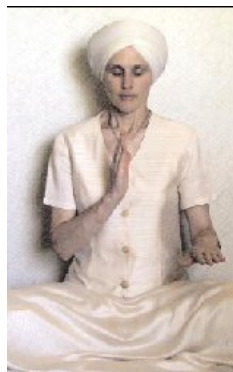


NM402 A10521 Trends and Tendencies Find God in You. Yogi Bhajan, Ph.D. - May 21st, 2001 - Espanola, NM, USA

In the sixties we had a spiritual trend. In the seventies we had a commitment. In the eighties we were working hard. In the nineties we were very confused. In 2000 we are working as yo-yos. Either we are very committed or extremely non-committed—searching beyond ourselves in positive or negative ways. In human concept, it is not important who we are or how spiritual we are. What is important is where our roots are. If we do not have healthy, deep, well-nurturing roots we do not know who we are! Without roots, even those with absolute great knowledge of spirit, even those who are committed to their death to face the impossible and never give an inch, can fall apart in two seconds. Our consciousness is like drops of rain, that form little streams and go to the arroyos, then to rivers contained by banks. The rivers pour into the ocean, which has no banks, only shores. With the sun the water evaporates, becomes clouds and rain again. The height water has as a cloud, the vastness it has as the ocean and the belittlement it has as a drop of rain are the stages of people. Your love can be very limited, unlimited, light and sophisticated and then little again. People want a love life, a rich life, a successful life—a family, children, and a job. They want to be taken care of in old age, and then they want to die. Look at what it means. Nothing! A most precious human life is wasted. The difference between the entire Prakirti and being human is that humans have the chance of realizing Purkha, where they attain their own beauty. People with no depth may pull through up to age forty. After that, old age comes and youth loses its ground. Then, if you do not have dignity, divinity and grace, you have nothing. People forget what will happen if they do not take proper care of the God-given gift of the body, the God-given strength of the mind, and that God in themselves called Spirit. If you do not enlarge your spirit, if you do not clear your mind and if you do not stretch your body, you will not be in shape to face the times. Once one girl said, “I want to be a Sikh.” I told her, “You are not committed to yourself and you do not know who you are. A Sikh is three disciplines: Sikh, Singh and Khalsa. When you do not know who you are, who is going to carry the discipline?” I read her the words of Guru Gobind Singh, “So long as the Khalsa remains exclusive, I give him all the power.” Power comes to you when you become exclusive. It is the law of nature. When you go through all suffering exclusively you excel. I can say this because I went through the mockery of time and space, and the negativity and hatred of thousands of people, and it did not affect me. My mind was clear. Our life is a composition of poetry, song and prose. If there is poetry and song and you are in it, God it is sublime! If it is prose and you understand the meaning of it, you are okay. Otherwise you are just fighting time and space, struggling, like cutting your way through a jungle with a machete. Although today we have paved roads, you are still fighting, struggling and going through stress.

NM0402 MEDITATION - Find God in You

1. Sit straight in a cross-legged position (students must sit facing forward in straight lines parallel to the teacher's bench). Bring the right hand in front of the heart, palm facing left, elbow relaxed down (hand has to be straight or there will be no effect). Extend the left hand forward, palm facing down, elbow relaxed down. With the utmost speed and full strength, move the left hand a few inches up and down, as if bouncing a ball. Eyes are one tenth open and focused at the tip of the nose. Chant the “Ik Acharee Chand” shabd (“Ajai, Alai” by Gurushabd Singh and Nirinjan Kaur. Jap Sahib, lines 190-196). Standardize, move and project. Continue for 31 minutes.
2. Continue chanting using a powerful whisper. Use the force of the breath. Concentrate. Continue for 11 minutes. To end, keep moving the left hand and inhale deeply, hold and exhale. Repeat 2 more times, still moving left hand. Relax. If you find yourself giddy after doing this meditation, immediately drink a glass of water.



Ajèe Alèe
Abhèe Abé.
Abhuu Aju
Anas(e) Akac(e)
Aganj Abanj
Alak(e) Abhak(e)
Akal(e) Dial(e)
Alek(e) Abhek(e),
Anaam(e) kaam(e)
Agaah Adhaah
Anaate Pramaate
Ajuni Amoni
Na raagi Na range
Naru pe Na rekhe
Akarmang bharmang
Aganje Alekhe

LECTIURE

Side A

Trend and tendencies, trend?

Students: And tendencies.

YB: You must be understanding trend and tendencies because you must be aware from general society you find trends and tendencies in the sense this is the fashion trend these days okay, mini skirts it's a trend wearing all sorts of black is a, wearing all white is a trend. Every season there is a new trend, sometime food is a trend too you understand? Some people have natural abnormalities natural?

Students: Abnormalities.

YB: They know better. They?

Students: Know better.

YB: But they still do wrong why? They have hidden trends, human body goes through stress, goes through fear. It is just like a rain drop which comes down and start trickling down and from little stream it gets to little royal and gets to be a river and in river it has banks, once it get into ocean it doesn't have banks it has shores and then someday with the sun it will evaporate and become cloud and become rain again that height which has as a cloud and that vastness it has like ocean that littlement it has like a drop of rain are the stages of people, your love can be very limited, unlimited light and sophisticated and back little again, fashion in sixties we have a spiritual trend, in seventeen, seventy we had commitment and eighty we were working hard, in ninety we were very confused, in two thousand we are working as yoyos this is the period either we are very committed or extremely not committed. Our trend is we are abnormal today our trend we are abnormal, we are searching beyond ourselves in positive way or in negative way. It is very strange that these days some of you have forgotten how abnormal you are and some of you have forgotten how abnormal you are it is something going it is something I mean if you challenge after thirty three years today I challenge somebody in the end of the conversation I found out it makes no difference. Challenge was not accepted as a challenge but it was accepted as criticism a situation where they decided to be wrong where?

Students: They decided to be wrong.

YB: And for no reason. Challenge is, challenge is, challenge was and challenge shall be, they did not realize their roots, is, was and will be. In human concept, it's not important who you are, in human concept?

Students: It's not important who you are.

YB: But it's important where your roots are and how healthy your roots are, how deep your roots are, if you don't have healthy, deep, well nurturing roots, we do not know who we are, it's not a matter how spiritual you are. I have seen people with absolute great knowledge of spirituality and spirit and knows things fall apart in two seconds as Sikh people committed to death and facing through things which looks like impossible and never gave an inch and then they are two minutes later they are flat. I wish and pray God should have been merciful to me not to put me in a test of time and space where I should have been so sensitive to the spirit or soul of people. I am very aware that certain actions will take to self-destruction. I am very aware of it, I am very aware of the fact that it mostly does not bother people, what do they want? They want to have love life then they first they want to have rich life or love life or rich life one or the other then they have successful life children, family, job all that then they want old life like being taken care of and all that and then they like to die, but if you look at it what it means nothing. A most precious human life wasted like a wasteland, what is the difference between a pigeon and a human, saint, so what is the difference between the entire universe Prakriti and human that human has the chance of purkah it gets to its own beauty one girl was telling me that day I have done all this to please him and (?) confronting me I said, "What you have done? Except you are stupid and now you are most stupid that's all."

But Yogi Ji what I have done wrong?

I said, "You have no dignity as a woman." You call it love, I call it nonsense because this has made you to lose your dignity, you have no dignity as a woman left in you now and the tragedy of is that he knows it and now he is not going to respond to you. Anything which makes you to let your dignity go or your divinity go anything means a great loss, means a?

Students: Great loss.

YB: I was checking with somebody in L A and I saw that person without Baana so I didn't mean anything finally he felt that I have not recognized the person and truly you can't recognize sometime when there is a big crowd so when I was teaching next class the person came to me and I said, "Wow! You look very pretty and sexy."

She said, "You have recognized me?"

I said, "Yes I know you."

I am not wearing Baana temporarily these days, I am not wearing Baana?

Students: Temporarily these days.

YB: And I cracked up. I said, "What is this now we have temporarily suspended Baana day?"

(Students laughter)

It's a kind of. When I meet people like this who have power to suspend and switch on and switch off, switch on?

Students: Switch off.

YB: Switch off, I fully understand they are okay but they have no dearth, they have?

Students: No dearth.

YB: When they are young let's say up to forty, they will, they will pull through after that, after that what is after that, (?) when old came the youth loses the ground so when youth loses his ground what you have then dignity, divinity and grace. If you don't have those three then you have nothing I remember when I came to United States there used to be a young girl and she was at that time I think twenty seven she was older than anybody she used to have most beautiful gorgeous hair and he used to complaint why I have got that many hair and I used to say may be God one day I will give you most beautiful hair for purpose enjoy it and he used to say no take about five, six hour to put them together well, this dialogue continues one day she left her hair in a braid in the ashram, you know what I mean? So I asked one boy I said, "Make a wooden box and put a mirror on it and put these braid of hair in it and hang it in the ashram." Couple month later that braid and, was, box was broken and braid was (?) that's also a accident couple hours later I met a person same person I used to know about it but kind of his, her head looked very weird to me and I said, "Are you not well?"

She said, "It's a long story."

"Tell me in short words."

"I am in Chemo therapy."

I said, "You are bald headed."

She said, "Yes true."

I said, "Aren't you to go at longest hair in the ashram used to come when you were young and you cut it and left in the ashram."

And she said, "That was a mistake."

I said, "How is the treatment going?"

And she said, "Not very well in spite of the chemo therapy doctor has given me three months and one months is left."

People forget what things can happen to them? If they do not take proper care of the God given gift called body, God given strength called mind, and God in themselves God's spirit if do not enlarge the spirit, not clear your mind, do not stretch your body, you are in pretty bad shape and she said, "I don't mind dying, you told me all this." And next day in the class she brought a new paper, a letter, which I wrote her. She said, "This is my most precious possession."

I said, "What is it?"

“Your letter.” And showed it to me and I read that letter, it was very funny letter in nutshell it said, “God has made you in a very special day and special way the way you are flirting him you will go through the harshness of the Prakriti, the creativity of the universe and it’s not a good news for you and for your future.”

And I said to her, I said, “I gave you in writing wow! You read it, it’s in English and still you didn’t know it because the roots were not deep.”

Roots were?

Students: Not deep.

YB: People who take drugs there is nothing wrong they feel simply they want to escape there are million ways people escape it’s a very common habit to escape but it takes a character to face life and win, face?

Students: Life and win.

YB: In sixties when people used to take drugs by and large they were just escaping. In sixties when we are drugging each other they used to put something in my brownie or cookies and once they made cauliflower for me and they put huge green leaves or marijuana in it and cooked it so well and tasted, everybody ate but I saw after eating everybody couldn’t get up so I didn’t eat I said, “There is something wrong but how can you doubt a beautiful made food.”

Then I asked the girl I said, “What is the matter?”

They said, “Today they are going to do you in you will be just floating they have put some drugs and some herbs in your food.” Why were we doing then because we didn’t like discipline, we didn’t like discipline, we didn’t like anybody to tell us to have discipline and that was my job. They loved me but they did not like me, you understand what I am trying to say? They loved me but they did not like me. One girl told me I want to be a Sikh. I said, “Did somebody tell you?”

She said, “No I want it.”

I said, “You are not going to be Sikh forget it don’t joke about it it’s not practical as per your concern.”

She said, “Analyze it for me.”

I said, “No it’s not time today.”

Few days later she was in, in an appointment with me now what I could do.

She said, “Tell me why you said that sir?”

I said, “Because you are not committed to yourself, you do not know who you are, not to know who you are and then become a Sikh is a tragedy.”

She said, “I don’t understand.”

I said, “Sikh is three ways, Sikh, Singh and Khalsa it’s all three discipline one, two, three and as far as you are concerned you do not know who you are so when you do not know who you are who is going to carry the discipline, your neighbors?” And I read to her the words of Guru Gobind Singh.

I said, “Prakriti nature trust you and test you

“Jab lag Khalsa rahey niara, tab lag tej dyu mein saara”

So long the Khalsa remain exclusive I give him all the power naturally power comes to you when you become exclusive everybody start seeing you, finding you, feeling you exclusive and when you go through all the suffering exclusively, inclusively you excel, law of nature is very simple. It’s a law of nature, I can say to you these things because I went through these things, I went through the mockery of time and space, I went through the negativity and hatred of people not one, not ten thousand, thousands it didn’t affect, mind was very clear when I used to feel tired just know coming here to the class I was doing my ECG and my doctor was very upset he was reading lot of stuff right and then I said, “Wait a minute.” And then I relax myself isn’t doctor then it was fine he said, “What is it?”

I said, “Stress.” Stress of the day was enough but when I let it go it was fine. Our life is a composition of poetry, song and prose, poetry?

Students: Song and prose.

YB: And prose if there is a poetry and there is a song and you are in it God you are so high level. He said, "Prose." And you understand the meaning of it, you are okay otherwise you are just fighting your time and space and struggling. Have you imagined sometime living in a jungle with a (?) what they call?

Students: (----)

YB: (?) and cutting your way through don't you feel like that life is?

(Students laughter)

Why you do that now we have paved road.

(Students laughter)

Does these paved roads make any difference? No, you are still struggling, you are still fighting, you are still going through stress. Let us see if you can do some justice to ourselves, okay put your hand at the heart center here and with the utmost speed make left hand like as you are playing a ball fast full, full strength no, no I am just trying to ask you to read yourself see how the traditional balance in you effects you this hand has to be straight if it's bend anyway you will not have the result period then this is, this hand, left hand is playing a little ball you know that bumpy ball play it put your eyes at the tip of the nose doing so play the mantra. Little mantra can find God in you, little mantra?

Students: Can find God in you.

YB: And this little mantra go ahead I say you all what you are looking at me you naughty boy. So you are doing three things.

(Tape is played in the class)

YB (Talks over the song): Standardizing, moving and projecting. Standardizing. Make a rhythm of the ball hands.

Side B

(Over the tape)

Coordinate. Now this is time to perfectly coordinate. Whisper, whisper (?)

(Tape stops)

Strongly whisper, whisper strongly.

(Tape is played in the class)

YB (Talks over the song): Powerful whisper force of the breath use the power of the whisper you will enjoy something you have two more minutes left concentrate inhale deep keep on moving hold the breath exhale. Inhale deep hold the breath, keep going exhale. Inhale deep hold the breath relax. You are okay?

(Tape stops)

Students: Yes sir.

YB: If anybody is finding himself giddy please take little water immediately, don't risk yourself, may the longtime.

(Students sing 'may the longtime' in the class)

YB (Talks over the song): All love, and then pure light, saaaaaaaaaaaaaaaaa.

Students: Saaat Naaaaaaaaaaaaaaaaaam.

YB: Saaaaaaaaaaaaaaaaaaaaaa.

Students: Saaat Naaaaaaaaaaaaaaaaaam.

YB: Saaaaaaaaaaaaaaaaaaaaaa.

Students: Saaat Naaaaaaaaaaaaaaaaaam.

YB: May the blessing within you get awakened to the point that outward pressure and the stress and strain may not torture your personal image of projection, of divinity, of dignity and grace Sat Nam.

Students: Sat Nam.

YB: Wow! If you don't have water and if you feel little ask the neighbor it's a very designer situation that you carry water these days yes.

Student: (----)

(Students laughter)

YB: I will like to see Hari Har Singh and Mukhti Har Singh both, they are running around here one is outside one is inside hello thank you what about that draft you made out of that what is, what is that?

Students: (----)

YB: He is perfect.

Students: (----)

YB: Who?

Student: (----)

YB: We can call her here shut this up.