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LA967 A10412 We Are All One Division and Oneness. Yogi Bhanan, Ph.D. - April 12th, 2001 - Los Angeles, CA, USA

You know each other, because you were all born in the same time and space as a batch of the third millennium. No matter where we live—we have all come to the planet Earth. You know that you are here. Do you accept that everyone knows everyone? Do you ever go up to someone and say “Hi, you are here, I am here!” without knowing the person’s name? Whenever dealing with people, remember you are here along with everyone else all of the time. People try to look different from each other, talk differently, be different and have different ethics and morals. We have a tendency to see other people as different from us—whether they are black, brown, yellow, Indian, African or Chinese. It is in our nature. Thousands of years of education have not solved this problem. If we do not prove we are different, then we like to prove we are special. We create minorities and majorities, trends and values. It is actually our ingrained habit to be virtuously hateful. And we are hateful because we are not grateful. We think that if someone gets something that we do not have, it is our loss. Our primary, fundamental behavior should be that we were born at this time and space for a purpose which we are trying to discover. We need tolerance. We need patience. We need courage. We do not have these traits because we have not developed ourselves. We have neither manners nor time! We do not have time and we do not have space, so we all want to be different and, worst of all, we want others to feel that we are different. Man has divided his consciousness to suit his individuality so he can create a group and become powerful. Nobody wants to come together for living. We have lived divided from day one. If nobody divides us, we divide ourselves. Why do we not divide ourselves into one division—that we are all One, and there are no two among us? In the unison of nature we can bring our molecules of life together and understand our own reality.

LA0967 MEDITATION - Division and Oneness



1. Sit straight in a cross-legged position. Raise both hands to shoulder level with the elbows relaxed down. Point the index fingers up and the other fingers curled down with thumbs covering them. Eyes are closed. Breathe in and out consciously and forcefully, inhaling as deeply as possible and exhaling as powerfully as you can. Be calm and quiet. Fight your thoughts and no-thoughts. Hear nothing, see nothing, think nothing. Become Shuniya. Merge into the rhythm of the universe. With the power of breath take out the violence that separates you from each other. Continue for 11 minutes.
2. Hold hands with your neighbors on each side, creating a common ring of people. Do relaxed Long Deep Breathing. Let energy flow. Continue for 3 minutes. To end, continue to hold hands and sing the “Long Time Sunshine” song, then chant long Sat Nam 3 times. Relax. “May you all be blessed, blessed and blessed. And the most powerful thing with you--may you bless yourself in yourself, for yourself, from here to Infinity.”



Side – A

... Discussing something very beautiful tonight but you are not going to accept it. Do you believe that you know everybody on this planet earth? Yes or not?

Students: Yes, yes, yes.

YB: What you mean yes, no...

(Students' laughter...)

Yes or no?

Students: Yes sir.

YB: How?

Who?

Student: (-----)

YB: Intuitively? Not any other way?

Student: (-----)

YB: The tragedy is I know you know but you don't say it.

Student: (-----)

YB: How?

Student: (-----)

YB: No, you are going to stretch the legs of God. That's not true, you know each other because you are born at the same time and space. You are kind of batch of third millennium. Lets put it this way, you know. You all know each other because you are here and you are here doesn't matter where you are, you are here on planet earth and this is the time you are here. But tell me something very sweetly, you know you are here, do you accept it that each one knows each one? Or you need introduction? Yeah?

Student: (-----)

YB: Do you go without knowing anybodies name? You say Hi you are here I am here?

Student: (-----)

YB: Can you do that?

Student: (-----)

YB: Okay, that's a difficult question. How many of you remember you are here along with everybody all the time? Yeah? You remember, what?

Student: (-----)

YB: That doesn't solve the problem.

(Students' laughter...)

Don't lay it on God. Just remember that you are here and everybody here in this time and space when you deal with life how many times you remember? Yeah, tell me.

Student: (-----)

(Students' laughter...)

YB: Yes, we forget, can somebody lower temperature?. Hey, who controls the temperature, we are not potatoes and we come here to be boiled?

(Students' laughter...)

I never knew it is so hot. What is it hundred sixty?

(Students' laughter...)

What is the temperature now? Put to sixty-five.

Student: (-----)

YB: Ah?

Student: (-----)

YB: I don't want to read that I say is it sixty-five or not?

Student: (-----)

YB: My nose is burning, my lungs are in terrible shape and I have not come here to get boiled? I have the right to live. Yeah, put it full speed, still it won't work.

(Students' laughter...)

Now, do you all want to be spiritual being?

Students: Yes sir.

YB: Should I tell you the easiest way?

Student: Yes sir.

YB: Remember all the time, remember?

Students: All the time.

YB: You know everything. Yes?

Students: Yes sir.

YB: You say yes to me but you go out and you are going to forget it, that's the problem. If you do not remember you are here all the time, you always try to look different, talk different, being different, have different ethics, different rule, different morals. You know what I am saying?

Student: Yes sir.

YB: Once there was a subordinate of mine I told him, I said, "Talk to this man."

He said, "He can't."

I said, "Why?"

"He is black."

I said, "What is black?"

"This man is black."

I said, "He is not, he is silver color."

He said, "No, he is black."

I said, "Is he a human?"

"Yes."

I said, "Is he a person?"

"Yes."

"Does he come out of the aeroplane?"

"Yes."

"Talk to him."

"I don't want to talk to him, he is black."

I said, "Go and sit down on that chair,"

He sat down. I told the gentleman, I said, "I have a request."

He said, "What?"

I said, "Talk to this man."

He said, "Who?"

I said, "That guy."

He said, "Thank you, he went."

He said, "My name is so and so, what's your name?"

Started looking like that.

"What's a black man, can you tell me?"

Now let's be honest now, what is a black man?

Student: (-----)

YB: A tan person.

(Students' laughter...)

And you go in Hawaii and you put Iodine on yourself, you lie down on the sand and you become tan that is tan. If somebody is naturally organically tan he is a black person.

(Students' laughter...)

Have you ever thought of it? Now you are not understanding what I am saying.

What I am saying?

Student: (-----)

YB: If you stretch eyes like that, it's a fashion. If a Japanese has that eyes, he has stretch eye he is brown. You have any idea? And once I asked a Japanese man, I said, "My friend is going to come he is from America"

He said, "Oh, pale person, yeah, okay."

(Students' laughter...)

Have you ever thought what they call you?

Students: No.

YB: They call you pale people.

(Students' laughter...)

Now you are laughing, what I am saying is that we have a nature in us to make other people different than us. Black, brown, Yellow, Indian, African, Tibetan, Chinese, we have a nature. And thousands of years of education has not solved this problem. You know this street how many synagogue and church and how many things are there? You know? How many rabbis, and how many ministers are there? You follow what I am saying?

Student: Yes.

YB: What we are talking about?

Student: (-----)

YB: If we do not prove that we are different when we do not prove we are special then we create minority and majority. Then we create trend and values. Actually it is our ingrown habit to be virtuously, virtuously hateful. Why we are hateful? Because we are not grateful. And why we hate everybody else?

Because we think if he gets I don't have, it's my loss. It is called tendency.

You know you go to religious places and want to become spiritual and liberated and all that, it's all bogus. Our first fundamental behavior is not right. Our first fundamental behavior should be that we are born at this time and space and

we are all here for a purpose and let us search out the purpose. Why we don't do it? Because we need tolerance. We need?

Students: Tolerance.

YB: And we don't have it. We don't have patience, we don't have courage. Why all these we don't have? Because we have not developed ourself, because we don't have manners, we don't have time. Do you know we don't have time and we don't have space? So we want to be different. And worst part of that is we want you to make feel that we are different. A wants B to feel that they are different. It happens between brother and brothers and brother and sister, sister and brother. Everybody wants to be special. Everybody wants to be special. Christianity is how old?

Student: (-----)

YB: How many segments are there?

Student: (-----)

YB: Yeah, each Christian is a individual, each Christian is a individual church. Same way the Buddhist, same way the Muslims. It's amazing how man has divided his consciousness to suit his individuality so he can make a group, so he can become power, so he can write. Nobody wants to get it together to make life together for living. Because what we want is what we don't have. Why? Because we are not grateful.

Once I went to Los Angeles where those poor people live. Those in boxes, have you been there sometime?

Student: (-----)

YB: And we were distributing food. Came very respectfully, we were giving food, one person I recognized.

I said, "Hey what are you doing here? Why you are sitting among these people?"

First he said, "Oh you are mistaken sir."

I said, "Yeah, I am mistaken, you have a house in Beverley Hills and I have mistaken. I know your wife and I am mistaken, I know your two children and I am mistaken, I said, you don't come out with the truth I am going to send my security car and pick up your children from the school and I am going to bring them here, I am going to show them what their papa is doing."

"No, no, no, I am here."

I said, "Okay, what are you doing here?"

He said, "I am experiencing how these people live?"

I said, "You have come down here to experience their experience, why don't come down here to make their life better?"

You can afford it, you are multimillionaire,"

"Where you live?"

He said, "In that box."

I said, "That looked like a specially made box."

He said, "After all please spare me otherwise these people will know and throw me out of their row."

He was not sure then after his identity is relieved they will let him live there? Same thing happened they figured it out that he is not one of them, they threw him out.

Poor people who do not know whether they are going to get meal or not. They told him your mockery is making mockery of us, get out of us, he left.

So what is, what has Aristotle said? Man is a social animal, it is true, what he said is true today. We are all social and we want to create a social bond with one, with two. That's why in the beginning we created tribes, from cave men we created caves together and created tribe from the tribe we created a nation. From nation we created a country, we have been living from day one being divided. If nobody divides us we divide ourselves. We need some basis to divide ourself. Why don't we divine ourself into one division? That we are all one and there are no two among us. So in the unisonness of the nature to bring our molecule of life together so we can understand our own originality, our reality, let's meditate, okay?

Student: Yes.

YB: And it will work, take these three fingers and fix it and take this one index finger, Jupiter finger up and please close your beautiful eyes, so temporarily you may not have to see around. Just be calm and quiet as you don't know anybody.

Please you must fight, you must divide, fight with your thoughts and no thoughts Hear nothing, see nothing, think nothing and become shoonya. Let the Kaar, the universe of you come to shoonya that's Krishna, Kaarey-Shunna. And then merge into the rhythm of the universe where you are sitting, that is Rai-Maa. One who created the sun and moon. And by breath you live, make it as long as possible, up to your honesty not because I said it and exhale as powerful you can. See what this does to you? Be graceful about yourself.

Use your violent force with your breath, it should be forceful. The violence which separates you from each other take it out.

Try, it is a good exercise. Breathe consciously and forcefully, breathe out consciously and forcefully. Please work on yourself, you have eleven minutes to go. Don't give up, it is supposed to relax you. Keep doing. Power, power of the breath, that will break the cycle of lethargy.

Breathe in, breathe out. Do it right and then enjoy the result.

Side-B

Try, try one or two minutes are left, make effort.

Inhale deep, hold each other's hands next door to you and calm down and breathe out. Make a common ring of everybody. And let energy flow. Let it flow.

The class sings: "May the long time sunshine upon you..."

The class chants: Saaat Naaam

May you all be blessed, blessed and blessed and most powerful thing in you is may you bless yourself, yourself and yourself, by here to infinity.

Sat Nam

Student: Sat Nam

YB: Relax, it's funny you know.

(Students' laughter...)

(Students clapping)

Oh, today is a good kind of cookies.

(Students' laughter...)

That's nice. Yeah, yeah.

Student: (-----)

YB: I got my cookie. Hey Gur Bachhan feel it. What is this?

Student: (-----)

YB: Wow.

Siri Karam's birthday.

(The class sings: Birthday song)

She is good. How many people have birthday today? Only one?

Student: (-----)

YB: And these?

Student: (-----)

YB: Both entries.

Nanak Nihal where is your toffee, where is it? Hello darling, wait, wait, it is my share.

Student: (-----)

YB: Be great you are the best I have.