tolerance and Self

Sit straight in a cross-legged position. Bring the right knee up to the chest, lock it with both hands, and pull it as close to you as possible. Eyes on the tip of the nose. Form an "o" with the mouth and breathe deeply through it in rhythm with the mantra, "Har, Har, Har, Har..." (#CDK001 "Tantric Har" by Simran Kaur and Guru Prem Singh). Continue for 31 minutes. To end, inhale deeply, hold, and bring both hands to the chest and press hard. Tighten yourself and stretch your spine from the base to the top. Exhale. Repeat one more time. Then inhale again, hold, and stretch both arms up over the head, keep your right knee near the chest without pressure, stretch the spine and every muscle of the body. The harder you stretch, the better it will be. Relax.

Navel Centering Technique

Because in the West people do not have the habit to stretch or flex the spine most women have navels which are off-center. A man will survive, but a woman will not. When the pulse below the navel is off-center it can cause terrible headaches. This simple yogic technique can help a lot of problems.

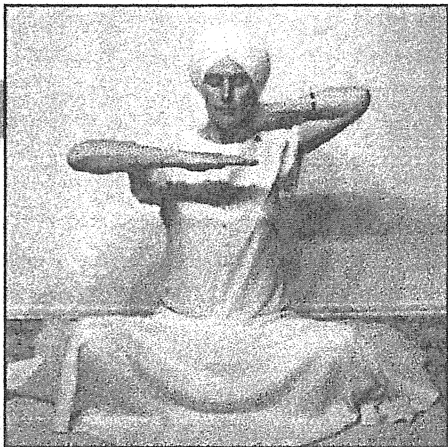


Ask the person to lay down on their back and relax. Lightly and gently press your fingertips and thumb 3 inches below the navel until the person completely relaxes. It will take 1 to 10 minutes. Then quickly dip in, tightly hold a fold of skin between your fingers and thumb, and pull it up for few seconds. Then smoothly lower and release your hold. The navel's pulse will come right to the center.



Synopsis from the teachings of Yogi Bajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Macro Consciousness

Yogi Bhajan, Ph.D. - May 23th, 2000 - Espanola, NM, USA

Your molecular capacity and your macro-consciousness—your total consciousness, including the *universe*—sometimes are not inter-related. When they are not in proportion, the micro-consciousness within you will not function. Whether you blame your children or you do something wrong—there is nothing wrong. It happens because you are not ingrained with your sensitivity and projection. Your totality, your reality, is not in proportion. You may read all the books and graduate from a university, but if your personal cart in life cannot carry the load, it cannot carry the load. You want to be a mother, you want to be a father, you want to be a friend, but from witnessing your personality and your communication, someone will smell that gap.

90% of people are rapists of communication. They do not listen, they do not understand. They rape a moment. God created the urge to be social, or nobody would have ever married anyone. God created oneness in Himself, and two in everything else, and wanted two to become one.

Have you seen ivy on a wall? The male is just a dry brick wall, and the woman is the ivy on it. A woman has to bring greenery into life. Women say, "He is equal to me, and I am equal to him!"—then men should also menstruate and get pregnant, or at least they should have milk. Women are women and men are men. A man does not have to be wise and wonderful and well-behaved. He may be a creep—so get on the creep, creep on him, and bring some greenery, some softness, some feeling. If you cannot do it—I am sorry—there is no other way. Give yourself values.

God made man with a left brain as his elementary brain, and it has no connecting projection. As a woman, you are not going to make him another brain. Yes, you have been tortured, misused and abused. Yes, this is a male world. Yes, nobody cares for you. But all this is your fault. You gave birth to the man. You can potty train him—why can you not train him to have manners? You do not dig in. You appreciate them, you cater to them, you make them feel great, you tell them they are wonderful. You do not dig in. And that is maya.

A woman who does not have majesty, and a man who does not have courage are just a weight on the earth. To achieve these qualities requires meditative labor. Those who do this hard labor, who meditate on their identity, are bright and beautiful. Their account is clear. Sacrifice is a sacrifice. Hard labor is a hard labor. To live meditatively is a hard labor. What do you meditate on? "I am, I Am." To be, to Be. Otherwise—what is duality?—"To be, or not to be,"—you are continually deciding between the two.

MEDITATION - To Heal Ourselves

Sit straight in a cross-legged position. Raise the right arm parallel to the ground and bend the elbow so that the hand is in front of your heart, palm facing down. Grab the back of your neck firmly with the left hand. Chant from the navel, "Ra Ma Da Sa Sa Say So Hung" (#GNS001 or CD#GNS101 "Ra Ma Da Sa" by Guru Nam Singh). Heal yourself. Continue for 11 minutes. To end, inhale deeply, hold the breath and pull your neck forward with your hand, but without bending the neck—fight it, resist it. Balance with the other hand. Make your whole body totally like steel. Powerfully distribute the energy in every organ, in every fiber of your being. Let every molecule get the energy. Exhale. Repeat 2 more times. Relax.

The grip on the neck should be perfect and the right arm parallel to the floor in absolute balance with the earth. Do this meditation when you are in trouble and welcome the change which it brings.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Feed Your Mind

Yogi Bhajan, Ph.D. - June 16th, 2000 - Espanola, NM, USA

In the Age of Aquarius we must live straight. Gimmicks will not work. There are no virtuous truth in marrying and divorcing, loving and cheating, talking and presenting yourself as better than you are. When you misrepresent yourself, you cannot have the spiritual strength to live straight. Do not ask how great you are, tell yourself how straight you are. Those who are not straight need to work on themselves to be straight. In the Age of Aquarius, nothing else will work. When you cannot value yourself, who can value you?

Groovedness, twistedness, cleverness, intelligence, shallowness—all qualities are in you. A human is made in the image of God. God has no limit, no jurisdiction, no interpretation. God manifested you and you manifested God. But you want to interpret yourself. You want to bring God's limitlessness to a limit. You want to be worshipped as divine, you want to be a "Holiness" without even knowing how many holes you have. You say, "I am a good person," you never say, "I am a Godly person." Because the moment you say, "I am a Godly person," you cannot attach yourself to anything. God has everything, you have nothing.

When you do not fit in it is because you do not fit in yourself. Your inner layers of thinking do not fit into the cosmic thinking. It is too huge! You think too small. If you have not developed a meditative mind—a mind that is yours—neither your silence nor your speech will work. Your mind is hungry and dying, crying, in pain, like a fish out of water. When you do not feed the mind with meditation, it does not work for you. When you do not have a relationship with your own mind, you cannot have a relationship with anything.

The mind is a very powerful, great instrument. In the prayer "Japji" it is said, "Jap"—repeat again and again and again. Meditate—your mind will become your own. Your vastness will increase, and one day it may reach to the point that you may become absolutely infinite yourself. You have to take that chance.

There is no price for the touch of the Master. You cannot pay for it. What do you think a Master is? A person like a dog that barks for the few pieces of crumbs you throw at him? Once a great master painted a very little piece and gave it away for a cup of tea. I saw the day it was sold for millions of dollars. He never thought of it, because in him was a touch, a spring, a flow of life. He could touch any canvas and bring it to life. It is up to you to value it.

Love is proven by actions. Your actions will decide whether you are near or far away. When you want your own drama you are not a good role model. When you create a drama between two people it ruins your children. They do not understand what is going on, or which way to go. Children are a canvas on which your imprint creates art. That art shows the value, and there is nothing you can do.

One day I was talking to a little girl. She said, "Siri Singh Sahib, you are lying to me!" I said, "Come here. Give me a hug." "Why?" I told her, "You know what truth is. You found Siri Singh Sahib lying. That is the greatest truth. You did not get influenced by my personality, by my reality, by my projection. You stood your ground. You are a great girl." She asked me, "Did you lie to me?" "No! I tried to lie to you." I always try to see whether a person is sensible or intelligent or insane. A little girl, she had character.

We started 32 years ago by dedicating ourselves to that Creator who is Transparent, who is All Guidance, who is All Wisdom—Ong Namo, Guru Dev Namo.

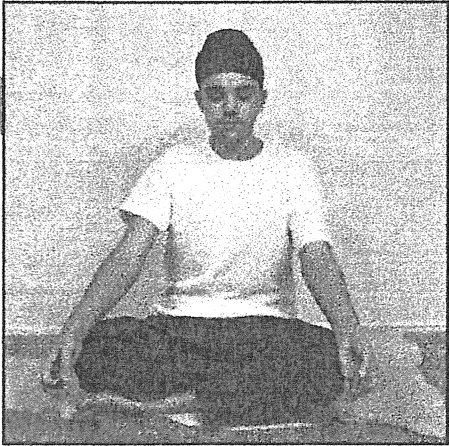
MEDITATION

Sit straight in a cross-legged position. Bring the hands in prayer mudra in front of your chest. Eyes closed. Chant the mantra, "Ong Naamo, Guroo Dev Naamo" (#CT060 "Ong Namo" by Niranjan Kaur). Inside you, bow to your Almighty Creator. Continue for 11 minutes. To end, inhale, hold the breath, remember that is how we started 32 years ago. It gave us a way to God, it gave us a way to ourselves, and it gave us back to ourselves. Exhale. Inhale, hold the breath and look at yourself, how straight you are, how straight you can be. How much you need to be straight to reach people. Exhale. Inhale, hold the breath and do not promise anything, but look at yourself, what you want and what God within you wants. Exhale and relax.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Recognize The Power of a Word

Yogi Bhanan, Ph.D. - August 7th, 2000 - Espanola, NM, USA

Thought is the most powerful thing in our life. God has given us an intellect which generates 1,000 thoughts per blink of the eye. We have billions of thoughts, millions of feelings, and hundreds and thousands of emotions and desires. A thought which we cannot consciously deal with is dealt with by our subconscious. That is why we are worried and troubled. If we have a meditative attitude through applied meditation, these thoughts do not stick in the subconscious and we are free, as people were made to be.

When you do not have an applied mind, you consider the best career to have, the best house, the best husband, the best job. But craziness does not go away with your *best*. Craziness goes away with your balance. In balance you are not swayed by your emotions and feelings, nor guided by your desires. In balance you do not relate to positive or negative thoughts— you relate only to those thoughts which give you excellence. You are guided by you within you. When you talk in balance, your words have such power that the other person becomes balanced.

We breathe 15 times a minute—that is God. When we move our limbs—God is in every limb. When we communicate with each other, when we like or hate each other—that is God. When we are crazy, sober, seducing or in denial—that is God. *God is a balanced neutral form in us.* We give shape and color to God, but only when God is Infinite have we found ourselves, and everything can come to us.

All that you want to have, you have to be. You must respect yourself to be respected. You must pay attention for attention to be paid to you. Walk tall and gracious for others to deal with you with grace. Once you decide, "I don't like authority," you will never be an authority. If you are not responsible, you will never meet any responsibility. When you say, "Maybe," "I don't know what I am doing," "I don't think so,"—if you do not know, who knows? These are the fundamental attitudes of escape and denial that cause pain and poverty.

Why are you unhappy? Happiness comes by just living. But *you* have to be *you*, and that can only happen if you love yourself. You feel depressed, impressed, attached, withdrawn—you have so many moods. You never remember that God made you—you think your parents gave you birth.

You have already lived your past. Why go after it? When you bring your past up in memory you corrupt yourself. Say, "Thank you God, it is gone!" You want to be loved by yesterday, today, and tomorrow, all at the same time. It can never happen. Tomorrow will become today, and then you will face it. Have sensitivity—unfluctuating sensitivity with the fluctuating universe. Have the alertness of the sensory human against all insanity of the planet. See everything in harmony. Let yourself flow with the flow, then the hand of God will guide you. Everything will be solved and resolved, and you will be the happiest person.

One *word* can change you to be healthy, happy, holy, beautiful and wonderful. Recognize the power of the word, give affection towards another person, be kind to others. In spite of all odds, if you remain even, everything will change. You can make your world prosperous and happy by being you. There is never any wrong with you because God made you, and God cannot be wrong.

MEDITATION - To Let The Past Go

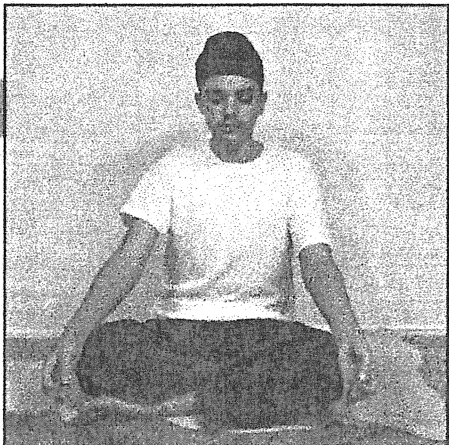
Sit straight in a cross-legged position. Focus the eyes on the tip of the nose. Breathe long and deep. In absolute, deep silence go deep within yourself. Keep control of your mind. Be steady and firm. Enjoy the rhythm of stillness. Continue for 31 minutes. To end, inhale deep, hold the breath, and pull the navel in with all your strength. Exhale. Repeat 2 more times. On the last breath, inhale completely, pull the navel in, and synchronize every fiber of your body. Relax.

The posture and your alertness will benefit you, and your mind will give you an experience. Your power lies in your deep silence.



Synopsis from the teachings of Yogi Bhanan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhanan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Tomorrow

Yogi Bhanjan, Ph.D. - August 8th, 2000 - Espanola, NM, USA

Everything you do—having an education, opening a bank account, manipulating, lying, talking, convincing people, making friends, building a home, paying for medical insurance—is for tomorrow. This makes you work hard and drives you crazy.

There is no such thing as tomorrow. If tomorrow does not become today, there will be no tomorrow. You cannot meet tomorrow face-to-face. Tomorrow will face you when it becomes today. Have you ever considered what your tomorrow does to you? Your imagination of tomorrow stretches you to the maximum.

Birds have no worry of tomorrow. They make their nests when they are ready to lay eggs. You will never see birds opening a bank account or carrying a packet of food with them. They are not subject to the limits of time and space. They fly, they go where they see food, and they get it. They are constantly living in today.

People live today and work for their tomorrow. A person can be healthy, and have a great life, but when you ask why he is working two shifts, he will say, "I have to work two shifts so that I will have something in reserve for tomorrow." Can you separate tomorrow from today? Even in meditation and prayer you think about your tomorrow. You plan, "Tomorrow I will be free, so I'll sleep in." It makes you very non-realistic. You live today and work for tomorrow, but you cannot face it. That is why some people are too rich, some are too poor, and some are too angry.

You do not trust your Creator. Out of a million women, only one woman lives in today. Women are insecure about yesterday and tomorrow, "Yesterday I was this and now I'm not," "I want to be this now and I'm not." And the most powerful thing in our lives, our children, leave us because we never prepared them for tomorrow. We did not make them strong or test the today so they can face tomorrow.

In the Information Age the flow of information is becoming so huge that it will make us crazy. We need to practice stimulation and control of both the upper palate and the frontal lobe, which are undeveloped. You can only change and develop these areas by meditation, through stimulating the upper palate with the tongue, using certain combinations of words.

MEDITATION - To Develop The Frontal Lobe

1. Sit straight in a cross-legged position. Rest the hands on the knees in gyan mudra. Eyes at the tip of the nose. Chant the mantra, "Wha-hay Guroo, Wha-hay Guroo, Wha-hay Guroo, Wha-hay Jio" (from #SCT011 or CD#SCT111 "Raga Sadhana" by Sat Sangeet Kaur and Harjinder Singh). Continue for 31 minutes.
2. Remain in the posture in silence. Breathe powerfully, long and deep. Concentrate within on the sound you have listened to and created. With each breath feel God in you, with each sound feel the universe around you. Continue for 3 minutes. To end, inhale deep, hold the breath, straighten the spine, and squeeze the entire fiber of your body to create one electro-magnetic field. Cannon-fire exhale. Repeat 2 more times. Relax.

When you chant this mantra the tongue touches the meridian on the upper palate accurately. It is much like cutting a key, then we use it, turning it up and down—and the lock opens. The posture will give you power, the sound will give you ecstasy.



Synopsis from the teachings of Yogi Bhanjan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhanjan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Earth and Heavens

Yogi Bhan, Ph.D. - August 14th, 2000 - Espanola, NM, USA

If you are not concerned with the earth, you are not concerned with the heavens—there is no balance. Your power lies in your prosperity and prosperity lies in your feelings—feeling the earth. When you pass by a tree, a tree cries or laughs. When you walk by a plant, either it will move or not. The plants will show movement if you are a good person. If you are not a good person, plants will be uptight and straight. A dog will look to you if it is in a good mood, otherwise its head will go sideways. Every living thing reacts and acts with you. Be aware of it.

All earthly emotions—feeling angry, crying, freaking out, eating too much and throwing up, or eating too little—are called “non-tolerance”, because you do not tolerate yourself. You react to everything. You say, “I am in love. But I am in pain!” Love has no pain! Love is blossoming, love is a blessing. You are not in love—you are in attachment, and attachment is never love. Whatever is attached, does not become one, it remains two—it can be detached. Life is not a tragedy but a performance of self. In every action and reaction, in everything good and bad, you are not to lose yourself. When you are you, you are a saint. When you are something else, you are nuts.

Think of God, and do not worry. God is omnipresent, omniscient, and will take care of things. Even if you do not care for yourself, God will positively take care of you. That is why Guru Nanak said, “Do not worry about anything. All that happens is in the realm of your training.”

Each day you can do something for yourself. Each day! This very simple exercise will blow your mind.

MEDITATION - Inner and Outer Projection

1 - Inner Projection. Sit straight in a cross-legged position. Raise the right hand at neck-level with the four fingers up straight and the thumb bent against the palm, palm facing forward, elbow relaxed down. Eyes are closed. Starting with the little finger, bend each finger slightly forward with the count, “one, two, three, four,” on “five,” stretch the thumb toward the palm. Move your fingers accurately, systematically, and in rhythm. Continue for 3 minutes.

Watch how soon you get irritated. You will react. You will either go deep in meditation, get extremely angry, or move your fingers out of sequence. Understand that your body, the temple of God—which you think is under your control—is not under your control. If the five fingers of your hand are not under your control, how can your children, neighbors, and environments be under your control? It is a very deep meditation—you can accept the challenge, or lose the grip of the challenge. It will give you power to serve yourself. There is nothing more important than you.

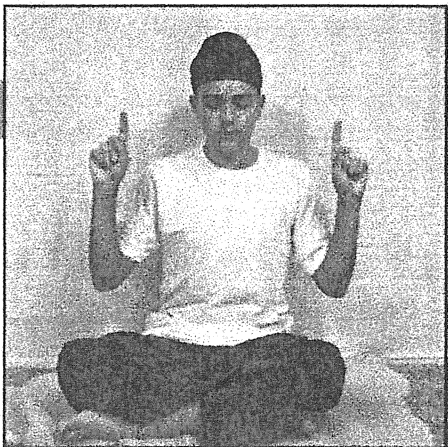
2 - Outer Projection. Place your right hand on your heart and the left hand on your navel point. Concentrate on your tongue as you chant, “Wha-hay Guroo, Wha-hay Guroo, Wha-hay Guroo, Wha-hay Jeeo,” (from #SCT011 or CD#SCT111 “Raga Sadhana” by Sat Sangeet Kaur and Harjinder Singh). Continue for 25 minutes.

3 - Inner Projection. Repeat exercise 1 for 3 minutes. To end, inhale deep, pulling the chest out, hold the breath, and tighten your spine all the way up from the base. Exhale. Repeat 2 more times. Relax.



Synopsis from the teachings of Yogi Bhan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Power of a Thought

Yogi Bhajan, Ph.D. - August 15th, 2000 - Espanola, NM, USA

Thought is the most powerful, original, elemental thing. Because the intellect generates a thousand thoughts per wink of the eye, you have to develop a mental capacity to sort them out—*"This thought is not for me. This one is for me."* Your life is based on thought. Once your thought becomes a feeling, something sticks with you. You can sort out thoughts very quickly, feelings you cannot. Feelings are like ticks that suck blood. Feelings become emotions. Emotion is like a long, big, fat leech. These emotions become the most powerful parasites—your desires. Parasites are all over you—it is not a small thing. Out of many desires, one overtakes you. When it is not accomplished, you feel miserable. After developing desire after desire, one day you become a desire. The day you become a desire, you are undesirable. Nobody wants you.

Do you have freedom in your thoughts? That is a thoughtless life. Where are no desires, neuroses, or psychoses. If you get up, you get up. If you do not get up, you do not get up. Can you be that free? That is *Akal*. That is *deathlessness*—where death does not matter.

When you came onto this planet as a bunch of molecules and atoms, you never knew a thing. Now you want to know everything. Why? Because tomorrow bothers you. You do not have your sensory personality to sort it out. You do not catch yourself at a thought—*"What desire and neurosis are coming from this little thought? What will I become? How many actions will this desire make me take, and how many reactions will there be?"* It is very easy to get rid of little stuff, but it is very difficult to get rid of an elephant.

You do not catch your thoughts. You catch your friends. You want to have friends when your thoughts are not with you. You feel you cannot be alone, you have to have something. You desire, and keep on desiring. Like putting wood on a fire—it will keep on burning. The more wood you add, the higher the flames will go, and the more heat you will have. In the end you will find nothing but ashes.

If you meditate enough, your frontal lobe will make you understand, *"This thought is not for me. This one is for me."* You should be healthy, holy and happy. If you want happiness, every thought must add to your identity. A thought that does not add to your identity and becomes your reality, will be your destruction. And there are so many of them. You are a victim of your own thoughts.

You can log a thought. Each thought has a root. The best strategy in both business and prosperity is to lay a thought.

MEDITATION - How to Deal With Thoughts

1. Sit straight in a cross-legged position. Raise both hands at shoulder level, palm facing forward, elbows relaxed down. Point the index fingers up and hold the other fingers with the thumb. Look at the tip of the nose. Chant in a monotone, *"I am, All is."* Alternately move the index fingers in rhythm with the mantra—on *"I"* curl the right index finger, on *"am"* raise it; on *"All"* curl the left index finger, on *"is"* raise it. Continue for 10 minutes.
2. Keep both the index fingers straight and chant in a monotone, *"I am Akal."* Continue for 1 minute. To end, inhale deeply, squeeze your entire body. Cannon fire exale. Repeat 2 more times. Relax.

When you get into a mono situation like this, you have to identify yourself. You become divine. For that one moment there is no difference between saying, *"I am Akal,"* and, *"I am All."* You can be anything you want to be. It is all just a thought.



Synopsis from the teachings of Yogi Bhajan. © Alma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



#NM0357

The Self-Sensory System and Relationships

Yogi Bhajan, Ph.D. - August 21st, 2000 - Espanola, NM, USA

The deciding factors in our life are our likes and dislikes, not our sensory system or our intuitive feeling. Sometimes we like or we dislike places. We shift and move. As we shift and move with the land, we shift and move with partners. We constantly keep shifting without understanding that our senses are more powerful than we are. We do not let them develop. The *Sensory Person* is a positive person. Wherever he lives he is surrounded by positivity. His relationships are smooth. He flows with the Will of God. He floats above difficulty.

Because we do not trust the vastness of God we get very confused. We make God into a statue. We want to see something, we want to feel something, and this limits our capacity for divinity. In worshipping and trying to express divinity we cut down our vast relationship with God and shrink our senses, confining them to a career, a house, an estate, a country. "Oh, we are mountain people," "We are jungle people," you associate with the environments, you do not relate to the soul of the person. You only relate to the physical, and that physical is very deceptive. That is why our relationships are very limited.

How many of you know your marriage partners? None—because you have never known the flow of each other. And if you do not know the flow of each other, you do not let it flow. When you feel you have to possess you are short-circuiting your spirit. You become smaller and smaller, lower and lower. To compensate for that, you put up fences and territorize yourself. Your senses are infinitely huge, vast and can reach everywhere. When you believe that everybody is a creature of God, you can join the flow. If not, you cannot.

When there is a problem somewhere:

- | | |
|---|---|
| 1. Know what you know. | 6. Expand your values and virtues. |
| 2. Do not get upset about what you do not know. | 7. Do not engage in conflict. |
| 3. Let the expression come out. | 8. Avoid jealousy. |
| 4. Figure out from expressions what the impression is. | 9. Your guiding principle should be to live and let live. |
| 5. Look at yourself, decide whether your talk is spiritual, mental or physical. | 10. Do not question, try to understand. |

Following these guidelines you will find comfort and peace. Above all you will find yourself and your sensory system. You will be able to communicate with everybody because your love will flow. When you fly above the clouds there is sunshine all around. Below there is rain, clouds and thunder. When you rise above conflict there is freedom and the vastness of higher consciousness. Problems that appear to be very serious become smaller and smaller, and finally disappear. Do not ask anyone what you should do. Ask yourself, "*Can I rise above?*" and then just go. Your sensory system and your intuition will give you a way out, because every day is a new day.

The very fact that you have a body, mind and soul and the other person has a body, mind and soul means there are two individuals. They must have mutual respect. You have pain when you do not have mutual respect. Rather than hassling, being upset, trying reason or logic: *let it be*. See the other person through your sensory system. Do not check the person, check the flow of the person. When you check and project the sensory system you can understand where you are going. It is one of the most authentic systems of life.

MEDITATION - Connect with the Sensory System

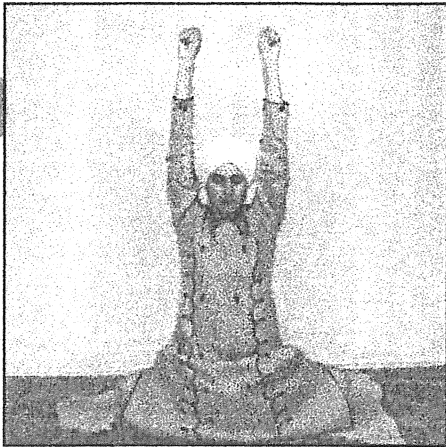
Sit straight in a cross-legged position. Place the right hand on top of the left hand, to create a triangle in front of the heart center, arms parallel to the floor, both palms facing down. Eyes on the tip of the nose. Make an "o" of your mouth and inhale very long and deep through it, completely filling the chest. Exhale through the nose. See how strong and comfortable you can be. Use your commitment and courage. Consolidate your senses. Achieve. Continue for 31 minutes. To end, inhale deep and hold the breath with all your force. Exhale. Repeat 2 more times. On the last breath, hold, and squeeze every nerve and every fiber of your body. Relax.

There is the earth, universe and galaxies. We are huge, interactive, and very vast. As we do these exercises we start sensing the entire universe within us.



Synopsis from the teachings of Yogi Bhajan. © Alma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Sensory Communication

Yogi Bhajan, Ph.D. - August 22nd, 2000 - Espanola, NM, USA

When you appreciate somebody, you clap. When you want to put someone down, you say, "Boooo..." It is a body language which communicates to another person that you appreciate them or you do not like them. There are many standardizations of life which are never appreciated. When we were born our parents should have taught us all about the sensory system and body language.

To give a feeling of what I am talking about, clap your hands together for a minute using only the heels of your hands. When you clap in this way you feel nothing. You are clapping, yet you do not know what you are doing—it is not the sensory clap you give when you appreciate someone. Next, clap using the palms of your hands—now you know you are showing appreciation.

Exactly as you do not know what you are doing when you clap the heels of your hands, and you know what you are doing when you clap your palms; when you love, you are loving, and when you hate, you turn your love opposite to hate. Hating is not your way of life—you do not even understand it. You create a process but you are trying to turn your personality into hatred. Making fun of somebody and appreciating somebody are the same thing.

When you have sex with someone, you simply feel you are done. You have intimately communicated. Otherwise, you would never have sex. Through the process of your passion of love you want to be together, to touch, to feel, to be. After intercourse, you are relaxed. It is your acknowledgment of intimacy, nothing more. When you are young, your blood is hot—you need it. When you are old, you do not care. Our body language says we want to share. To share we have to have somebody else.

Children learn in front of a TV, a dead box, rather than from their parents. Some shows are so ugly, nude and open that they kill all basic positive psychology of a human being. After 10 p.m. all TV shows are commotional. After watching this, you do not care if you are human or not. Watching TV has opened up our children to the possibility of drugs being available in society. What you think is possible, you will explore. If what you explore is not basically with you, then you will explode.

All pain in our life is our own creation. It is not meant to be. All the pluses and minuses mean nothing. *Shunya*—nothingness—is a state of consciousness where there is no plus, no minus, no right, no wrong, no big, no small. You will say you need clothes and shelter. I have no needs—things will come. That is the stage of *Shunya*—things come.

MEDITATION - Universal Communication

Sit straight in a cross-legged position. Raise both arms straight up over the head. Make a fist, with the thumbs inside touching the mercury mounds at the base of the little fingers. Eyes are closed. Chant the "Kundalini Bhakti" mantra (#GDS015 or CD#GDS115 "Adi Shaktee" by Gurudass Kaur), pressing and releasing your fingers around the thumbs, without opening the hands all the way, in rhythm with the mantra. Squeeze the heavens into you. Continue for 31 minutes. To end, inhale deeply, hold, tighten the fists around the thumbs and stretch the arms and spine. Exhale, and relax.

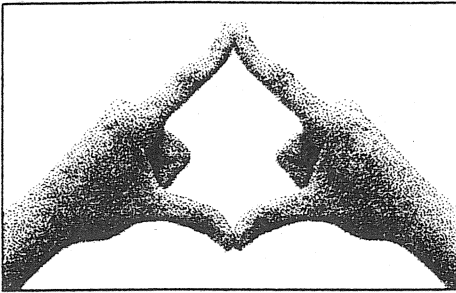
This meditation will give you self-control. A sensory person is competent in controlling his life, his surroundings, his universe, as his own infinity.

There is no problem within your life. You have every chance of prosperity and happiness, but you must learn to communicate fluently, aggressively, projectively, kindly, and lovingly. This exercise creates a universal flow of communication while breaking down our blocks and barriers. As we hold our ego—our thumbs—we conquer the ego so we may more readily come to a point of *Shunya*—a point of zero. Once we get to that point, the universe can flow through us.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Making a Mold

Yogi Bhajan, Ph.D. - September 13th, 2000 - Espanola, NM, USA

The Nam is the personified personality and the applied personality merged together. Meditate on the Nam, on your own identity. There is nothing more precious than that. If you fall apart from your identity, you will become so low, so mean, so ridiculous, that nothing works. First we shape a mold with wax. Then, adding metal, we make a real mold. Finally from this mold we make things. Those who meditate, through their hard labor and sweat, make their identity like a mold. They are bright and beautiful.

I am Harbhajan Singh. I am Siri Singh Sahib. What is it to you? If you are shivering in my presence, having my darshan, and I am wrapped in my blankets, warm and cozy—I may be perfect, one with God and God one with me—but if I do not see you, I only see myself. I do not have consciousness. As long as a Sikh only sees himself, he sees nothing. He is blind. If I see you shivering, my first job is to put two of my quilts over you and make you comfortable.

Creative relationships are gone. When a son does wrong, his father enjoys it. No child can reach his destiny in grace and greatness, no matter what the circumstances may be, if a mother rejects the child. Mothers are beautiful shades which cover you in all aspects of life. In today's world a mother has to cook, go to work, do laundry, sleep, and attend to social affairs. And above this the man is discourteous. A mother ruins her child by saying, "She must suffer and learn from her suffering. I am tired of saying anything." It is a classic rejection. When a mold is broken, how can you shape it? Do you think that a child, at a certain age, does not require molding?

There is constant insecurity in life. You are insecure about tomorrow, so when your tomorrow becomes today, you face it with insecurity. But if you have developed a meditative mind, your mold is right—you can put your day into the mold and go through it. Khalsas are those who, against every odd and even, remain Khalsas. Khalsas are those white warriors who have to rule and conquer the world spiritually with their mold, behaviour, manners, and with a projection of universality. If I have one piece of toast and a person comes in, my job is to ask him, "Would you like to eat?" and my first action should be to cut it in two and give the half. Have everything, but do not be attached to anything. Meditate and purify your identity and at the same time constantly share. Give. If you have nothing to give, give a smile.

Self is very pure and virtuous. Self has the power to purify itself. You will get everything in abundance, even if you do not ask for it. Your smile can bring you what your frowning cannot.

MEDITATION - The White Hole Mudra

Sit straight in a cross-legged position. Raise both hands in front of the face with the elbows relaxed down. The tips of the index fingers and the thumbs touch together, the remaining fingers are close in fists. Spread the hands away from each other creating a "white hole". Close your eyes and go deeply into it. Sing deeply from the navel, "Raa Maa Daa Saa, Saa Say So Hung" (#GNS001 or CD#GNS101 "Raa Maa Daa Saa" by Gurnam Singh). Continue for 21 minutes. Then do Breath of Fire powerfully for 1 minute. Cleanse yourself. To end, inhale very deep, hold tight, and squeeze your spine from the bottom upward. Exhale. Repeat 2 more times. Relax.

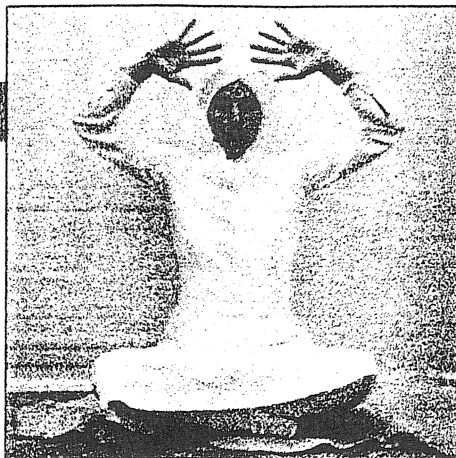
There are two cosmic powers by which the body and the psyche of the body pass through the pranic body. There is the Black Hole Mudra—formed when the knuckles of the two hands meet, and there is the White Hole Mudra—formed when the knuckles of the two hands are spread apart, with the middle fingers curled at the entrance as guardians.

If your identity can make your mold, then you can share the vibration of where you stand. Your only enemy is fear, and your only friend is love. When you follow the route of love, God comes through. When you follow the route of fear, the devil comes through. Learn to bless yourself, and you will be very spiritual.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563

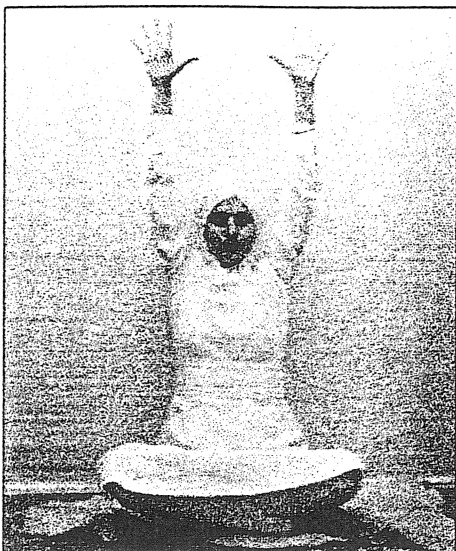


Meditations for the New Millennium

#NM060

Wake Up To Your Destiny

Yogi Bhajan, Ph.D. - October 5th, 2000 - Espanola, NM, USA



When I was 16 and half years old, my master told me, "You are the Master. Henceforth you will take care of things." I have not forgotten this through many hard times, environments and disgraceful circumstances. You only remember that you are a teacher when you sit in a class and teach. If you maintain your status as a teacher, or a teacher-student, through all circumstances, environments and pressures, you will become a great teacher.

The majority of you are great teachers, but you do not accept that you are teachers. Tomorrow the masses of people will call on you for help. What are you going to do—start dancing? If you want to go some place and get lost—then go. You will not be the one to take care of things. You have not trained your moral and ethical responsibility to remember who you are. You feel you can polish your ego and it will shine, but you will rust because you did not exceed your teacher and become better than him. You have to be 10 times better than me in normal circumstances! In abnormal circumstances you should be 20 times better, 100 times better! You must learn, *To be, to be*. And you cannot waste time.

Your purity, piety, commitment, depth, compassion, love and grace are always being tested. You have to take care of yourself. Do you think you can cheat yourself and it will not cost you anything? Personal cracks cost more than social insults. Now is the time to wake up from your sleep, break your cocoon and come out! Wake up to your destiny. Give yourself up to the fact that you are beautiful, bright, bountiful and blissful. The future is waiting for you.

When I used to captain my team I would tell them, "The moment you've got the ball, that very moment you have to pass it. Don't start to dribble and play around. You might lose the ball and never get it back." We must be conscious, we must practice, and open our eyes—open our third eye, to catch the moment, to run with it and reach the destination. Within the faculty of that one moment and action, you must consolidate what you have learned and find mastery within yourself.

Let us salute the Lord—the most powerful, omnipotent healer, the most pure of the universe—as an identity and personality.

MEDITATION - Salute to the Lord

1. Sit straight in a cross-legged position. Raise the hands up in front of the forehead with the elbows out to the sides and raised to shoulder level. The palms face forward, fingers spread open, pointing towards opposite fingertips about 2 inches apart. Eyes on tip of the nose. Sing the mantra, "Ong Namō Guroo Dev Namō" (#CT060 "Ong Namō" by Niranjan Kaur). Continue for 11 minutes.
2. Raise the arms up straight, palms facing forward. Breathe long and deep and simply listen to the mantra. Concentrate—develop your listening power. Continue for 3 minutes. To end, inhale deeply, hold, and squeeze your body and stretch the spine upwards to the best of your ability. Exhale. Repeat. Then, inhale deep, hold, and concentrate on your heartbeat. Exhale and relax.

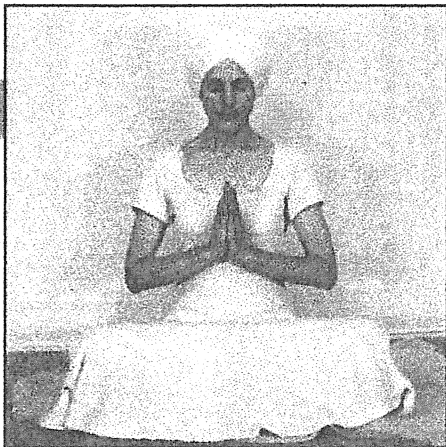
A few minutes, a powerful analysis of yourself and a little meditation can bring you to the standard of a saint. When you project your saintliness your power play becomes positive and the objectives of your life are achieved.

"Most dignified, distinguished and destined are those who remember their destiny. May God's Almighty Hand bless you with moments of grace and spiritual status and may you have the strength to keep it that way. May you be pure in your own eyes, wonderful in your own hearing, and masterly in your way of speaking. May God bless you and bless you forever. Sat Nam."



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Caliber

Yogi Bhajan, Ph.D. - October 16th, 2000 - Espanola, NM, USA

Our caliber can be diverted, perverted and misunderstood. When you lose touch with your consciousness your caliber has to lean on emotions. When emotions cannot answer your questions, you become angry, and that anger destroys you. Nobody in this world is your enemy. No one has time to destroy you! Only your professional, personal and social anger can destroy you.

We desire things rather than deserve them, but you cannot be productive in your life if you are not desirable to yourself. You complain, "People are unkind to me," "God is unkind to me." The fact is, you do not use your consciousness to be kind to yourself. You are willing to cause everything, but you do not want to face the effect.

Your inner power is your mind. Your power is not your wealth. Everybody has some wealth, but few people have the power of meditation. The world serves those who are meditative. They radiate peace, tranquility, calmness, and kindness. Through meditation you can purify the mind and find contentment.

Some people leech on to their past. If something has happened to you as a young child, why bring it into your present and ruin your future? This life is a gift to test your caliber. This life is for you, forever. It is not a matter of power or cleverness, it is a matter of being humble. It is not a matter of dwelling on your ego, it is a matter of dwelling on your caliber. Caliber will give you consciousness, consciousness will give you communication, and communication will fulfill all your needs and more.

Nanak said, *"How can we be truthful graciously and how can this wall of falsehood be broken? In the ambrosial hours of the morning you are not alone. At that time God is with you. When your caliber captivates the capacity of Infinity, at that time you are in your original caliber of reality. Praise the Creator so that your creativity becomes Infinity. Then you will be covered, and you will see the door of redemption. Seeing the infinity of your caliber, your smallness disappears. Nanak knows only this way."*

Caliber is forever. Caliber is unbreakable communication, friendship, future and destiny. Caliber has the capacity of conscious power.

Through mediation you can conquer your mind. If you mend your mind, you win the whole world. Through meditation you purify your mind to direct yourself towards purity. The mind cannot simply sit, it will direct you somewhere. The mind can either direct you to purity or to complaint, depending on which side you choose.

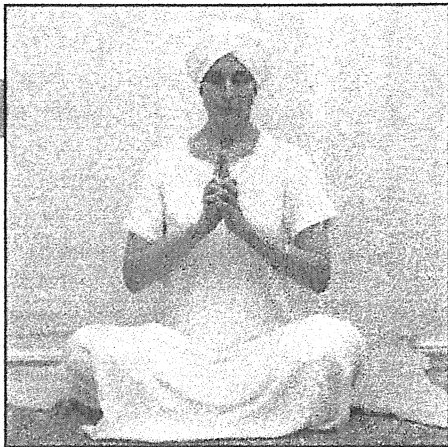
MEDITATION - Essence of Caliber

Sit straight in a cross-legged position. Bring the hands into Prayer Mudra in front of your chest. Close your eyes. Sing the mantra, "Ong Namo Guru Dev Namo" (#CT060 "Ong Namo" by Nirninjan Kaur). Continue for 31 minutes. To end, inhale deep, hold, and meditate on your essence of caliber. Exhale. Repeat 2 more times. Relax.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gent@newmexico.com / 800/829-3970 or 505/753-0563



Cold Depression

Yogi Bhajan, Ph.D. - October 17th, 2000 - Espanola, NM, USA

Through your life you have been betrayed, burned, and your heart has been broken. Some people talk about it to ease the pain, others hold it inside. It is a cold depression. You are depressed but you are not aware of it. You want to destroy everything, for you feel nothing responds to you.

A teen-age girl said, "Every time I do wrong I am punished. I don't want to be punished." I told her, "Then don't do wrong!" She replied, "Why not?" A boy used to go to parties and was hurt in a fray. I asked him, "When will you stop exposing yourself to these dangers?" He said, "I don't know why I go. I think I have a death wish." These are signs of cold depression when life does not matter, society does not matter, relatives do not matter, discipline does not matter. Nothing matters. Cold depression is desperation. There is nothing anybody can do. It brings a constant pain which you cannot hide. Only strong meditation can burn it out. It is a built-in depression in which you feel limited, small, undercut, neglected and rejected. By your own power of meditation you feel competent, blissful and compassionate.

God is energy and that energy created you as energy. Your psyche is the same energy as God. See yourself. See how good, conscious, graceful, spiritual, human and compassionate you are. Understood how priceless, gracious, gorgeous, beautified and blessed you are. Find your grace. Your ultimate value is not your knowledge—libraries are full of it. Your ultimate value is not your strength—machines are better than you. Your ultimate value is not your wealth—many people are richer than you. Your ultimate value is the virtue and vigor of grace, your humbleness, graciousness, kindness and compassion.

The Golden Temple has four doors and continuous recitation of praise of God. You should have four doors too! Be in a position to receive anybody who comes. Rather than gossiping, talking negatively and complaining, start valuing this priceless, precious life. Do not waste it. Make a temple out of it. We go to temples in the hope to find grace and peace. You walk into a church, light a candle, and leave some money. Light a candle in yourself and become radiant! Be helpful to others. Meditate to empower yourself with purity and piety.

There was once a thief who stole a diamond from around the king's neck. When he placed it around his own neck he could not sleep the whole night. After ten days he was so miserable that he went to the palace to return the diamond. The king did not want it. "Idiot!" he said, "I have not slept for 10 years!" The thief then made a beautiful platter of sweets and fruits and brought it before a sadhu in the jungle. The sadhu served the food to his congregation, except for the coconut where the diamond was hidden. "This is for you," said the sadhu giving the coconut back to the thief. "I want to sleep!" the thief said. "I stole the diamond from the neck of the king and returned it—he did not want it. I gave it to you—you did not want it. What should I do?" The sadhu answered, "Easy. Bring it to a temple and have them put it around the neck of the god. A statue never sleeps! You will save the king, save me, and save yourself." The thief went to a temple and a pundit put the diamond around the neck of a statue. A few days later the thief returned to the temple. The pundit said, "This diamond is cursed! I stole it and all day and night I was like a fish in the fire. Why didn't you tell me?" The thief replied, "Pundit, there are a lot of things which cannot be told."

There are a lot of things which cannot be told about you, too. You all have the diamond of false value and false prestige around your neck. The diamond is not real. You are real. Your sleep at night and your comfort are real. Your character, your consciousness are real. They are your gems.

When I just poke somebody a little bit, his or her whole childhood story comes out. The hurt is hidden. Meditate and get rid of that hurt.

MEDITATION - Get Free of Cold Depression

Sit straight in a cross-legged position. Interlace your hands in Venus lock in front of the heart, with the index fingers extended upwards. Close your eyes. Sing the mantra, "Wah-Hay Guroo" (from #SCT011 or CD SCT111 "Raga Sadhana" by Sangeet Kaur), chanting "Wah" from the navel, "Hay" from the heart, and "Guroo" from the lips. Take the curse off and place it around God's neck. Free yourself. Continue for 11 minutes. To end, inhale deeply, hold, and concentrate on the sound you created from your navel, heart and lips. Exhale. Inhale deeply, hold, and give that cold depression to Wahe Guru. Exhale. Inhale deeply, hold—God has given you life, give it back to Him, so that in the end it becomes easy. Exhale. Relax.

We are thieves of the time, cheating on ourselves. As long as we have a root cause for our curse, we will create a sequence. As long as we create sequences, we will have consequences. By very good fortune we have moments of meditation where we may come together to purify ourselves, depart from the diamond, and be free.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



On Communication - Part I

Yogi Bhajan, Ph.D. - October 23rd, 2000 - Espanola, NM, USA

Without the art of communication—the ability to express, project, reach out and listen—you cannot reach the heart or turn the head of another person, and you will face many difficulties in life.

Most people have ego, neuroses and ambitions, and they do not want to listen. People have inborn neuroses because of circumstances, parents and childhood. Parents do not know how to communicate with children, and do not give them values, their communication is a control system. Many people do not want to communicate. They want to lean on their expectations. When you expect people to be a certain way, it is difficult for them to agree immediately just by reading your expectations.

Some people have virtues, but no values. They work well, but you cannot depend on them, they do not respond to you because it is not their priority. When you do not receive a prioritized communication, you do not know what is going on and you must reach out all the time just to understand.

Some people begin to destroy themselves when they become successful. They become frustrated, angry, reaching nowhere—therefore they do not want their success. Frustration and depression come from non-communication. People are afraid to talk about themselves or their situations. In communication, you are never sure who is going to help you. Anyone can help you.

Communication is the basis of prosperity. Anger and frustration are a shield against prosperity and better communication. "Because of this, because of that..." There is no *because*. If you create a cause, then you have to face the sequence. And if you face the sequence, then you have to face the consequences.

Listening is the most powerful aspect of communication. Be peaceful, listen, see the other point of view, and come out with a mutual understanding. Communication is the only way to bring mutual understanding—the natural outcome of every expression of love. When somebody loves you and does not say it, you know it through their body language and many other ways. Appreciate it. Appreciation is communication.

Japji is marvelously rich. If properly pronounced, it can give you the ability to reassess and reconsider your communication, and to develop the habit to pre-judge and pre-know your communication. When Nanak says, "Whatever pleases Thee, O Lord, that action is wonderful, O Unseen One." This is confirmation that you are always in perfect existence. In short, Nanak is saying, "*Your unseen is God.*"

Your unseen is your sweetness, your comprehension, your compassion. Your unseen is the chance to change the scene. If you have this understanding you can live in complete understanding of your own life. When we live in doubt it is because we cannot communicate with ourselves about the huge reality of life—that we are everything, for we are made in God's own image, and God is everything.

MEDITATION - Understanding the Nature of Communication

Sit straight in a cross-legged position. Bring the hands up with pinkie fingers pointing up and the other fingers held down with the thumbs. Palms facing forward, elbows relaxed down. Close the eyes. Chant loudly from the navel point, "Sat Naam Sat Naam Sat Naam Jee, Wah-hay Guroo, Wah-hay Guroo Wah-hay Guroo Jee" (#CT130 "Dhumi"). Continue for 22 minutes. To end, inhale deeply, hold, and circulate the energy in every cell of your body. Exhale powerfully. Repeat one more time. Inhale as deeply as you can, hold, and stretch your spine circulating the sound into your body. Exhale. Relax.

As the stringed instrument plays during the meditation, it provokes you to say the mantra. Similarly, the psyche of the universe prevails and provokes you to say certain things. When you say them wrong, it is because you are not pure. Understand that your misfortune is contained in your miscommunications. If you understand the cosmic music and communicate accordingly, you will be pure and prosperous.



Kundalini Research Institute

Synopsis from the teachings of Yogi Bhajan. © Alma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



On Communication - Part II

Yogi Bajan, Ph.D. - October 24th, 2000 - Espanola, NM, USA

When you speak to someone you project where you are coming from—to project from the soul your thoughts need to be universal. When you speak to someone determine whether you are talking to the head, the heart or the soul of the person—to speak to the heart you must speak internal truths.

In communication we express individual thoughts, feelings, commotions and emotions. Pain and hurt are pocketed in our individual commotion, holding us back so much that we cannot communicate. We listen and talk only when our emotions are satisfied. We develop prejudices, and do not see the soul and heart of another person, that is why it takes time to find an angle that another person can understand. For communication to work, your spirit must be behind it. Normally, in our communication we judge—there is no consideration of other peoples mental development and experience, or of their bright and shining souls. Normally, in our communication we express need, "What will this do for me?"—we forget that we have a soul, a mind and a body. Our normal communication is to yell and scream, to need, want or seduce. We act this way to get something, without knowing that things will come to us when we are in communication with our soul.

I have to keep my spirit with me. I need to be in communication with my fluctuating mind and my decaying body. This is essential. This is why we do sadhana—to feed our souls. Only the soul can control the fluctuating mind, when it comes forward and says, "I don't deserve this." The spirit says, "No! I don't have to put myself through this mud." Your human touch, your power, is exactly what you communicate with your spirit. Life's enjoyment is to be mutual—simple, straight and straightforward. Many people waste their life in arguing. When you are not satisfied with what you have, you blame others for your problems. If you accept your state of being, there is no problem. Life has an essential reach for itself. We have to reach out.

MEDITATION - We Are We, We Are God

Sit straight in a cross-legged position. Interlock the fingers in Venus lock—with the thumbs interlocked and the hands forming a cupped position—in front of the solar plexus. Chant, listen and understand the mantra, "Hume Hum, Brahm Hum," (#CT110 "Hume Hum, Brahm Hum" by Nirinjan Kaur). Continue for 22 minutes. To end, inhale deeply and hold—did you hear what you were saying? Raise yourself to that consciousness, to understand what you were saying deep in your heart! Exhale. Repeat 2 more times. Relax.

You must hear and understand what you speak. If you do not develop this ability, you will not have knowledge of the universe. Your inner conflict will take away all your energy and sense of reality. Once you speak, hear and understand, "Hume Hum Brahm Hum," "We are we, we are God," all conflict in your personality will disappear.

Non-verbal communication is the essence of our inflow. When you are self-rejective, when you are scared and have a non-communicative nature, you cannot say to someone, "I love you." Non-verbal communication can be a release of commotions, or, when active, it can become flirtation. Sometimes people are obnoxious, and even though you are conscious of it, even if you talk reasonably, and you are innocent and sincere, you are hurt by them. When innocence does not work, you pocket your grief in a non-communicative hell. When your intuition is developed to know where things are leading, but you cannot say it, that pain and pleasure together is non-verbal communication.

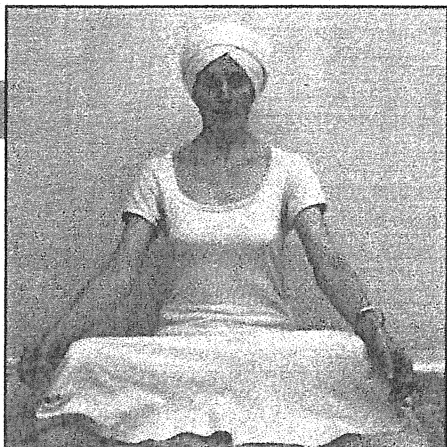
There is a lot of non-verbal communication instead of communication. You all do it, and deny it. You speak in the sense to slip by and are non-communicative about it. When you like somebody passionately and cannot say a word, your non-communication sinks the ship. Non-verbal communication can also save you from expressions which your body undertakes instead of verbalizing. Sometimes, instead of ending up with what you have to have, you end up with garbage. When you stink, you try to cover yourself in a very non-communicative way.

For effective communication, poke and provoke—involve the other person. Confront—confrontation is the only reality we have. Then elevate—enemy and friends—to reality.



Synopsis from the teachings of Yogi Bajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



On Communication - Part III

Yogi Bhajan, Ph.D. - October 25th, 2000 - Espanola, NM, USA

The brain should hear and compute the communication absolutely clearly so you know what is being said and from where it is coming. For example, saying, "Hello sir, how are you?" totally establishes that you want to be acknowledged. It comes from the navel point, the 3rd chakra. When you speak from Ajna, the 6th Chakra, you can command the universe, as well as the person you are speaking to.

The subconscious mind collects millions of thoughts during the day. These thoughts eventually become emotions, commotions, desires and feelings, that create complexes—superiority or inferiority—and cold depression—where people are depressed all of the time. When a thought comes to you in the form of a feeling and does not feel right, it is because your psyche, mixed with pranas, tells you it is not right. Your neuroses—layers of commotional desires—create a glut and make you not listen, pushing you to disaster. Rise up in the ambrosial hours, do Sat Kriya to activate all chakras to their basic activity, and meditate to clear your subconscious—your conscious mind will be with you.

Communication is going on inside us all of the time. Even when you verbalize and your ear hears it, it does not make any difference if your brain does not compute it at the same time. If you do not understand yourself, you have not developed the ability to listen to yourself. When Nanak says in Japji, "Suneeay,"—listening—he means, "*listening to yourself*" "Yourself is the only conscious voice you have, deep within you. Develop the habit to listen to yourself whenever you are confronted with anything. Tell yourself, through a meditative mind, "I must listen to myself." It is the first step of friendship between the body and the soul.

MEDITATION - Develop Inner Communication

Sit straight in a cross-legged position. Chant, "Ek Ong Kaar, Sat Naam, Siree Wah-hay Guroo" in the 2 1/2 breath cycle. Communicate with yourself—chant, listen and compute. Continue for 3 minutes. Relax.

Chant Ek Ong Kar, listening to the sound of the conch in it. When you have an understanding, you will have a reverence for this Guru Mantra which can change you inside-out. If you chant the Ek Ong Kar mantra in the ambrosial hour for 31 minutes, you will never have to read a book or know anything.

This is *simran*—chanting with prana—where Pavan Guru is your guidance. It is beyond human. When Pavan Guru presides over you, all knowledge of the universe, all opportunities and guidance are yours, and all misfortune is removed. Make Pavan Guru preside over you with the sound of your conch and it will alert the whole universe; the whole universe will respond, enabling you to complete your communication and your Self. Your Self will start talking to you, and you will sit and be in ecstasy, with no need for manipulation—just *to be*. This mantra will help you and, with the power of Pavan Guru, bless you forever. It is a little bit of hard work to do, but God likes your work.

One night a disciple went to see how his Master was doing, but the Master was not there. The disciple did not ask or say anything—he kept his mouth shut. After awhile this disciple was called before the Master, who said, "My time to leave this body has come. Take care of everything." "Yes Master." After some years, when the disciple died, he was welcomed by the God of Judgment, "Oh, you have arrived. Your Master is waiting for you." "Am I going to heaven or to hell?" "Neither, you are going to Almighty God." He went and saw his own teacher sitting there, who said, "You were right. I was not there that night. I knew you found out. I want to bless you because you kept it secret, and what is secret is sacred. Now, where do you want to go?" "To hell!" As he walked towards hell with the God of Judgment, hell started slipping away. "Look," said the God of Judgment "there is no hell—as you are going, hell is getting shorter and shorter." He came back to God and God said, "You have freed so many people from hell, you have to go back to earth and totally perfect them. We like your work. Go and have fun."



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Tranquillity

Yogi Bhajan, Ph.D. - October 30th, 2000 - Espanola, NM, USA

Tranquillity is the essence of life. Prosperity, relationships and strength grow from tranquillity. Tranquillity is God. By being aggressive, living in imagination, fear and insecurity we lose tranquillity.

Some days ago I called a friend to wish him happy Diwali. He was miserable, saying his relatives were torturing him. I said, "Their karma is to disturb your life. Your karma is to keep going." If I had not had a treacherous and torturous life, I never would have become a confirmed yogi. A confirmed yogi *in my own mind*—I have to satisfy me, see me with me, let my ego go, and keep my tranquillity.

When things attack you from the outside, you think you are worthless. You are full of worth!—otherwise there is no reason for you to be tested. No one takes a graduation examination if they have not been to college. Your life has the karma of many incarnations. Pay your karma and follow Dharma. Every breath of life is more precious than all preciousness. Every hardship gives you endurance. "Whatever You do my Lord, is my pleasure." As you see signs on the road, there are signs in the life which you must know. Read them and obey. Pay karma and walk the path of Dharma with determination in your hand, in your heart and in your head, while maintaining tranquillity. If you see something bad, be grateful you will not walk into it. If you see something very good, enjoy it as a lesson and role model.

There was a devotee of Krishna named Sada who used to worship Krishna. When her last moment came, Krishna was there, massaging her feet and comforting her. She said, "Oh blessed man, your hands are very divine, but I wanted to see Krishna. Please tell him I died wanting to see him." Our fears make us chant and meditate so we can produce God but, without tranquillity, we cannot recognize Him.

We need maturity, tranquillity, peace and grace in consciousness to see that we are as good in soul and consciousness as everyone else. Are we mature enough to bring respect and grace to our relationships? Can our love be infinite? Can we cut through our boundaries? With Guru's blessing we were given a human body and sent to this garden to smell the fragrances, have fun and enjoy, but we started destroying the garden and building a wall, saying, "This part of the garden is mine."

You can do anything and everything, but if you do not have tranquillity, you cannot merge in God's infinite tranquillity. If your value is not your tranquillity, but your ego, you cannot *be*. Without tranquillity there is no reality. Without reality there is no prosperity. Without prosperity you cannot give. Without giving you are not God. Nanak says, "Work hard, earn by the sweat of your brow, then give. Nanak says, that one knows the path."

MEDITATION - Break the Cocoon of Ego

Sit straight in a cross-legged position. Hold your hands in Sarab Gyan Mudra in front of the heart—fingers interlocked in Venus lock with the index fingers extended pointing up and thumbs crossed. Chant from the navel, "Har Har Har Har Gobinday, Har Har Har Har Mukanday..." (#CT073 "Har Har Har Har Gobinday, by Niranjan Kaur) Continue for 3 minutes. To end, inhale deeply, hold, and listen to the mantra you have chanted—the sound is still in the air, catch it. Exhale. Repeat 2 more times. Relax.

If you chant this 8 part mantra for 11 minutes, 31 minutes or 2 1/2 hours, and then recollect the sound, whenever you are working, talking, moving, sitting, or sleeping, this sound will be with you. It will not leave you because each word of the mantra opens up a chakra and feeds the soul, giving the feeling of deathlessness. This meditation cuts through the organism of destruction and breaks through the cocoon of our ego.



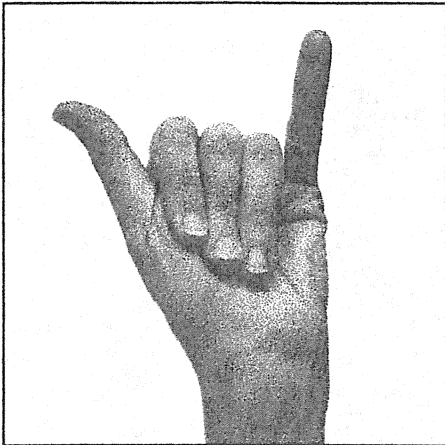
Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Dignity

Yogi Bhajan, Ph.D. - October 31st, 2000 - Espanola, NM, USA



To guarantee tranquillity you must dig in it, put your roots in it, and be it. When you dig your own identity it becomes dignity. When you have dignity, tranquillity is forever. Our life is built by steps. If one step is missing, five things will fall. Yet, there is no school for building character. You are prepared for a professional existence to and earn money. How many mothers pray for a saint? We think a saint is something far away with a white beard, shaggy clothes, very bright eyes and nothing else. One day I went to God and said, "I want to be a saint." He said, "Idiot! From the first day to this day I have created only saints, which you call human." And He threw me back to the earth.

Your will is much more powerful than you. With a dignified will you can strike, accomplish, complete and go through any obstacle. Grace, dignity and personality are essential in life. Parents with dignity raise children who are calm, quiet, tranquil and self-identifying. Otherwise, children have chronic dramas, traumas and tantrums. What is more precious to us than our children? We must give them values and maintain our dignity so they can trust us. When you cannot be trusted, it does not matter how much wealth or power you have. People will avoid you and you will hate yourself. When your dignity is established you are stable, trusted and loved.

When we know our dignity, being human is very, very, very precious. When we deal with enemies in a dignified way we gain friendship in return. When we lose our manners, we lose our relationships. But you cannot lose a relationship if you refuse to lose your manners! When you are a victim of temporary insanity, you must remember, *"I am losing my dignity, personality, identity and grace—I am losing me."*

We are victims of our own anger, anxiety, jealousy, insecurity and vengeance. For everything's negative there is something positive. You make yourself most undignified when you negatively discuss someone's bad aspects. Worst of all are those who take the garbage of the whole world as gossip and put it in somebody's living room. When you guard your dignity, God serves you, for God needs a human in whose heart He can come and reside. God is your dignity. Work on it. Whenever you say or do something, ask yourself, *"Is my dignity intact?"*

In the beginning, middle and end you have to know what you represent as an identity. You will be protected tomorrow by what your identity expresses today. You will be known for what you speak.

MEDITATION - For Dignity

Sit straight in a cross-legged position. Raise both hands at eyes level, palms facing forwards. Make tight fists with the thumbs and pinkie fingers stretched up on either side. Eyes closed. Concentrate on the words as you sing, "I am bountiful, blissful and beautiful." (tape #CT079, "Bountiful, Blissful & Beautiful" by Nirinjan Kaur). Continue for 31 minutes. To end, inhale deeply, hold, and squeeze the fists with all your power—bring your internal body to an eco-balance of energy. Exhale. Repeat 2 more times. Relax.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Regulatory System I - The Rules

Yogi Bhaijan, Ph.D. - November 13th, 2000 - Espanola, NM, USA

In your childhood you were taught to work for your income, rather than how to make life's rules work for you. The animal kingdom is free and clear—it goes by impulse. Humans have to go by intuition, but you do not—you go by imagination. You imagine things, you trust them and put your force behind them to make them happen—but it is not real, and sometimes you end up at a dead end. Intuition is real and imagination is not. Imagination is your hidden subconscious and your environments. Intuition is clarity of the immediate environment—you see it, you know it, you are in it.

Neither you, your parents, nor your grandparents were taught to calculate your mission in life. When I was young, I was directly and indirectly told that we have a spiritual rhythm. If you fall from that spiritual rhythm you are totally lost. Lean on your spirit every moment of life! See the spiritual atmosphere, and figure out the standard of your identity—that is the standard you must live for!

Your understanding should be, "I am not above the rules." To feel that you *have* to obey the rules is a very negative thought. You *are* the rules, is a very positive thought—it is the thought that if you get up at the ambrosial hour, take a bath, and meditate, your calamities and problems will be gone.

Sometimes you wake up in the morning and you do not get up. It is not difficult to get up, but you do not have self control. If your self is not obedient to you, the world can never be obedient to you. When you wake up, and do not get up, you are a human and you are not a human, you are a bunch of environments and circumstances, you are real and you are not real. You have a will, but you cannot follow Guru's will. When you cannot follow Guru's will, you cannot exercise God's will absolutely and practically. It is a simple law—the person who walks and follows His will, will reach the concept of God within the self, for God is within oneself.

There is a difference between being real and being successful. When you are real, God serves you. When you are successful you serve yourself. Reality is God. As Guru Nanak said, "*In the beginning it was real, through all times it was real, now it is real, and real it will be.*"

As you need a physical regulatory system to regulate your body—any irregularity causes your doctor to worry—so you need a mental regulatory system to regulate your thoughts—that is meditation. And you need a regulatory system to regulate your spirit—that is your self-awareness.

You have to constantly encourage the other person to excel—*poke, provoke, confront and uplift*. Without this, no relationship can keep going. You must be uplifting, kind, compassionate, and tolerant. The peepal tree is considered sacred. Unlike all other trees, it releases oxygen both night and day—very ill people can benefit if they lay in beds placed beneath this tree. We sometimes forget that we need something to uplift us. That is why we come and meet as sadh sangat where, in our collective effort and union, there is no difference between us and our Creator.

MEDITATION - Look Into Your Internal Being

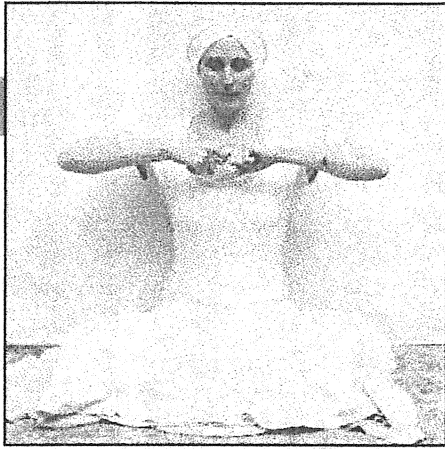
Sit straight in a cross-legged position. Place your left hand on the heart. Raise the right hand up to chin level with the index and middle fingers pointing upwards and the other fingers held down by the thumb, palm facing forward. Elbows relaxed down. The eyes are closed. Listen to the song "Hukum" (from CD #SKK101 or SKK001 "Peace Lagoon" by Singh Kaur) and look into your internal being. Continue for 22 minutes (four repetitions of "Hukum"). To end, inhale deeply, exhale. Inhale deeply, hold, and stretch your spine upward. Exhale. Inhale deeply, contract your entire body so that the energy can be equalized. Exhale and relax.



Kundalini Research Institute

Synopsis from the teachings of Yogi Bhaijan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhaijan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Regulatory System II - Meditation and Thought

Yogi Bhajan, Ph.D. - November 14th, 2000 - Espanola, NM, USA

Life is a lie if you have not found your personal truth. Meditation is a thought-regulatory system that processes your thoughts for *you*. Each new thought carries a like and a dislike. When you follow the track of your likes, you end up in discomfort. When you follow the track of your dislikes, you end up with hatred and anger. When you meditate on the trinity of these thoughts—*your* thoughts, left thoughts and right thoughts—will all automatically be with you, and *your* thoughts will become predominant.

When you meditate, thoughts rejected by the subconscious start floating up like negative signs. To control this stream of thoughts, hit them with a positive, "Waheguru!" Cross the "-s" and make "+s". When this becomes automatic you develop intuition. Without intuition you are like an impulsive animal, subject to circumstances, and those circumstances are not subject to you.

You do not measure how much weight your spirit can carry—a 25 watt lamp cannot do the work of a 2,000 watt lamp. Uncontrolled thoughts can take you places where your return is almost impossible. Society's code of conduct forces you to be in it. When you want to break away from that code of conduct a humungous pressure is put on you. You become negative and start blaming others. Your understanding of life becomes daringly, staunchly immature. The tragedy starts when parents do not teach their child how to sit. Have your child sit with you for 15 or 30 minutes without either of you uttering a word. You will have a saint—a child that will be able to sit on every thought. We must teach consistency, and consistency cannot be taught unless you have a meditative power over your thoughts.

Guru Nanak said that bathing at holy places, meditating, worshipping and performing rituals are not real if you have not found the Nam. *Nam* is your own identity. If you do not have purity of identity, you have wasted your life. Whatever you have is worth nothing, except the identity of your own reality. Your own truth gives you endurance, tolerance, grace and competency. Without it, you will build your expectations on someone or something else, and these expectations never come true.

Normal people have fifteen subsidiary split personalities and one real self. They say one thing, do another and mean something else. If you learn to control everything through meditation and regulation of your thoughts there will be no duality. Success is a mirage unless you are successful with your own thoughts.

MEDITATION - Elevation of the Body, Heart and Mind

Sit straight in a cross-legged position. Raise the arms straight out to the side parallel to the floor and bend the elbows so that the hands are front of your heart. Interlock the index fingers, maintaining a medium pressure, and rest the thumbs on the middle fingers. Close your eyes. Chant from the navel, "Raa Maa Daa Saa Saa Say So Hung," (#GNS001 or CD#GNS101 "Ra Ma Da Sa" by Guru Nam Singh). Continue for 31 minutes. To end, inhale deeply, hold the breath, straighten your spine, and pull on the index fingers. Exhale. Inhale deeply, hold the breath and squeeze your entire body. Exhale. Inhale deeply, hold the breath, and stick the tongue out from its base as much as you can. Exhale and relax

This posture locks the body's energy pattern so that elevation may come to you. If you chant the mantra from the navel, it will heal you. If you chant the mantra from the heart, it will take away your calamities. If you chant the mantra from the throat, it will cure an irritated mind.



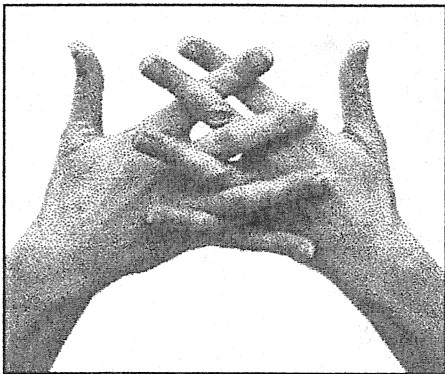
Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Regulatory System III - The Subconscious

Yogi Bhajan, Ph.D. - November 20th, 2000 - Espanola, NM, USA



Medical Science has no answer for *cold depression*—the biggest disease of humanity. When you have cold depression, not even your spirit can help you, for it occurs when you fight against your own consciousness. The majority of people are accustomed to cold depression from the age of 36 onwards, but it may start at the age of 27, or occasionally as early as the age of 11. Normally people don't want to resolve it, but the solution is simple—find out what you are fighting for.

The most difficult thing in life is to serve a living master. You may read millions of books and have all knowledge, but without a guru there is darkness—you cannot have the kick in the butt which he can give you.

I once told my teacher I was going shopping. He took away all of my money—50 rupees—and gave me a list of supplies to get for him. I went to the shop and at the moment of paying I told the shopkeeper to put the bill in the account of Santji. The shopkeeper said, "Take everything. Money is not an issue!" I returned to Santji with all the supplies. To my surprise, I found a friend of mine whom Santji had sent shopping with my 50 rupees. The test was not about money and how to buy things. The test was about how I could save embarrassment and come out smiling.

When the subconscious mind is in a depression, this subconscious gets into the consciousness, and the consciousness gets to you. Duality and non-reality are your own subconscious. The consciousness is now. The subconscious is what was happening yesterday—thoughts which you did not control. Learn to control your thoughts through meditation and invoke your own virtue! You express yourself in communication with others—why not express yourself to yourself? Talk to the Guru within you, in a prayerful way. Go within yourself for one hour, chant and meditate, and be cured. Your depression will go away.

The sensory system in the subconscious is so clogged up that it is not with you—"Would you like to eat now?" "No, I'm not hungry... ask me in an hour." "Let's go for a walk." "No... tomorrow." "Sit down and talk to me." "Why should I talk to you?" You have to take time to answer because there is no coordination and rhythm in your feelings, emotions, and aggressiveness. If you are exalted, everything is fine. Enjoy the creativity of God! Creativity is of God—you only have to watch, you only have to see, you have to feel—it is the divine relationship. When the Creator creates, the creature relates to His Creation, divinity is established. Let us see how we deal with it.

MEDITATION

1. Sit straight in a cross-legged position. Raise the hands in front of the heart center with the fingers spread open. Keep the palms facing inward and interlock the fingers so that the thumbs are pointing up at 90 degrees and the fingers are straight, at an upwards angle. Elbows relax down. Eyes are closed. Chant from the navel the Mool Mantra (#CT030 "The Mool Mantra" by Jasbir Kaur). Continue for 11 minutes.
2. Chant rhythmically and powerfully from the navel, "Har-Har, Har-Har, ..." Continue for 3 minutes.
3. Chant powerfully from the navel "Har Har Har Har Gobinday, Har Har Har Har Mukanday,..." (#CT073 "Har Har Har har Gobinday" by Niranjan Kaur) Continue for 3 minutes.
4. Chant loudly from the navel the Bolay So Nihal shabad (#CT031 "Bolay So Nihal"). Continue for 3 minutes. Relax.

The Guru has prepared us with the song of victory, elevating us to face this day. Those who speak the words of Guru Nanak for 45 minutes to one hour every day cannot go wrong. Make your pronunciation so accurate that learned people cannot match it. That is the way we should qualify ourselves. We must give ourselves that strength which is within us. We should not allow this strength to be taken away by our outside thoughts. Remember, thoughts come and go, and we remain—*Hume Hum Brahm Hum*—for we and God are One.



#YogagemsResearchInstitute

Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtem@newmexico.com / 800/829-3970 or 505/753-0563



The Regulatory System IV - Relationships

Yogi Bhanjan, Ph.D. - November 21st, 2000 - Espanola, NM, USA

All is yours when you are pure, for purity commands God, and God commands creation. Purity actually means originality. A pure human lives by three principles: 1) I shall not let myself down. 2) I shall not let anyone down. 3) I shall not participate in anybody's let down. Such purity is exactly what *Sat Nam* means. Seva can be the simple way of human life whereby you attain prosperity, privileges, divinity, equality and brightness.

In the marriage between the female, *Prakirti*—the total universe—and the male, *Purkha*—the Creator—Prakirti said, "Now that I have embraced You, all other relationships are bitter." Prakirti's dedication and surrender automatically elevated her to Infinity. When Prakirti dives into the ground as a seed, then Purkha grows.

This kind of relationship does not exist in marriages today. People have barking matches—nobody knows what they are talking about. The psyche of men and women are very different. A man cannot listen to a woman, he has no ears to hear a woman—he never has, and he never will. A man may read a woman's body language, the way she pushes, or her frequency, and say, "Yes darling!"—but it is all nonsense. As Prakirti purifies Purkha, there cannot be an argument or discussion that has any meaning. A male's basic stability is a female. A man who has a stabilized woman and relationship is the strongest, most courageous and most powerful achiever. A shaky woman is nothing but bad luck for a man—he feels like he is living over a fault where there are always earthquakes. The foundation of the male lies in the female, in whom genes grow, and within whom lies the next generation.

We have been ruined by billboards, fashion shows, and MTV, which make a mockery of humans. Every male needs to process his thoughts to think, "I am the hub," and every female needs to process her thoughts to think, "I am the rim." In the relationship between the *hub* and the *rim*, the female is the outer wheel and the man is that solid spoke. If this balance is not created, life has cavities. Let us eliminate some of these human cavities.

MEDITATION - Elimination of Cavities

1. Sit straight in a cross-legged position. Make very strong fists at ear level, press your index fingers and thumbs together tightly, pointing up straight and stiff. Close the eyes. Sing the Kundalini Bhakti Mantra (#GDS015 or CD#GDS115 "Adi Shakti" by Gurudass Kaur). Continue for 11 minutes.
2. Sing the mantra, "Wah-Hay Guru" (from #SCT011 or CD SCT111 "Raga Sadhana," by Sangeet Kaur) for 11 minutes.
3. Chant from the navel, "Sat Naam Sat Naam Sat Naam Jee, Wah-hay Guroo, Wah-Hay Guroo, Wah-Hay Guroo Jee" (#CT130 "Dhuni"). Chant for 1 minute then stretch both arms up, keeping the hands in the mudra. Continue chanting for others 3 minutes. To end, inhale deeply, hold, and stretch the spine up—give yourself a renewal. Cannon fire exhale. Repeat two more times, exhale and relax.

Once Brahma gave a feast to which he invited demons. He made one condition—do not bend their elbows while eating. So the demons held the arms up straight over their heads and dropped the food onto their own faces and clothes—they cannot enjoy their food. Then Brahma gave a feast for angels. They knew they could not bend their elbows, so they fed each other and had fun. Being for others is ecstasy, divinity. Being for the self is a tragedy. The self is meant to be for others. Serve people even when you do not expect anything back in return! When there is no bargain—and you just serve—you receive perpetual, infinite friendship.

To be successful, be flexible! Give a person another chance. When you break a horse, you ride the horse while it is bucking, yet keep your balance. You must have balance in each and every relationship, or the end of that relationship is inevitable.



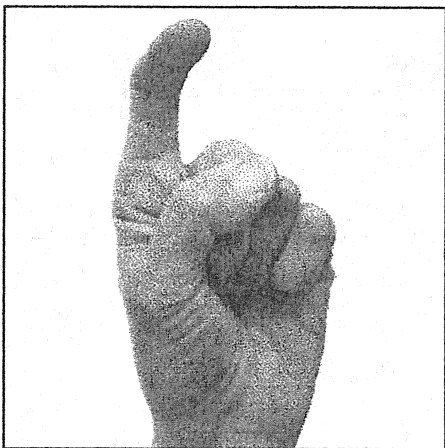
Synopsis from the teachings of Yogi Bhanjan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhanjan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Regulatory Systems V - Conscious Breathing

Yogi Bhajan, Ph.D. - November 27th, 2000 - Espanola, NM, USA



When I move my fingers, it is not that I move them—within me is a system that enables me to move my fingers. We have two systems. In one we choose to do certain things and, in the other, they happen whether or not we choose. For instance, we cannot stop our heart from beating, we cannot stop our lungs from breathing, we cannot stop our blood from circulating, and we must answer the call of nature.

We need to control our thoughts, otherwise they become emotions, then desires, psychoses, and cold depression—the first stage of insanity—which almost everybody has, and no one wants to admit.

The only way to control our thoughts is by controlling our breath. When you do not control your breath consciously, it works unconsciously. Every breath you breathe unconsciously is wasted. Every breath you breathe consciously is a breath gained. That is the difference between divinity and duality. Only you can control your breath. Your breath is your property.

In the old days, yogis lived 100 years or more, while remaining young and beautiful. Each person's life span is measured in breaths. Normally you breathe fifteen breaths per minute. If you take one breath per minute, you can live fifteen times longer. When you take a conscious breath you control your life force. When you keep the life force under your control, a unison occurs—your life is imbued with all the natural force of Prakirti, and Purkha and Prakirti become one. There is nothing else so easy and so marvelous! It gives you grace, respect, prosperity and all that you think you could not otherwise achieve.

When your mind has no duality, you have divinity. If you have divinity, everything on this planet can be done for you. But we do not believe that this can happen—we do not have faith. Every time we doubt, we lose virtues. Doubt is a gulf created between the two minds of a person where all his virtues and values fall.

Guru Nanak said, in the beginning Pauri of Japji, "*Sochai Soch Na Hovaae, Jai Sochee Lakh Vaar.*" "*Thoughts cannot be fulfilled, even if you think thousands of thoughts.*" When God plans, His plans are infinite. People may fill a wall with their degrees, but insanity exists, because they are running their mental So Darshan Chakra, not their spiritual So Darshan Chakra.

You cannot believe what you cannot experience. Let us see what we can do tonight.

MEDITATION (16:23 -- 1:20:50)

Sit straight in a cross-legged position. Make both hands into fists at ear level, with the index fingers curled at 60 degree pointing forward and the thumbs resting on the middle fingers. Close your eyes. Meditate deeply as you chant:

1. "Wahay Guroo, Wahay Guroo, Wahay Guroo, Wahay Jeeo," (from #SCT011 or CD#SCT111 "Raga Sadhana" by Sangeet Kaur), for 22 minutes.
2. "Humeet Hum, Brahm Hum" (#CT110 "Humeet Hum Brahm Hum" by Niranjan Kaur), for 31 minutes. You will experience a special energy in the spine. During the last 3 minutes, pump your navel powerfully with each word.
3. The Bolay So Nihal shabad (#CT031 "Bolay So Nihal"), for 3 minutes.

To end, inhale deeply, hold the breath, and stretch the arms straight over the head. Keep the hands in fists and stretch the index fingers all the way up. Exhale. Repeat 2 more times. Relax.



Kundalini Research Institute

Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Regulatory Systems VI - Patience and Intuition

Yogi Bhajan, Ph.D. - November 28th, 2000 - Espanola, NM, USA

Every action of your life—planning, thinking and doing—is to experience a sense of completion. You live by prana, and prana is complete, so you feel you must become complete. But the feeling that *"I am incomplete"* exists when you do not trust in God, when you do not believe in God, and when you do not love God.

I met a man in Los Angeles who wanted a facelift. He looked beautiful, but was insecure that he was not pretty. His sixty years of life experience could not convince him that he was okay. After surgery he was in a miserable state, with a severe cut under his chin. He came out all right following six months of corrective surgery. When I asked what had happened he said, "I was a fool!"

No one has to tell you that you are pretty—you have to tell *yourself*. We are, by nature, complete. When we do not recognize it, we feel incomplete.

The body progresses according to its age. It is a very balanced progression. As the age factor takes away the light and brightness of youth, it gives the wonderful wisdom of old age. We are hostile to ourselves when we do not understand this process. We are short-circuited by anger and we cannot flourish.

You must consciously breathe the breath of life. Give yourself a chance to wait, and the patience to understand. When you meet and talk with somebody, or think about somebody, you cannot even think of that person's condition if you do not use patience and intuition. If you do not use patience and intuition you will do a lot of wrong. Patience and intuition are essential in order to meditatively assess what is going on.

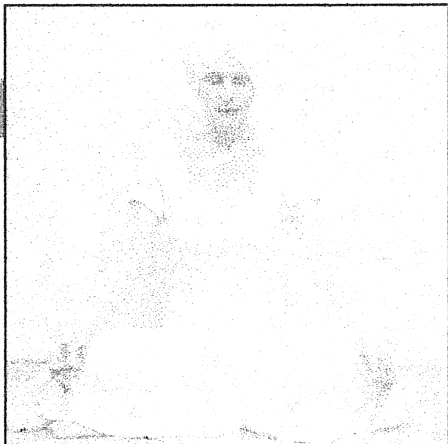
MEDITATION - "What is going on?"

1. Sit straight in a cross-legged position. Hold your hands in Sarab Gyan Mudra in front of the heart—fingers interlocked with the index fingers extended pointing up and thumbs crossed. Close your eyes. Chant "Ong Namo, Guru Dev Namo" (#CT060 "Ong Namo" by Niranjan Kaur). Continue for 11 minutes.
 2. Remain in the same position and consciously breathe long and deep in silence. Use your breath to enter a thoughtless state. Continue for 11 minutes.
 3. Remain in the same position and do Breath of Fire, pumping the navel powerfully to move the energy through your entire being. Continue for 11 minutes.
- To end, inhale deeply, hold for the maximum amount of time you can and completely exhale. Then inhale deeply, hold, and squeeze the spine and ribcage. Cannon fire exhale. Repeat two more times. Relax.



Synopsis from the teachings of Yogi Bhajan. © Alma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Regulatory System VII - Positive Thought

Yogi Bhajan, Ph.D. - December 4th, 2000 - Espanola, NM, USA

Human life is supported by the spirit and guaranteed by the breath. When you breathe consciously, you control the breath of life, the physical life. Your actions, reactions, subjection and projection are because of thoughts, which come with each breath. Negative thoughts are the base of your misfortune and poverty—when you allow them, the loss is yours. Positive thoughts are the base of prosperity and contentment—when you allow them, the gain is yours.

Two men sat under a banyan tree and made a commitment to be thoughtless. "Beginning today, we will have no thoughts—neither positive nor negative. We will live in God's mercy." After six months, there was not a single day they did not have meals or required comforts. Word spread throughout the area, "These two men who sit in silence, they shine bright like the divine and whomever they look upon prospers." Hundreds of people gathered. It became like a town, with fires at night, people cooking, and a shelter for the monsoon season. It became a temple. One night they decided, "It's getting to be too much!" and they walked away. When they returned weeks later to see what was happening, they heard people say, "Angels came at night and took them up to the heavens." So one asked the other, "You are wiser than me—what happened?" "Silence brings mystery, and mystery brings prosperity because it creates curiosity. The problem in life is the talking!"

There are three types of communication, all of which use prana.

1. *Communication without physical signs or words:* It can be a communication of reverence or communication of vengence. If you meditate to communicate with reverence—keeping your mouth closed, closing your eyes and giving grace—God will grace you many times. If you communicate with vengence—becoming angry, making faces, and having negative thoughts—you will destroy yourself.
2. *Essential communication:* Whether you talk or not, you control your personality. When you bring understanding, this brings love, calmness and quietness. When you bring misunderstanding, you destroy each other.
3. *Useless communication:* When you talk because you cannot stop you waste your personality. It is neither good nor bad. You do not know why you are talking and the other person does not why they have to listen to it.

Not only do our thoughts and body work to communicate, our subtle body works also! There are some people who rise in the ambrosial hour, when the sun hits the earth at 60 degrees, and talk between themselves and the heavens. You will find a great shine on their faces. Sadhana is not about getting up, taking a cold shower and feeling miserable. Sadhana is about talking to the purity of the self. You have the power to be effective and the power to be negative—it depends on which gear you use. When you have a good sadhana and good thoughts, your connected subtle bodies work with you. You are surrounded by the goodness of God.

A person was traveling to the Golden Temple to go for a sip and dip in the tank. On the train, someone told him that this water comes from a river, and because so many people bathe on it, the water is not hygienic. The traveler agreed to every complaint, yet added, "Whenever I go there and take a sip and a dip I get healed. You are getting sick right now and making me sick. Come and see for yourself what can happen." He brought him to the Golden Temple, and kept him in the cold water until he saw his circulation becoming so powerful that he became perfect. At first the man said, "I don't feel pain, but it is just from the cold water and will wear off." After walking home he exclaimed, "I feel healed! How?" The traveler replied, "Whether you had faith or not—I had it."

This faith is called "thought consciousness". Whether you are sacred or not, it will make you sacred. It is what life is about. Thoughts are never yours—they come from the intellect. What comes from your intellect must be tested by intelligence.

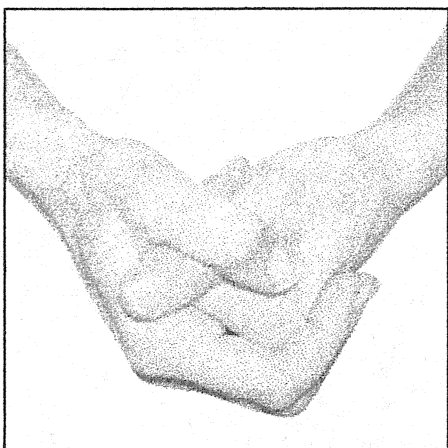
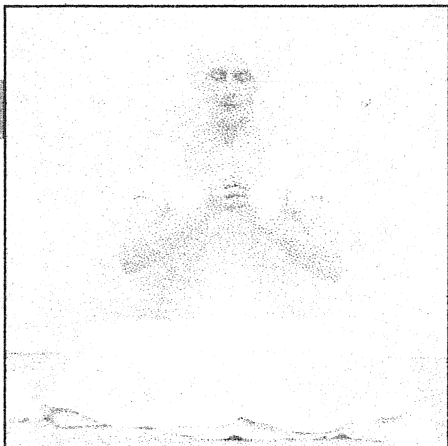
MEDITATION

Sit straight in a cross-legged position. Rest the hands on the knees in gyan mudra. Close your eyes. Chant from the navel. "Humee Hum, Brahm Hum." (#CT110 "Humee Hum Brahm Hum" by Niranjan Kaur). The meaning of the mantra is "We are we, and we are God." Continue for 3 minutes out loud, 3 minutes in a whisper, and 3 minutes in silence. To end, inhale deeply, hold the breath and exhale. Inhale deeply again, hold the breath and pump your navel as fast as you can. Exhale. Inhale deeply one more time, hold the breath and feel it throughout your entire body. Exhale and relax.



Synopsis from the teachings of Yogi Bhajan. © 2000 Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Regulatory System VIII - Dedication

Yogi Bhajan, Ph.D. - December 5th, 2000 - Espanola, NM, USA

There is one personal relationship between a teacher and a student, the student's dedication to a teacher. Dedication bestows the crown and the knowledge. If everything in the world—passion, sex, relationships, money, and power—is yours, you still have nothing, unless you have dedication.

When I was with my teacher, I was super-dedicated in serving him. I became so intuitive that I knew what he would be doing the next hour, and whether I needed to be there or not. If you do not have that experience, you cannot understand it. You can argue and reason that my teacher was just a man and not very educated—why should I listen to him—but that is not what it was about. Between a teacher and a student, there is a touch like a magnet. To learn is not all that there is. It is to become learned! When you are stuck to the wall and ask your teacher for advice—and you do it—you become learned.

As parents, you need to secure your children's environments, not their passions. If you do so, you will have beautiful children. If you want to compensate for their passions, or the knowledge they sat from TV, you will lose. Your children will start confronting you, because their teacher is that box. It talks to them—you do not. When environments are cheap, thoughts are horrible. You have to put your dedication towards everything you love, know and see. That is what works.

Each thought that comes to you out of the intellect, automatically forces you to repeat it—you stand in judgment of *that* thought. The best way to control a thought is not to repeat it! If you can develop this habit your intelligence will bring you prosperity, virtues, power, wisdom, wealth and everything you need in the world. That is what you, as sensory people, must learn. That is your tomorrow.

Arjan Mal, the son of Guru Ram Das, recited the last stanza of Shabad Hazare and became Guru Arjan on the spot, because it expressed his dedication. His one expression broke all the barriers. And Amardas was of very old age, but dedicated. He went to all pious places yet, when people said to him, "You have no Guru—get out!" he found a teacher to the extent that he became the master himself. That is a student! When one candle bends and touches the head of another candle, then two candles are burning.

Dedication is when you dedicate your all to something. It is the source, the shuniya, of one's being. Many of you have carried the Siri Guru Granth Sahib on Guru Gaddi Day. You know how it feels—it is different. We were simple villagers when we used to take our food and travel by the thousands to Nankana Sahib, chanting, "Kaal, Akaal, Siree Akaal, Mahaa Akaal, Akaal Moorat, Wah-Hay Guroo." Once, on reaching Nankana Sahib, we kept going, returning in the morning. That was a state of ecstasy! Chanting this mantra is very powerful. It is a basic call on the Infinite. Chant it when you have nothing else to protect you. See what happens in that very second.

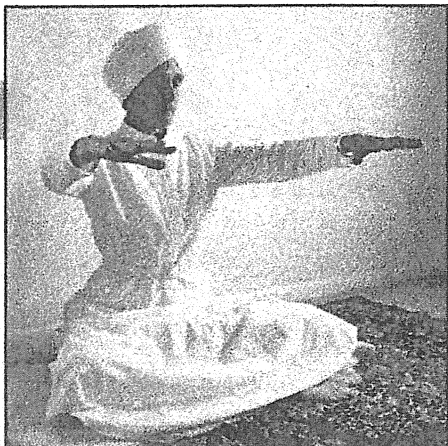
MEDITATION - Call on the Infinite

Sit straight in a cross-legged position. Place your left hand in a fist in front of the heart, and wrap the right hand around it, thumbs crossed. Close your eyes. Repeat the mantra, "Kaal, Akaal, Siree Akaal, Mahaa Akaal, Akaal Moorat, Wah-Hay Guroo" for 11 minutes divided into three parts: in the first part chant out loud, in the second part chant in a whisper, and in the third part chant in silence. To end, inhale, and sing the mantra out loud one time. Relax.



Synopsis from the teachings of Yogi Bhajan. © 2000 Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Self Reliance

Yogi Bhañan, Ph.D. - February 14th, 2000 - Los Angeles, CA, USA

You build your body, mind, soul and personality according to your conception. You do not allow yourself to be free. To Be. Your design, make-up, conception, thinking, imagination—are made to be something, and you die that way. It is not natural. You do not know it. The majority of us live in denial. We do not care if we are real or not. We want to be what suits us.

Yoga is not making postures. Yoga is when you within you is united—not outside with any god, not with your spiritual teacher. A teacher just teaches you and guides you to the Light. You have to practice so that you within you can understand you. You within you can know you. You within you can see you. You must see what you are doing to yourself. Because you do not know yourself—you do not see yourself, you do not hear yourself—you need friends. Trusted friends kill you faster than enemies. With enemies your senses become alert. With friends, no. You have only one guardian—your intuition. You have only one friend—your caliber. You have only one super message from your consciousness—become great.

In the coming age, those who are doing yoga will be most useful. There are two most powerful things—mantra and meditation. Mantra will extend your ecstasy. Meditation will purify your mind. Both you need. What good are make-up, clothes, money and glamour if you do not know who you are? You must die and live with reverence for yourself. Without reverence for yourself and by yourself, this life is useless. You can shave your head, be abusive, walk naked or wear antique clothes, be good or bad. With all that you are, do you have reverence for yourself? Are you independent? Are you free? Do you understand your values and your virtues?

Yoga is not what people tell you, what you read in books, or the practice that you do. Yoga is the conception of self-realization of respect, dignity, divinity and grace. It is all YOU. And it is all you WITHIN you. It is not outside. So tonight I am asking you to develop self reliance. I am giving you a mantra and an exercise to do that.

MEDITATION - Develop Self Reliance

Sit straight in a cross-legged position. Extend the arms forward at shoulder level parallel to the floor, with elbows slightly bent. Palms face down, with fingers spread, tough and tight like nails—these are your five antennae. Eyes closed. Move the arms rhythmically straight back and front about 5 inches. Reach from the shoulders, affecting your chest and spine. Chant the Prosperity Mantra, "Har Har Har Har Gobinday, Har Har Har Har Mukanday..." (by Niranjan Kaur). Continue for 11 minutes. To end, inhale deep, straighten and tighten your fingers as much as you can so your hands automatically shake from the force of it. Cannon fire exhale. Repeat 2 more times. Relax.

Regular practice of this exercise will totally change the psychic flow of your body. You will be different. Your body will receive energy from the universal energy, which is called Prakirti. And as a Pursha and Purkha it will just blossom you.

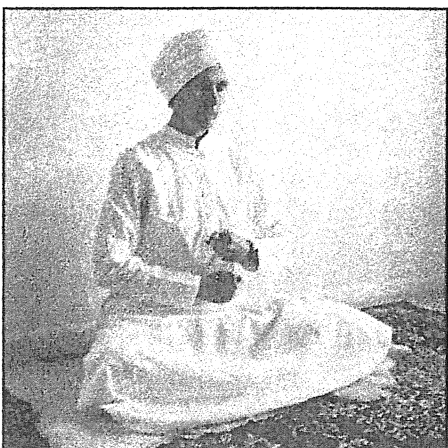
Body is given to you as a gift for you to emit and remit the light of your soul. And when it emits and remits the soul, the universe brings to you what you need. Otherwise you are a hustler—"I want this. I'm working for this."

You have only one thing—your breath. You are so long as you breathe. You will only know who you are if you know the length and strength of your breath. When your mind does not stop and you go crazy, just hold the breath. In one second you forget why you are doing it. Because when you breathe in, the mind comes into the balance center. When you breathe out and hold it out, your mind becomes intuitive. Life is very simple. Pave the way for your own knowledge.



Synopsis from the teachings of Yogi Bhañan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhañan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Shine the Brightness

Yogi Bhajan, Ph.D. - February 15th, 2000 - Los Angeles, CA, USA

We have a conflict between our caliber and our intellect, yet we do not recognize, understand or want to do anything about it. Our intelligence guides us but we do not have the caliber to carry through. It is okay to become spiritual, read books, talk spiritually, be better than others, guide people. But that does not mean being religious at all. If the reality does not come out of you, and you are afraid to be real, you have an interwoven network. You influence people, people influence you, environments influence you—you are in a churning wheel, back and forth. You cannot develop yourself. You are not original. You do not have any faculty of you within you.

Some people become rich because they know how to exploit. This is not greatness at all. It is a temporary benefit and a permanent loss. When you have a habit of exploiting... you go to exploit your wife, she says, "Bye! Give me 50% and get out of my life!" It is the same exploiter who is successful, but through the subconscious habit of exploiting anything and everything he has no life of his own. He cannot live, cannot love, he does not know how to flow. He has no humility, no humor, no happiness. His consciousness—the consciousness which has to give him value, excellence, peace, discovery, and all he needs—is based on manipulation.

Life is practical joy only if you think happiness is your birthright, and you can only have happiness when you are neutral. When you have an objection, option, and opinion you are not neutral. Only by being neutral can your existence feel the flow of your psyche. Otherwise you do not. You stop your greatness and become smaller and smaller, narrower and narrower. You were born to expand, to elevate, to be bright, to be beautiful, bountiful and blissful. It is your natural faculty. Shine the brightness. You must know about yourself and see beyond you. There is no difference between you and God—it is a matter of caliber. Make your caliber brighter and bigger. Try to see through.

MEDITATION - Dispel Inner Anger and Gain Neutral Self

Part 1. Sit straight in a cross-legged position. Eyes closed. With the elbows relaxed down, extend the forearms parallel to the ground. Make tight fists of your hands, with the thumbs on the outside. Chanting "Har, Har, Har..." from the navel, forcefully and rhythmically sweep the forearms towards the diaphragm, left fist over right. Make the movement very hard without touching the body. Continue for 11 minutes. To end, inhale deep, hold 15 seconds with hands in front of the diaphragm, tightening them as you have never experienced before. Exhale. Repeat 2 more times. Relax.

If you do this practice every day for a few days, the internal anger—from which you are suffering and which comes out subconsciously in many ways through your personality—will disappear. Volunteer yourself to get it out—why suffer? It is a powerful exercise. Afterwards you get into a state of ecstasy. Once your inner anger is out, all you are left with is wisdom.

Part 2. Still sitting with eyes closed, place both hands at the heart center. Go into a deep, calm meditation. As you trust in non-existence, feel and imagine non-existence. Let yourself go... balance the energy—the power created in the first part of the meditation must be replaced by self-neutral self. Continue for 11 minutes. During the last half of the meditation you may sing along with the "Long Time Sunshine Song" (by Har Bhajan Kaur). Relax.



Synopsis from the teachings of Yogi Bhajan. © Alma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Golden Bridge

Yogi Bhanjan, Ph.D. - February 19th, 2000 - Los Angeles, CA, USA

Yoga is a union between your Soul and your Self. It is not exercising and building muscles—you can go to a gym. It is not mind control—you can go for hypnosis. It is not spiritual—for you to become God or know God. You have to become you. Become a partner with your spirit and shine. The pair of opposites do not affect the yogi. Rising above good or bad, whether he is very sick or very healthy, a yogi is very happy. He understands that the purpose of his free will is to accept, know and practice God's Will.

People are enemies of their own happiness. Charming beauty, hair styles, clothes, being sexy, do not give you a value. You will never get a price for what you merit. Happiness cannot come from outside. You have to get happiness from inside, where you are full of tremendous happiness. Clearing the subconscious is the way of life. You cannot act conscious if you have a guilty subconscious. When the subconscious empties itself into the consciousness and the unconsciousness empties into consciousness, you have nightmares.

It takes one minute to decide—"I am human. I have my grace, I have my virtues, I have my values." If you have these four things, God will come to you, you do not have to search for God. So long as you do not have the determination to utilize these four things in dealing with life, you will be in pain. You do not need to convince everybody that you are great. Your very presence and each word of yours should be great. And see how greatness—not manipulation, not games—attracts things. A human who cuts through everything unto God has the infinite power of Love. Love gives people ecstasy. And ecstasy has no dimension, no terms, no condition, no gain or loss. What you call love—sexual, sensory, commotional love—is not love. You have not yet found love. Purkha and Prakirti—the Being and the Universe—serve those who are in love.

It is not a matter of heart or head, and it is not a matter of you. If the sentiments are pure, and if your words are from your purity and piety, the other person will not only believe it, he will give his life for it. Our value is not based on how much money we have, or in our knowledge, or in our degrees. Our value is based on our purity and piety. We are an embodiment of it. Build your height to be right. Walk tall, recognize God in all. Never, ever let down yourself. Never, ever let down anybody. Never, ever participate in a scheme of let down. You will always be victorious. Work with that tremendous honesty. When you rise up, all you wish for will happen. Everything you want to belong to will belong to you. It is the law of nature. Otherwise you sweat and hustle. The day a man trusts that God is, and does not trust his ego, the whole world becomes an amigo. Happiness and riches will surround the person who has saintliness in his heart. It is a very easy way.

How many of you will cross this Golden Bridge? We can make a space, talk to you face to face, let you understand what is what. After that it is up to you. Because without discipline, without commitment, there is no character.

MEDITATION - Burn the Inner Anger and Build the Immune System

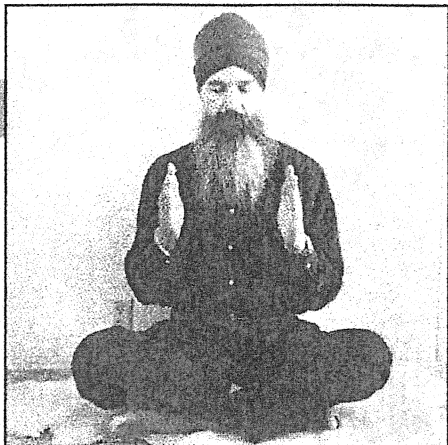
Sit straight in a cross-legged position. Extend and stretch the right arm forward and upward at a 60 degree angle, pointing the index and middle fingers. Place the left hand on your heart. Eyes closed. Form an "o" with the mouth and breath powerfully through it. Do it emotionally—burn your inner anger, get rid of it. Continue for 11 minutes. To end, inhale deeply, hold 10 seconds, stretch both arms and hands over the head, and stretch the spine. Cannon fire exhale. Repeat 2 more times. Relax.

This meditation will build a powerful immune system. It correlates the breath of life, the tattvas and the chakras. If you do it 11 minutes everyday, after 40 days you will be a different person.



Synopsis from the teachings of Yogi Bhanjan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhanjan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Sunflares

Yogi Bhajan, Ph.D. - February 21st, 2000 - Los Angeles, CA, USA



In the next 18 months the flare of the sun is going to disturb the planet Earth. You will find that your hair will start reacting differently because electromagnetic waves will be discharged from the sun, disturbing the electromagnetic field of the earth. The hair on your head protects your brain. Your mind will get stuck with a negative thought. The heat from the sunflares is going to wipe out a lot of things. It will be healing too—in the old days a heated iron was used to cauterize a wound. Meteorites will change their path and pigeons, who go by the meditative way of the earth's electromagnetic field, will have difficulty finding the way. Humans, too, will have difficulty finding the way. When you want to go north, go north. Do not start driving south thinking that you are going north. It can happen. It will be fun. It will challenge you in many ways.

Do not waste time on irrational people over the next 18 months. If a person is behaving irrationally, try to see how you can re-establish communication. Do not doubt your friends or enemies. And do not trust your patients, do not trust your doctors. It is a matter of being alert in every walk of life—checking that restaurant food is cooked properly and is right for you; that the quality of your personal relationships is clean, clear and concerned. Develop this habit.

The Earth has iron ore underneath, we call it lava. The revolving Earth creates a magnetic field. When the sunflares go backward it is safe. When sunflares push towards the Earth it is like a bombardment which the Earth has to stand. Thank God we have an atmosphere in between. In some areas the water table is too low to pull the water out of the earth. Your endurance, like the water table, will be very low. People will have sharp tongues, and intolerant behavior will be very common. Yogi or not, you will go berserk. It happened 136 years ago. It happens when the sun reorganizes its radiation and sunflares become huge like a storm. In old books it is mentioned as a firestorm, "*Heavens start burning and all around the atmosphere there is a fire storm, which has the velocity to burn the Earth. But the angels stand in between to cool it off.*"

Venus and Mars are going to get the hit of it. So there can be a little bit of misunderstanding. "Hey honey, meet me for lunch at such and such restaurant." When she does not show up, you reach her on your cell phone, broiling like a sunflare. Do not pick up these fights. They are useless, they will waste your human body energy, they will make your mind impure and give you a lot of pain. Be kind and conscious.

MEDITATION - Develop Sophistication to Deal with Life without Fear

Sit straight in a cross-legged position. Eyes are closed. Bring the hands in front of you facing each other about 10 inches apart, elbows relaxed down (starting position). Forcefully move the arms in 4 movements:

1. Rotate the arms bringing the right hand just over the shoulder and dropping the left hand down to abdominal level. Keep the hands facing each other.
2. Move the hands diagonally as if to clap, right over left, in front of the chest, but without letting them touch.
3. Flip the hands so that the left hand is over the right, still not touching.
4. Return to the starting position.

Continue for 11 minutes. To end, inhale deep, hold, clasp the hands in front of the heart with the fingers around the backs of the hands, palms together. Squeeze and press hard. Cannon fire breath out. Repeat 2 more times. Relax.

This meditation stimulates the pituitary gland. Use your intuition and look at your inner self. Get a little crazy. The more force you use, the more you stimulate yourself. It is your body, your force and your ecstasy.



Synopsis from the teachings of Yogi Bhajan. © Alma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Flow of Life

Yogi Bhajan, Ph.D. - February 22th, 2000 - Los Angeles, CA, USA

You all want to live successfully. Who is stopping you? There is a law which cannot change—if a person does not use his own ego, there is no reason that person will not be happy. Ego limits and scares you, and puts you in a bonded state of mind. You cannot move, cannot flow, you become cautious. In the name of your security you follow the ego, but it takes you miles and miles away from destiny and happiness.

Do you want to go with the flow of life or do you want to go with your ego? You want to ride an elephant and a horse at the same time. You have ego because you have nothing else. You do not have ecstasy. You do not understand that you are a part of the universe and the universe is part of you. Therefore you protect yourself. You do not trust in the Vastness, the Infinity of God. Therefore you do not trust in your own Infinity. You have come from the Infinite to finite, and will merge again in Infinity. But what you do not trust in, do not believe, do not befriend... how can you merge in it?

Every day we are alive, every day we are dying. If we live to die and death is inevitable, then you should just relax. By hustling, hassling, playing mental and physical games, you just invite trouble. Trouble makes you unhappy.

And when you are unhappy, with everything that you have, you do not feel worthy. Feel your worth. Feel your beauty. Feel your tranquillity. Everybody is born tranquil, peaceful, honorable, gracious, made in God. Our life problems can be as diminished as we want to diminish them. If you have a problem—drop it, keep going—problems never follow you. There are as many problems as there are achievements.

I am interested in you and in your power, not your weaknesses and criticism. I am interested in your elevation and in your achievement for yourself. Do you want to achieve in life? Do you want to live happily? Conquer your sadness, conquer your shortcomings, conquer your narrowness. How do we do that? Let us do it tonight and see if we are successful.

MEDITATION

1. Sit straight in a cross-legged position, eyes closed. Stretch the left arm out to the side at shoulder level, palm face down. Raise the right elbow and move the right hand in a circular sweeping movement in rhythm with the breath. On the deep inhale, through a pursed mouth, bring in energy with the hand. On the exhale, through the nose, complete the circular movement. Palm is slightly cupped. Open the chest. Give yourself power. Break through. Continue for 11 minutes.
2. Place your hands on your heart. Long deep breathing through the nose. Calm down, relax, go deep. Continue for 3 minutes. To end, inhale deeply, hold 10 seconds, expand your chest while pressing the heart as hard as you can and straightening the spine as much as you can. Take the energy all the way up. Cannonfire exhale. Repeat 2 more times. Relax.

"May the seed of purity in you flourish and cover all your aspects and projection. May you understand life is a pure living experience. May you truly understand the meaning of divinity, integrity and personality. May this day bring you to understanding that God is within you, always was, is, and shall be. And may you start looking to that inner strength to walk tall and happy. Sat Nam."



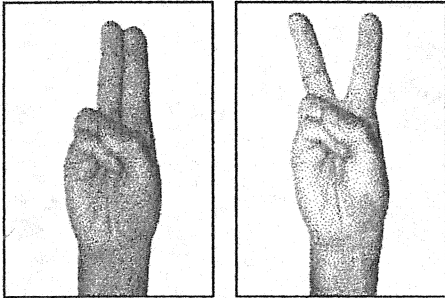
Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Conscious Existence

Yogi Bajan, Ph.D. - April 5th, 2000 - Los Angeles, CA, USA



Where there is fear there cannot be love. A person who is afraid is a handicapped person. When counseling people, I already know they loved each other in fear. They wanted security, not love. Your fantasy, imagination and your molding of yourself are totally based on non-reality. Why do you start a sequence for which you are not willing to pay the consequences? Life is very precious. It can give you elevation in longitude and latitude and a positive attitude. Our basic faculty of projection comes from our insecurity. What is the purpose of becoming successful and having a lot of money? If you have not found yourself, the Age of Aquarius is going to hit hard.

Married women think that they can manipulate men. Men do not talk. They do not listen, either. That is men's nature. The less you talk to them, the better control you can have. God made men and women totally different so that they can find each other at depth—without fear, imagination and fantasy.

There is one way everybody can survive—elevate yourself, go higher. Do not put a price on him or her. Do not let this world judge you. Look into each other's eyes—see how bogus you are. Hold each other's hand and see how much warmth you can exchange. Talk to each other and see how much tolerance you have got. Humans have pure depth. It is the purity of the human which eats up the falsehood of the surroundings, the touch and flow.

The most important thing in this world is YOU. The perfect God could not have made you better than He made you. If you are terribly obnoxious, you want to pretend you are not, but that is the way you are—accept it. Being real—is being what you are—that is called *conscious existence*. If you are very miserable and you accept your misery it will disappear. Your misery, your tragedy, is not yourself—it is your doubting self. The moment you hold yourself with confidence it shall go, it has to go—there is no other way. All you have in life, with which you live and exist, is not that precious if you have not found your inner preciousness. You can develop your physical, mental, and spiritual aspects. But what about you, the one who oversees these three? You are the one who gears your spirit, the one who controls your mind, the one who directs your physical. You are very important.

Understand the subtlety of life, of divinity, dignity and grace. Stand before a mirror and dress up to look graceful to yourself—there will be no problem in your life. When you interact with anyone just tell yourself, "I am graceful and I have to be graceful." Grace is the power which will make you rich, powerful and pleasant. If your angle is right, you are right. If your angle is wrong, you are wrong. In your route and routine you have to see that your angle is correct and that your grace is maintained—by you, not by anybody else. As we cross into the Age of Aquarius we have to be different people—hardy, courageous. We have to learn to walk tall, to maintain ourselves.

MEDITATION - Open-up the Newness in You

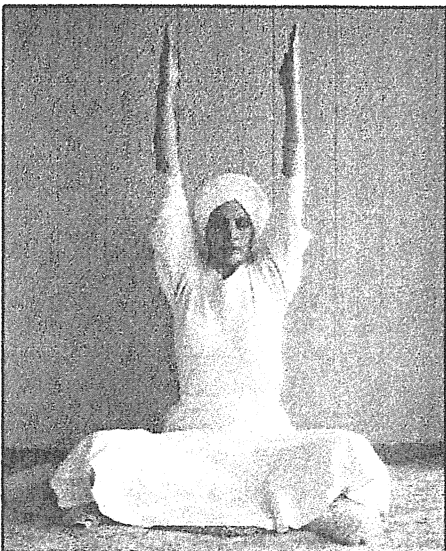
1. Sit straight in a cross-legged position. Raise both hands at shoulder level, with the elbows relaxed down. Point the index and middle fingers up and use the thumb to hold down the other two. Eyes closed. Rhythmically spread open and close the index and middle fingers. Continue for 11 minutes.
2. Do not stop the movement. Form an "o" with the mouth and breathe powerfully through it, punping the navel in rhythm with the breath. Continue for 2 1/2 minutes. To end, inhale deep, hold, and pull the navel towards the spine. Cannon fire out. Repeat 2 more times. Relax.

When Jupiter (index) and Saturn (middle finger) meet in frequency of the psyche, the subconscious thoughts you have against yourself will float away. Anytime, anywhere you do this exercise it will be sufficient to open up the newness in you. After 5 minutes you will be a different person.



Synopsis from the teachings of Yogi Bajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



I Am a Human Being

Yogi Bhajan, Ph.D. - April 7th, 2000 - Los Angeles, CA, USA

You are a human being, but with all the book knowledge, with all the yoga sets, with all the talk of meditation and God—you do not remember that you are a human being. What are the signs that you remember you are a human being all the time? The first sign is that you will not try to get anything—all things will come to you. Second, you will not be poor. And third, your spirits will be up.

I got up in the morning and I remembered, "I am a human being." It was 3 o'clock. I said to myself, "If I sleep until 8:00, there are 5 more hours. But if I do not sleep, there are no hours." So I defeated the time. I put the quilt aside—I defeated the space. When you dearly want to sleep and you barely see the clock, one fundamental thing goes wrong—you do not remember that you are a human being, that you are made in God. This is the chance to be enlightened. Not by somebody—by YOU. This is the chance for your psyche to be with you.

What do you actually want? You may want something, but God—who gave you birth, growth, everything—may want to give you something else. This is called "conscious conflict with the Creator." And we all do it. We say, "God is Everything"—then who does the mischief? You have divided God into two

things—God and the devil. And most of the time you forget who you are—*human*. So there are three parties. One is the devil who is negative, terrible. One is God who is good, wonderful. And one is you, who is forgetful.

When are you going to realize that you are a human? Once in a lifetime? The day you remember that you are a human, that day you will become Divine, and duality will leave you. You will be prosperous and opportunity will come to you. You will be made rich without having to become rich. As a human being you are very vast. You can know the language of everything, from a stone to a mountain to a bird to a worm. That vastness can give you all the happiness you need. That is your completion. That is your fulfillment.

Take just one understanding upon yourself—*I am a human being*. For the next three days see everything as human, know you are human, and do everything as human. See how fast it will change you, how powerful it will make you, and how wonderfully you will enjoy those 72 hours. You must believe you are a human. Do not try to prove it to yourself—because it is a fact. It will give you confidence. It will bring the gold out of you. You will become a jewel. And all the devilish ideas, all the weaknesses, all rejections, all pain will start disappearing. Do not forget the truth, the ultimate truth, the divine truth, the most sacred and secret truth—you are human.

MEDITATION

1. Sit straight in a cross-legged position. Raise the arms parallel to the floor. Point the hands towards each other—about 1 inch apart—in front of the sternum, palms flat and face down. Eyes closed. Pivoting from the elbow, rhythmically move the hands up and down about 4 inches. Chant the mantra, "Hume Hum, Brahm Hum" (by Nirinjan Kaur). The sciatica nerves will move with the power of the hands. Continue for 11 minutes.
2. On "Hume Hum," breathe in. On "Brahm Hum," breathe out. Open up your chest cavity. Continue for 1 minute.
3. Inhale deep, raise both hands straight overhead, keeping the arms relaxed. Just think, "I am a human, I can do everything, everything is with me. I am beautiful, bountiful, blissful, wonderful." Praise yourself. Continue for 3 minutes with calm deep breathing. To end, inhale deep and stretch the arms and spine. Cannon fire breath out. Repeat 2 more times. Relax.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Audio & Video tapes of this and all other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Recharge Yourself

Yogi Bhaan, Ph.D. - April 12th, 2000 - Los Angeles, CA, USA

An unclear understanding between two people is the cause of pain and unhappiness. The simple truth is, you are you and the other person is another person. Our communication should be very, very clear. If you are under-handed in your dealings, sooner or later the other person will find out. Whenever there is not straight talk between two individuals, there is straight trouble. We qualify ourselves, "I am great, rich, powerful." It is all a bunch of lies. We are putting our image before others and asking them to believe it.

The teachings of religion, peace, happiness and meditation are all obsolete. What is meditation? Is it telling somebody to be good when he is already good? If we stop telling anybody anything and just observe how good we are, we will be happy and we will be loved. It will fill many gaps in our life.

Everybody lives in dreams—day dreams, night dreams, real dreams. Everyone is a dreamer. Realistically, if there were no dreams you would go insane. Sometimes in meditation you see God and angels. Can you believe that you are just human? You seek angels, and angels seek a human life. You can never go back to the Garden of Eden—be happy here. Give your Creator a chance to look after you. When you were a child in the womb you were meditating. When you were born and grew-up you started seeking knowledge. Throughout your life you have been seeking knowledge without experience.

People who do breathing exercises will have the capacity for very long breaths. They will have extra prana. They are achievers. A person who is rich and happy will never have shallow breathing, as the volume of energy in people who have short breath is not balanced.

MEDITATION - Pranayam to Get Disease Out

Sit straight in a cross-legged position. Raise the right hand to the side as if you are taking an oath. Raise the left arm parallel to the ground and bend the elbow so that the hand is in front of your chest, palm facing down. Eyes closed. Form an "o" with your mouth—that "Oh!" is how you deal with death—and breath powerfully through it. Inhale with 4 deep breath in and exhale with 1 big breath out. Continue for 22 minutes. To end, inhale as deeply as you can, relaxing your diaphragm and opening up the cavity of the breath of life. Hold the breath and stretch both hands straight up as high as you can, fingers spread and tight as steel. Cannon fire breath out. Repeat 2 more times. Relax.

You have to systematically recharge yourself every few hours by doing 3 yoga sets during the day—5 minutes, 10 minutes, then 3 minutes. If prana is less in you, then you are less in you. You get injections of vitamin B and vitamin C, but what about long deep breathing? What about drinking very, very cold water by sipping it?

Energizing Yogic Tips

For cleaning the bowels: take one big spoonful of psyllium seeds before going to bed at night.

Good Mix: 3 oz cabbage juice, 3 oz cucumber juice, 2 oz carrot juice, 1 oz cranberry juice.

For clearing the brain: 4 oz pomegranate juice with 4 oz goat milk. For centuries in the northern Himalayas this drink has enabled people to calculate faster than you, read faster than you and find their way in the forest and mountains with their eyes closed.

For office depression or fatigue: take a slice of fresh or dried mango and chew it well. See how fast your rhythm of breathing changes. It is a very powerful, stimulating food..

For an energy boost: take Foti Tang—a Chinese herbal drink. It is ten times better than Ginseng, yet not so costly.



Synopsis from the teachings of Yogi Bhaan. © Alma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhaan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



My Grace Is Me!

Yogi Bhan, Ph.D. - April 13th, 2000 - Los Angeles, CA, USA

The most precious thing you have as a human being is your own grace. The only difference between people—from a prostitute to royalty, from a saint to a pimp—is in their degree of grace. Your real power, your spiritual power, is your grace. There is nothing comparable to it. If you have your grace with you, and you only deal with your own grace, the world will bow to you, the world will seek you. And if you love your grace, the Almighty, Omnipresent, Omniscient God will love you. You will never find a dearth of anything in your life.

Grace is when you are meditatively innocent. And when you are meditatively graceful, the Hand of God will protect you. You will never fall short. Your consciousness, knowledge and understanding, your body, mind and spirit, your tomorrow, today and yesterday, are all balanced—your grace on one side, you on the other. If you make a promise that you will not lose your grace, no matter what, God will not leave you alone, no matter what. The only path to happiness is to be a human being, a graceful human being. If you are a graceful human being, the entire Prakirti—all the Creativity of God—will come to you. You will excel, you will vibrate, without uttering a word.

Anybody can provoke you. Do not be provoked, do not cross the line of your grace. Sit down and assess yourself, "Where is my grace? My grace is me!" You do not need to learn—your grace can attract the entire divinity of God to you. It is your privilege. The most precious things you love and want to have—prosperity, beauty, bounty, bliss, and happiness—will work for you. Nothing is free. The price has to be paid—you must live your grace.

A man won the lottery two times. Ten years later he said, "I was content and happy before I won the lottery. When I won the lottery, I was very happy—I thought, 'God has been kind and merciful to me. Whatever I want to do, I will do it.' Today, I think that I am cursed." Energy has to be digested, controlled, contained. You have energy but you do not care for it. You waste it on feelings, emotions, sensuality, sexuality, fantasies, imaginations, desires, and dreams. And when you need energy you say, "Give me a vitamin B12 injection," or "Let us have a Turkish coffee." Is that life? You want something to feel that you exist—to be, to be. You never learned that *you are* "To be, to be." "To be or not to be," is not an option.

People call themselves lovers and end up fighting each other. You think, "It's not going to happen to me." Without grace, there is no life. We give energy to our passions and we call it love. Our love is fantastic, it is gold plated. When the gold plating comes off, you see the real metal and you cry, "It hurts!" There is no progressive power to see where the line of grace lies between two people and to what extent they can carry their grace. A graceful person remains graceful. It does not matter if you love or hate him—the pair of opposites does not affect him. No matter which occupation you might choose—grace is grace. Enjoy your life by your own grace.

MEDITATION

Sit straight in a cross-legged position. Place the left hand around the top of the right arm/shoulder. Raise the right hand in front of the right shoulder, palm facing forward, elbow relaxed down. Eyes Closed. Make an "o" of your mouth and breathe powerfully through it. Inhale with 3 strokes and exhale with 1 stroke. Continue for 11 minutes, breathing strongly during the last 2 minutes. To end, breath in deeply. Hold, stretch the spine, pull the chest out and stretch the arms straight overhead, spreading the fingers tight like steel. Exhale. Repeat 2 more times. Relax.

Alternate holding the right shoulder with holding the left shoulder (posture reversed) in your day-to-day practice.



Synopsis from the teachings of Yogi Bhan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Inner Purity

Yogi Bhajan, Ph.D. - April 15th, 2000 - San Diego, CA, USA

First, you are a human being. When you wake up in the morning, realize it—stretch the arms over your head then press the hands together in front of the hearth, extend the hands straight out from the chest and think, *"I am a human being."* Second, you are a gender—male, female or in-between. Third, you are pure or impure. If your purity and piety work for you and work with others, you are the best of God. You can share, love and serve. Otherwise you cannot, and this precious life is wasted for nothing. To enjoy prosperity and self-fulfillment, maintain your purity from the time you open your eyes until the time you close your eyes.

Your power does not reside in money, muscles, cleverness, or in the way you impress people. Your power is how simple, straight and pure, how honest, trustworthy and reliable you are. Your own actions will decide whether your purity, piety, future, God, your prosperity and you are near you or far away from you. Watch your purity. See how many good things come to you. Do it for 40 days.

MEDITATION - Experience the Source of Your Infinity

1. Sit straight in a cross-legged position. Extend the arms forward, parallel to the ground. Hands are in receptive Gyan Mudra, tip of the index finger and thumb tip together, with the other three fingers stretched and wide-spread, palms facing down. Eyes on the tip of the nose. Chant the mantra "Wahay Guroo, Wahay Guroo, Wahay Guroo, Wahay Jeeo" (from Raga Sadhana by Sangeet Kaur), pulling the navel up and in with each "Wahay." Continue for 11 minutes.
2. Place the hands on the heart center. Continue chanting the mantra powerfully for 3 minutes. Bless your heart center.
3. Continue chanting for 2 minutes, whisper powerfully, using the breath of life.
4. Press deeply into the navel point with both hands. Continue whispering strongly for 2 minutes.
5. Keep the hands pressed into the navel. Inhale and exhale powerfully through the mouth. Exhale powerfully letting disease go. Change your biorhythm. Continue for 2 minutes.
6. Keep the hands pressed into the navel. Whistle loudly for 2 minutes. To end, inhale deeply, hold the breath. Cannon-fire exhale. Repeat 2 more times. Relax.

During the first part of the meditation the arms must be parallel to the ground to keep the magnetic field balanced. Do not bend the elbows—if your elbow bends it means your stomach is out of balance. Pronounce the "r" in "Guroo" touching the upper palate with the tip of the tongue. This stimulates the meridian points connected to the hypothalamus and thalamus whose secretions stimulate the pituitary. The pituitary's secreting capacity increases stimulation of the entire glandular system and all the organs according to your power. After a few minutes the body will begin to reform. It will be painful. Keep up.

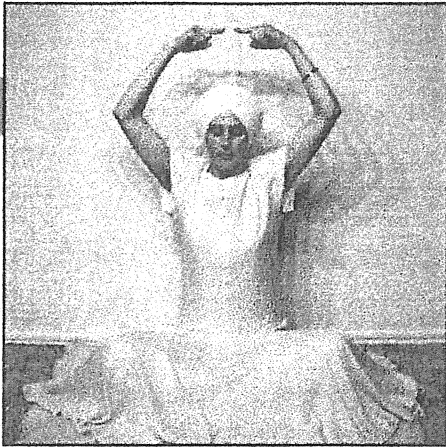
You do not believe God has created you and me. If God has created you and if He has created me, then let us relax. He is a Creator—believe it, trust it and understand it with the purity of your heart. You are poor and miserable and you have difficulties because you do not believe God is the Creator. You are suffering. You are fighting with the Guy who created you. You think you are the creator! Believe God is your Creator. Create the atmosphere to make Him feel He is the Creator. Then you will never have any problem, because the Creator will create the atmosphere in which your creativity will never be destroyed. And if your creativity can not be destroyed, you will be rewarded through time and space.

Longitude and latitude must have coincidental altitude and attitude. Your inner purity and intuitiveness must know whether something is right for you or not. Meditation and mantra will give you intuition so you do not have to live by impulse. Animals live by impulse. Humans live by intuition.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Trust Yourself - Summer Solstice 2000

Yogi Bhajan, Ph.D. - June 23rd, 2000 - Ram Das Puri, NM, USA

There is only one problem—you do not trust your powers. There is no difference between you and God. Count your blessings. Be proud of yourself. Make your children, friends and neighbors proud of you. Let your touch be the Master's Touch. Serve the Age of Aquarius. Keep up and God will keep you up. Trust it. Stop looking down at yourself. Feel God within. There is no God outside of you.

One day, a sinner was on a journey, when he saw a man with a broken leg sitting on the roadside. The sinner thought, *"His leg is broken! He seems to be rich. I will walk off with his luggage and he won't be able to catch me! But as a matter of mercy I will leave his clothes on him."* When the sinner came near, the cripple asked him, "Man of God, please correct my leg!"

The sinner said, "I can't do anything. I do not know healing."

"You can do it," replied the cripple, "God is in you. God has sent you to heal me. Just try. Touch me."

The sinner thought, *"I will pull his leg and crack it."* So he pulled the leg with all his strength. "WOW!" exclaimed the cripple, "I am fine! Put your hand on my head and bless me."

The sinner thought, *"I will hit his head so hard that he will faint."* So he hit the forehead with all his force. "Ah, Divine Light!" the cripple exclaimed, "You have given me the power of an elephant. I am not only able to carry my luggage, I can carry you with it. Please hop on my back."

The sinner asked, "What I have done?"

"You have aroused my kundalini, my chakras are working, my third eye is open, I can see the unseen, hear the unheard, do the undo-able."

The sinner scratched his own head, thinking *"What is going on? What are these chakras?"* Then the cripple placed his hands on his back and his navel point, and saw the divinity, the reality, and all the heavens. The sinner asked, "Who are you?"

"I am just a man with a broken leg. You have healed me."

"Where did you learn this?"

"There was a Yogi who said, *"If you cannot see God in all, you cannot see God at all."*

Believe that you will be blessed by the Touch of the Master. Believe that you have this opportunity. Uplift people's spirits. Touch them. Give a man with a broken leg a chance to walk again.

The greatest power in you is to tune in and love without conditions. God will fulfill your conditions. You can choose either compliment or complain. Which one do you want to choose? Some people think that if they do not complain they do not exist. It is a psychological fulfillment. When man complains, he insults God.

We are human beings, made in the image of God, and God made us. Let us not make a mockery of ourselves. Stop complaining! As Guru Nanak says, *"Without ever speaking a word, God knows, because He is the Word, He was in the beginning, and always will be."* There is nothing to worry. God created us. Give God a chance. See how peaceful you are.

MEDITATION - To Burn the Past Karma

Sit straight in a cross-legged position. Arch the arms up over your head. Point the index fingers towards each other, 1/2 inch apart, and hold the other fingers with the thumbs. Eyes at the tip of the nose. Do Breath of Fire, powerfully applying your diaphragm. Recharge yourself, burn the karma from incarnations and incarnations. Continue for 3 minutes.

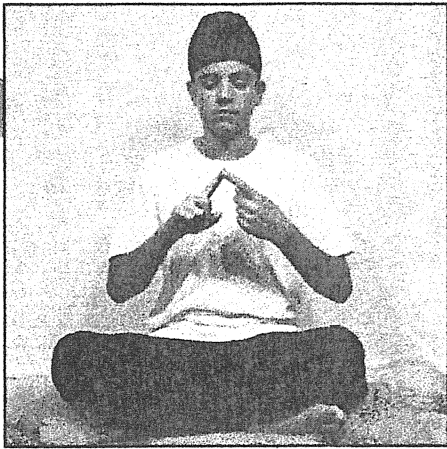
Maintain the posture. Chant loud and clear from the navel, "Wahay Guroo, Wahay Guroo, Wahay Guroo, Wahay Jio," (from #SCT011 or CD#SCT111 "Raga Sadhana" by Sat Sangeet Kaur and Harjinder Singh). Bring the heavens on earth. Release your ancestral karma. Give yourself a chance. Open up the navel. Call on the Creator from the third chakra. Invoke the cosmic energy. Continue for 8 minutes (for the last few seconds, come on with all the power). To end, inhale deep and hold the breath. Make the entire fiber of your body like steel. Get rid of all disease, now and in the future. Create the magnetic field. Become a living rock. Cannon fire out. Repeat 2 more times. Relax.



Kundalini Research Institute

Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Pain and Ecstasy

Yogi Bhajan, Ph.D. - July 13th, 2000 - Espanola, NM, USA

In life, we enter heaven through the gate of death, and must pay right on the spot—but you do not want to. This refusal to “pay-in” is the cause of pain in all its forms. Conquer pain through your power to achieve, knowing there is sunshine after every rainy day. See it as a process you are going through. When you do not latch onto maya—or pain—you descend from the heights to renew, nurture yourself and bloom again, and experience Infinity as you again ascend. Slowly and gradually the psyche uplifts you to the heights and you are in bliss. Pain is a vehicle to achieve that. Pain is as powerful a part of life as ecstasy is.

Love is expansion and fear is contraction. Both these forces create barriers. Love in its finite expression is a dead end—maya, the world. Love must be mixed with Infinity before you can reach ecstasy.

As an apprentice to this process, you offer yourself in surrender to receive the Master's Touch. You stand on the roots of the tree like a little bear, who reaches up to catch the trunk and climbs to the top-most branch to get to the bee hive, unaware of bee stings—intent on getting the honey. He drinks the honey, is satisfied, and descends to the ground, falling through branches which break his fall. After stretching and nurturing himself, the little bear remembers the taste of honey and the sense of achievement. He goes up the tree again and again, reaching that achievement in ecstasy, and nothing else matters.

Life is a lie if you do not achieve your Self for yourself. That is your honey, your sweetness. You must achieve that Infinity where your identity is such a non-identity that it merges in Everything. Once you are that, you bless everybody. You are honored and in bliss—limitless, with no confinement, no territory, no demands, no requests.

In this process you provoke, offer, surrender, achieve, and descend. Provoke, because everything is provocation, either to control or to receive. Offer, because you must decide how to offer—or present—yourself. Surrender, because when you surrender, your working self becomes zero—*shuniya*. Surrender is the highest power to gain all that you want to gain. Achieve, because once you have a sense of achievement and say, “My God!”, if you convert that “My God!” into, “My Soul!” you have already found God. You have a soul—achieve it! When you find your soul for yourself—you are complete. Descend, because like a forklift, you may descend, go into the dirt and move it up. This descent is the highest state of mind and spirit.

When the Age of Aquarius comes and people seek you out, you will have no time but to touch and say, “Bless you!” to bring the entire psyche and being of a person into balance. That touch will create a state of, “*Aad Such, Jugaad Such, Hai Bhee Such, Nanak Hosee Bee Such*,” original Truth, Truth through time, Truth now, and forever Truth. These must prevail through one touch. This mantra will give you the power of the Master's Touch. There is no power or magic on this planet that can stop it. It has a permutation, combination, projection and power which brings the entire Prakirti, the existence, into the being of Purkha, the divinity. You will serve the creation of God, you will see God in everybody, in yourself, and in every facet of life.

MEDITATION - Triangle of Knowledge

Sit straight in a cross-legged position. Place the tip of the right index finger over the tip of the left index finger—right palm facing down, left palm facing up—holding the remaining fingers with the thumbs. Raise the hands in front of the the heart center with the elbows relaxed down. Eyes at the tip of the nose. Sit as the greatest incarnation of Lord Buddha—be saintly, concentrate. From the navel sing the mantra, “Aad Such, Jugaad Such, Hai Bhee Such, Naanak Hosee Bee Such.” Tune your inner ears so that the hammering of the hammer bones in the inner ears enables your brain to analyze the sound as you hear it. Continue for 2 1/2 hours.

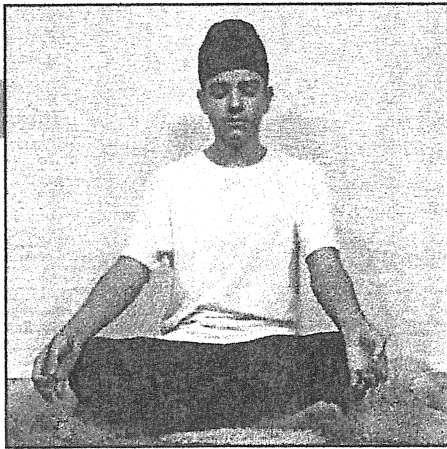
The mudra allows the infinite energy to come through. Chanting the mantra stimulates the upper palate with the tip of the tongue, tuning the thalamus and hypothalamus. Focusing on the tip of the nose causes the frontal lobe, which controls the personality, to become like lead. At one point the pain can become so unbearable, you cannot stand it. Then it *breaks*, and you have found what you are looking for, and that is forever. Nobody can take it away. Otherwise, you are a yo-yo, a floater—you see, you do not see, you love, you do not love, you hear, you have not heard. To grow roots, you must open yourself up



KARMA REPAIRS

Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Flow of the Psyche

Yogi Bhajan, Ph.D. - July 20th, 2000 - Espanola, NM, USA

One day, you will develop the psyche of the body through meditation, and you will start living in the electromagnetic field of Prakirti—the creation around us. You have to work on the universal electromagnetic field for it to energize you. When Purkha is in self, beauty, bounty, bliss, and virtue, once the Purkha is found in you, you will live by Prakirti. When nature and you become one, then you become Divine. You become One.

The rest of the time you hassle, learn, read, and discuss things. These actions are not pure. You transform the All-Powerful Being within you, which serves your existence and speaks through you, into dirt. If you mix sewage in the Ganges River, it becomes the Ganges. But if you put Ganges water in sewage, it becomes sewage.

God is pure, but you do not exist in that purity. You have to cleanse your personal mind with meditation to develop a meditative mind. Everything which is, "about me, for me, and around me," is nonsense. Because all this is not me—there is One who is All and I am a small part of that All. If you learn this, you will be rich, fantastic, all will be done for you—you will be sovereign. God gave you mastery. You have to learn it and prove it. As you master yourself, God loves you. God's mastery shines through your shell, and the Master-God inside—is healthy, happy and holy.

When you want to flow, flow humbly, like water. Co-exist. Live with the flow of the psyche. You must develop that psyche on your own, or you will suffer from anxiety, which gives no answers. If you want, "to be, to be," rather than, "to be, or not to be," learn one simple thing— *"let it be."* You will never be in trouble. Your pranic flow mixes with your psyche and joins Prakirti, the natural flow, and life becomes very serviceful. The scriptures say, *"You are the Giver and the Doer. Whatever suits You through Your Flow, I dedicate to You."*

Nobody knows when death is going to pick them up. Still, we make arrangements for the next 100 years, not knowing what will happen the next moment. The long Ek Ong Kaar mantra enables us to avoid these troubles. It gives all knowledge which has ever existed in the universe of universes, opening the third eye, the command center. You do not need to rely on someone else to guide your spiritual practice. Know yourself. In the Age of Aquarius, *"Let me experience my soul."* When you chant these sounds, the whole world resounds with you. It is ecstasy.

MEDITATION - Pavan Siddhi

Sit straight in a cross-legged position. Chant from the navel in a two and one-half breath cycle, "Ek Ong Kaar - Sat Naam Siree - Wha-Hay Guroo." Continue for 11 minutes. To end, inhale deep, hold the breath tight, and squeeze every fiber of your body. Exhale. Repeat two more times. Relax.

Take a deep inhale and chant *"Ek Ong Kaar."* Ek is very short, as when we break the atom, releasing a humongous amount of energy, On Ek—crack it. Ong is sounded from the navel, resonating through the nostrils to experience the conch of the third eye. Take another deep inhale and chant *"Sat Naam Siree."* Sat is short, coming abruptly from the navel, pulling up the diaphragm. Nam is very long and resonates through the heart. Siree, the greatest of all the great powers—the Shakti—is chanted with the last bit of breath. It is pulled from the navel and up through the neck lock. Then take a short half breath and chant *"Wha-Hay Guroo."* Wah-Hay and Guroo are released through the top of the head.

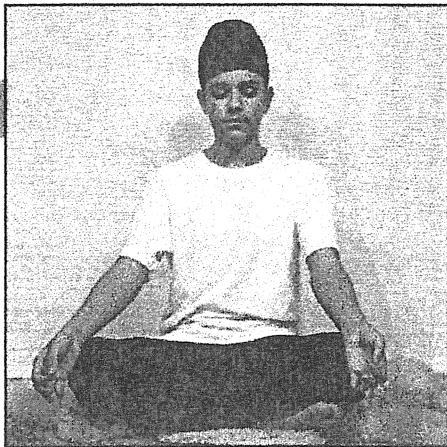
Through this meditation you will master the power of prana—Pavan Siddhi—until the breath of life becomes your own. It will give you Vak Siddhi—the power of speech—what you say with the breath shall happen. It is hard labor. Do this *Jap*, repeating it again and again, until you reach 1/10 of the day—2 1/2 hours. Your faces will be bright and beautiful, and you will settle the accounts of everyone you know.



Kundalin Research Institute

Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Sensitivity and Endurance

Yogi Bhajan, Ph.D. - July 26th, 2000 - Espanola, NM, USA

Shifting from reality to non-reality, through fantasies and commotions, is the most costly, destructive way to live. You are seduced by your belief—not even by other men—and you think, “I must know—it should work out.” If it does not—then what? Whenever you give the mind a project, the mind counts successes and failures. Each failure of your fantasies, projections, commotions, emotions and feelings, affects the mind. You begin with confidence, and with that same confidence your mind rejects you. It is not that others reject you. You are constantly playing games with your psyche, not respecting its inflow and mixture with pranic energy, until you technically become a lesser and lesser person. 80% of people who care for you will run away when they see inconsistent, non-progressive behavior.

A music teacher dropped his favorite student and told me, “She is a taker, a liar—her personality interferes with her progress. I cannot trust her.” She was a very talented, very beautiful student. But, in reality, she could not pull through. The whole industry turned against her. They said, “Let her go through the same hell we went through, and see if she makes it.” It is a very sad story. I told her, “You made one blunder—you were not sensitive.”

When you do not understand the system of your psyche and you are not sensitive in your life, feel how impoverished you are. All mishaps in life are because of that insensitivity. We are controlled by the heavens, by the earth's electromagnetic field, and by nature. Our strength is in our purity, piety and clarity. Sometimes our emotions drag us away. They do not allow our rhythm to continue. When your progression cannot process your future, and you do not have intuition, you commit foolish mistakes. You are automatically dropped.

A socialite, the star of all the parties, failed to dress properly at one party. Afterwards, she never received another invitation. You are not trusted socially when your relationship, your existence, and your projection become embarrassing. We can all be victims of this. You can get away with it once, twice—but nobody will give you a chance to get away thrice. That is the sensitivity of social life. Think about how many times we all make these small mistakes. We do not realize the damage that has been done—the loss of status in our sociological and personal life.

If we have our chakras open—we drink cold Yogi Tea early in the morning and do Sat Kriya to open our chakras and to have internal strength and open-minded strength—we will not use tricks or play games, or use negative force. They never work to our benefit. You are blessed one time, two times, maybe. The third time you will not have a chance. There will be a pile of causes behind you, and many frustrated people who once looked to you.

How can we avoid it?

MEDITATION - For Yogic Endurance

Sit down calmly and quietly in Easy Pose. Close your eyes and see through your eyelids, using them as a screen to watch the dramas. Go inward, within your heart center. Meditate deeply. Nothing should move. Continue for 11 minutes. During the last 2 minutes form an “o” with the mouth and breathe very long and very deep through it. To end, inhale deeply, hold, and tighten your muscles. Exhale. Inhale again and hold this precious breath. Slowly relax.

Compare your stamina from when you started and your stamina now, see how your life is nothing but stamina. Your knowledge, body, mind, and spirit are of no use if you do not have a hold on your stamina—yogic endurance. People who cannot endure cannot cure their bad habits. God is infinite, you are infinite—but you deal with God through limited endurance. Endure emotions, commotions and feelings—you will walk out of it. Slowly and gradually this will give you self mastery, and that is life.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gent@newmexico.com / 800/829-3970 or 505/753-0563

*The Self-Sensory System and the Transition of the Piscean Age to the Aquarian Age**Yogi Bajan, Ph.D. - August 1st, 2000 - Espanola, NM, USA*

In the next twelve to fourteen years you will be needed by the world. It does not matter who one is today, or to whom one belongs; people's minds are going to go empty. In the Piscean Age, which is going to end, the main need was for knowledge, for creative legacy. That's why in the Piscean Age sex was taboo; it was monitored, matured, glorified. Sex and sensuality were considered the primary attractions. Beauty was physical and people pursued each other. Sexual intercourse was the orientation of relationship and it reached the point of obnoxious duality; perversion became very prominent.

But the time is changing, people are looking towards fulfillment of the self through purity and piety, individuality, and reality. They don't want to practice duality anymore; that's why you will find few marriages. Sex will not be the attraction. A *Sensory System* will develop, a new system where the individual will find him or herself complete. Communication will be humongous. Everybody will have access to all knowledge. With a push of the button you can get any information you want. The whole world will be at your disposal. The obsession with sex will have no place. One will not look for satisfaction through physical intercourse. It will be automatic that one will find satisfaction through the self-sensory system, which people will develop in the coming fifty years. The foundation is being laid now because the cusp period is 1991 to 2012 for the Age of Pisces to go, and the Age of Aquarius to come. We have already gone through nine years of these 21 years.

What is that personal sensory system? There will be no need for cosmetic make-up. People will be open, straight, simple, and their beauty will be internal, not external. Man and woman are going to reach out with such dignity, such devotion, such an elevated, loftiness of self, and the beauty of the human character will be so bewitching that not only the one who is willing will be enjoying and realizing, but their realization will be so profound that no destructive temptation by another person will work.

The Piscean Age was the ugliest age. It was an era in which the female was rooted out from her roots, and exploited to the brink and to the brim by men. Male female relationship didn't have any strength. It didn't have any character. It didn't have any taste. So females in the past century gave birth to the most fearful, insecure, impotent, or oversexed men, and sexual disorder was worse than ever before in the past three thousand years.

In mankind, sexually, men were inferior; they did not have the power of endurance. And they could not carry the love and polarity of the female. In other words, they could not become a unit. Their sexual habits were so shallow that the Akashic record did not even record them. Men were the product of being worthless and useless; their sexual intimacy had no depth.

The men produced in the last century, whom you call "great," wanted to indulge in the power of destruction. That's why we created the atom bomb, the hydrogen bomb, smart bombs, we had two wars, and we killed more people in the name of religion than anything else. And religion became, not reality, but an ugly fanaticism.

The ugliest thing that happened in this last century is that man started finding God outside himself. Man forgot that God is the working God, *Karta Purkh*, which, Nanak said, works and breathes in us. It's part of us; It's not separate. We were blind to God's presence everywhere.

The only way to survive today is through the insanity of the ego. Not ego—ego has a rational reference—but the *insanity* of the ego. And man's ego is like a snake which spews poison like a fountain at you. It doesn't mean anything. It just scares you, that's all.

continued

© 2000 Yogi Bajan.

The one-page cards are available from:

onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bajan classes are available from: Golden Temple Enterprises
gtent@newmexico.com / 800/829-3970 or 505/753-0563

People have become limited, small, squeezed to a point of just physical existence, just physical existence. Today we are six billion ugly ducklings of the human race living on the planet and we have no quality, no quantity, no character, and no commitment. Look at our character; it's wrapped in lies and inconsistency. We say things which are not true. We truthfully say things which are not true. We dramatically say things which are not true.

And we do the ugliest thing in this planet, we build a power which surrounds the individual; how many houses, how many boyfriends, how much money we have. We end up adding on dirt—a termite heap of dirt.

In character we have become very shallow. How many TV sets we have, how much bigger our TV set is, how many cars we have. . . You'll never hear a person talking about how much satisfaction, how much containment, how much contentment, how much character, how much realization he has. You won't hear it these days.

"Who had sex with who? Who wants who? Who chased who? Who is nude? Who is more nude?" You understand? There's a competition going on. You see all our magazines; it's a human joke. And when a race of humans starts making mockery of themselves openly and obnoxiously, nothing is sacred. So this is the state of affairs and it has to go on for twelve more years of this cusp period. And it will be bad to us.

My idea to present this to you is that many of you will try to reach out to help people or help yourself, and you will have something to understand. It's called "Building the Foundation of the New Age."

The Age of Aquarius will be the Age of Experience where only people of experience will be liked, respected, worshipped, talked to and understood. It's not a matter of how old you are or how young you are or how white you are or how black you are.

Religion as it has been known has become absolutely obsolete. Because in the past 5000 years religion has been teaching you to redeem your soul. Soul is already redeemed. What you should redeem is your being cheap, shallow, worthless, useless, not true to your words, not true to your commitment, not true to your character. That's what you should redeem.

The majority of the world is nothing but show business. You put on a show. And spirituality is nothing but a show. No human believes that they are a fact of life, a fact of existence, that they are real; that they are born in the image of God. The most magnificent Allah, most infinite God Jehovah, most pure, wise Lord Buddha, whatever you want to call your God, has created you in His own image and this is it. So God in the New Age is called He-She-It; He, She, and It. And if you don't understand the totality of God as He, She, and It, then you are s_ _ _ . You can put silver leaf or gold leaf on it, that is still what you are. So you are wrapped in gold, your wealth and you think you are covered; you are wrong. You are wrapped in silver and you think you are shining and bright and you can make a fool of others? You are deadly wrong.

The fact is there is nothing more beautiful, more worthy, or more conscious than you.

The time has come of self-value. And the question is not: "To be or not to be," the statement is: "To be, to be." "I am, I Am." The time has come not to search for God, but to be God. Time is not to worship God; but to trust and dwell in the working God.

As this is coming through me, it is cleansing me. If you are not listening and only hearing, you are not getting it. But if you are listening, it will go into you. You have to come to the awareness of how bad and unfortunate

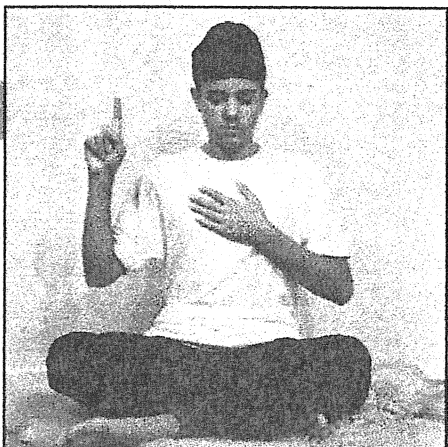
continued



Kundalini Research Institute

© 2000 Yogi Bhanan.
The one-page cards are available from:
onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhanan classes are available from: Golden Temple Enterprises
gtent@newmexico.com / 800/829-3970 or 505/753-0563



we have made this world as ugly as possible, and how beautiful actually God created it. We are purely enemies of God, because God within us is in pain and there is no God outside us. Each one is the manifestation of God so it won't work to create God by making a stone God. Every grain of sand is God. And we have to have our subtle body, our sophisticated self to see it.

In reality, you are a bunch of molecules living by the pranic body. You are nothing more, nothing less. As long as the psyche will not merge in you—equally in balance, you will have no awareness. Human existence is a combination of the pranic body and psyche energy, which is the universe, Prakritee, the creation in proportion. When you have that state of mind you are clean and clear. You stop searching; you start practicing. The oddness in you becomes even, and your flow becomes as vast as the universe—and sometimes beyond the universe. You have the authentic reach to yourself. I don't want anybody because I want everybody. This concept is very difficult. I don't want to be *I*; I don't want to be *we*. I want to be *just as it is*. And my run is with the flow of the psyche of the universe as it takes me, as it moves me, as it desires me. Man will stop cutting corners and come to a real existence. And it's not long from now.

Any person who thinks he is great may be nothing, because the Information Age is so powerful, and so knowable, and so acknowledgeable, and so understandable, that nothing can work. We will not be competent to cheat each other, but we can help and deal with each other as equal. There's no beautiful, no ugly. The love of existence of our life and of our breathing will be in need of the flow of the psyche in us, therefore, we can be a real combination of self within the self. And the sensory system which will develop automatically out of us will be our archangel protecting us and glorifying us.

Those who hustle and hassle and move and want, will just die suffering. They'll not get anything. Now the time has come that you will have a meditative mind to wait and see what comes to you. Your mind will direct you to work towards the right channels. You will meet the right people. Our future is now and our presence is our purity. We don't have to purify ourselves; we are pure. We simply have to not make it ugly by diversion, by concoctions, stories, and by creating meaningless romance and fantasy, and imagining things which are zero. We'll master ourselves through our service, through our character, through our commitment, and the most powerful thing which people have—our grace. Our individual grace is the most wanted today. And our projection, which will give us satisfaction, fulfillment, and exaltation, is our nobility. We will act noble, gracious, kind, and compassionate. These are our essential features.

Our creativity will be our sensory system. And through this sensory system we will be overflowing with energy, touching the hearts of people, and feeling their feeling, and filling their emptiness. We will act great and our flow will fulfill the gratefulness in the hearts of others. It will be a new relationship. We will create a new humanity which will have the new sensory system and thus we will establish the Age of Aquarius. This is the fundamental character you have to learn by heart.

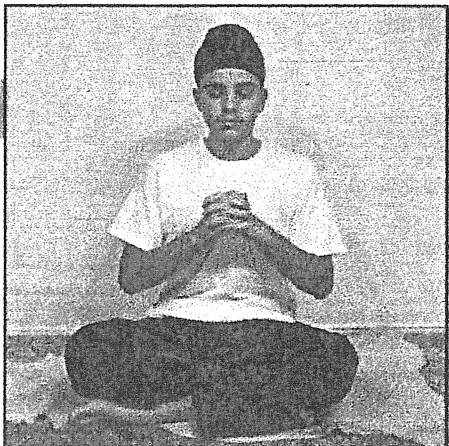
MEDITATION - Develop the Self-Sensory System

Sit straight in a cross-legged position. The right hand is held up beside the right shoulder, with the index finger pointing upward and the elbow relaxed down. The left hand rest on the the heart. Eyes closed. Listen to the preceding lecture recorded in your own voice. Relax.



© 2000 Yogi Bhajan.
The one-page cards are available from:
onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises
gtent@newmexico.com / 800/829-3970 or 505/753-0563



The Science of Keeping Up

Yogi Bhajan, Ph.D. - August 2nd, 2000 - Espanola, NM, USA

Today we are the most enslaved people of time and space in the past three centuries. We are manipulative liars, wrapped-up in our egos, running for attention, asking for love. Sensuality and psyche are compromised. We hesitate to travel from our second chakra to our sixth chakra, from sexuality to intuition, and instead we travel from one boyfriend or girlfriend to another. We change religion and truth for emotional or physical satisfaction.

At one time piety was strength and people's words were as solid as rock. Their words of Truth won the grace. Today we corrupt ourselves and our corruption is a way of life. Children are given values of emotion, commotion and material achievement. People drink to get out of their pain. People become depressed, then indifferent. Soon people will regret and lament the useless waste of their lives.

Kundalini Yoga is *the science of keeping up*, in spite of all odds, at any cost. It is not to become a saint, it is to create saints. It is not to make life possible, but to make the impossible possible. It is not for ego, lowliness and disgrace, but for those who are strong and can roar like lions through all the obstacles, and reach their destiny every day. It is grit, commitment, and consciousness within ones self to achieve the mission of the self. It collects all the senses of the sensory system into One Sense, to make sense to all. It collects "God is me," with all the sentiments of reality. Kundalini Yoga creates a human who sheds light, who walks through darkness fearless and free, with no vengeance.

Share the goodness of everybody's heart. Know what I know, practice and perfect it. What you do not practice, you do not experience. Without experience, you do not become something. You will not have the magnetic personality to attract. People will recognize what you *really know*. They will recognize your lifestyle.

The Aquarian person is a sensory person with control on his senses, attracting the wealth of the world, yet grateful for every breath, every existence, and every communication. Feel and see that God is in your heart and you will never lie or be wrong. God is within you. Acknowledge it. Start now to be a leader, to become something. Learn to ride, not to carry the horse. If you do not become saintly today, there is no tomorrow. If your children today do not know how to ride the bucking horse of time, they will have no space. They will be afraid to fall. Ride in the heat of summer so you can go through fall and winter to the spring.

You go to the Master to listen. And once you listen you will become learned. Once you become a slave of your Master, you will become a Master. The Master has mastery to touch you in many ways--can you stand it? Once you stand that touch, you are there forever--conquering time and space. People love you, touch you, and bow to you.

When there is no purity of heart there is no power of attraction and life is a hassle. You can go for a few days, but a legacy is not for a few days, months, or years. It is forever. Thus starts the Age of Aquarius. People with control of the sensory system will have mastery of the entirety of feeling. Lofty and elevated, their beauty, bounty and bliss will reflect and enlighten the darkness. The Master's Touch is the joy of life. Once someone has been touched, he can touch the whole universe.

MEDITATION - Life Guideline

Sit straight in a cross-legged position. Interlace your hands in Venus lock in front of the heart center, elbows relaxed down. Eyes closed. Chant in a monotone, "Me within me is the Purity. Me within me is the Reality. Me within me is the Grace. I am the Master of the space." Listen to what you are saying. Learn to live and remember this all of the time, as a projection and guideline of your life. Continue for 11 minutes. To end, inhale deep, hold, synchronize your body with that purity and piety, tighten every fiber and molecule. Exhale. Repeat one more time. Deeply inhale and relax.



Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563



Live Simply and Enjoy

Yogi Bhajan, Ph.D. - August 3rd, 2000 - Espanola, NM, USA

When America joined World War II, American women came out to work in factories for the first time. Once they came out, they never went back. Women were granted the right to vote, but they were also exploited in magazines for beauty and sexuality, woman was considered an exploitable commodity and she accepted this role.

A woman is not only hassled by her feelings, sexuality, needs, and her search for a mate; she is also a role model for divinity—the only source which can give character, courage, commitment, values and grit to the future. It is something that society has lost. What will you give to your children, and how will you give it? If you cannot look into the eyes of a child and say, "Stop this"—who is going to stop him or her? Children are taught to value money, position and status. Virginity is passé. Children have anxiety because there is no guidance in society, and nobody has the guts to say anything.

We have come to an era of direct indulgence in insanity. What you think is normal, is not normal. You think we are living great, but slowly and gradually this *great living* becomes our great enemy. We lose the strength to chew our food, to wash our hands, to meditate. We do not have the time to be. We put God in the seventh heaven, and we deny His Presence in us through the breath of life and our psyche.

We must stop it and let our insecurities and fears go. No matter what you are, you have to start today. In the morning, with your first breath of life, wake up and say "I am, I Am. I will not subject myself. I will become objectively objective. Here goes my past. I begin here." Prove to the whole world that you are ten times better than the Siri Singh Sahib. You must do that. It is the only gift you can give to yourself. The Bible says, "I am the way." *You are the way! There is no way out.*

Life needs dignity, security, appreciation and grace. You need commitment and character for your life so you can walk tall and be appreciated by the entire psyche and environments. Take a vow to live a tension-free life—nothing fast—no fast car, no fast food. If you live simply and enjoy, for once in your life, you will feel that you are alive.

MEDITATION

Sit straight in a cross-legged position. Arc the right arm over the head, palm facing down 6 inches above the crown of the head. Raise the left forearm parallel to the ground and bend the elbow so that the hand is touching your chest, palm facing down. Eyes are closed. Chant in a monotone: "I bless myself, I bless myself, I bless myself. I am, I Am." Continue for 3 minutes. To end, inhale deep, hold the breath and repeat the mantra mentally. Exhale. Repeat two more times. Relax.

Simple Living Tips

The very first thing in the morning drink 5-6 ounces of cold Yogi Tea without milk. It will soothe your stomach and liver, take care of your spleen, and give you energy for the day.

Eat digestible food and chew it well, because the stomach does not have teeth, and you need to mix 15-25% saliva with your food. Food which is made with refined wheat, like pasta and pizza, is very constipating. There is no fiber in it.

Fill up a tub with water and soak yourself in it. When your fingers become like dried prunes, come out and vigorously massage yourself with a towel until your skin becomes red. Then take a nap. Do this routine for 40 days.

By simply taking a bath and sleeping, you can be alright.

If you can not do anything else, at least practice Sat Kriya 1/2 hour per day, so all of your chakras open, you start seeing, and the chemistry of the blood becomes regular. A woman should not do Sat Kriya during her period. But when it is over, she has to double the time for 4-5 days.

Men must use kacheras as underwear. Kacheras makes a tent around a man's sexual organs, keeping the air temperature even, so the testicles do not go up and down in response to temperature changes. Because the second and sixth chakra are interconnected, men who do not have a tent of kacheras will withdraw, and become lethargic, have headaches and be undecisive.



A YOGI BHAIYAN RESEARCH INSTITUTE

Synopsis from the teachings of Yogi Bhajan. © Atma S. Khalsa and Guruprem K. Khalsa. The one-page cards are available from: onepage@yogagems.net or 1-505-747-9329

Music tapes, and tapes of this and other Yogi Bhajan classes are available from: Golden Temple Enterprises gtent@newmexico.com / 800/829-3970 or 505/753-0563