

Look at Things as God is Looking

GURUCHARAN SINGH: (Gurucharan Singh is showing YB with a paper that has one of those designs where you can see one picture in it if you look at it one way, and another picture if you look at it another way.) Sir, you want to see a neat picture?

YB: Huh?

GURUCHARAN SINGH: I want to show you an illusion about the mind. You see how this is lighter and this is darker? If you put a pen over this, ... so when you said, "As Siri Singh Sahib I dwell, and I never draw a boundary," when you do...

YB: When you draw the boundary you go crazy. Yeah.

YB: (Picks up a book on the stage.) Chinese brain twisters?

GURUCHARAN SINGH: We tortured them, sir.

YB: Oh, this uh, this is what you are showing me? If Chinese are gonna find God, they are gonna cook him and eat him. They eat everything, man.

You know one day I made this formula, I call it, "Long Life," and I started taking it. And month later I looked at my beard and it start becoming black. I didn't like it. So I didn't like to take that formula. But I'm supposed to take it. It's shocking. Turned my beautiful white beard into black hair. Who likes it?

Oh. This is what? "The Teaching of Yogi Bhajan?" I've not seen my own book. I'll have to read it sometime. Hum. Oh, Professor Harvey, oh yeah, he wanted to write on my book so badly.

"Earthly or prejudiced surpying (surpassing?) vastly, unsentimental he draws freely on various spiritual traditions and his own common sense."

Professor Harvey Cox, Divinity School, Harvard University

Because I don't let him write a preface to my book. Do you know that? Even the publisher wanted somebody to write a preface. Professor Harvey is a very international, religious known professor. Harvey Cox from Harvard University, so he wanted to write a preface. And I said, "Shut up. You don't... you can't write preface to my book." But he still wanted to write. So he made a deal with this company, so he wrote little note underneath.

"Earthly, outrageous, surprising and vastly unsentimental he draws freely on various spiritual tradition and his common sense."

Professor Harvey Cox, Divinity School, Harvard University.

What he knows about divinity? He's just a professor of books. You know?

I know, I went to do Ph.D., I did everything, and when I came to defend my Ph.D., and these were three professors, and I said, "Well, come on. Let us defend ourself."

And they said, "Just let us know what you wrote. That's all we want." They didn't, they didn't know one damn thing.

So I said, "Okay." Normally when you do your Ph.D. and the internal professors are there, they, they really blast you quite a bit. And they can fail you. But these guys just want to know what it is. And I explained to them this is... and by that time I saw them signing the paper, and that's it. No fun. I thought they are going to tell me, "How you think that? This is not right. That's not..." And I tell them they are stupid. That was the opportunity which I missed.

My thesis is... do you have my thesis?

CLASS: Yes, sir.

YB: Gurucharan, can you get my thesis of my Ph.D.? He should get them, get it printed and give them. Otherwise without this, these people cannot be teachers. They have to have that fundamental elementary human projection.

(Note: for Footnote: "Communication: Liberation or Condemnation," by Harbhajan Singh Khalsa Yogiji, A dissertation submitted for partial fulfillment of the requirements for the Degree of Doctor of Philosophy in Psychology, The University of Humanistic Studies, San Francisco, 1980. Available from Ancient Healing Ways, address: _____; phone number: 800/____-____.)

It is "Poke, Provoke, Confront and Elevate." Poke, provoke, confront and elevate. That is how your life is. Your life is that way. If one aspect of these four is missing, you are handicapped. That's my Ph.D. on Communication, Psychology of Communication. How, how we... you know, whatever we think, we understand or not understand, we are what we speak. That's how we are known. And we are always afraid, "Oh, if I put a turban on, what will happen? If I put a coat on, what will happen? If I put a knicker on, what will happen? If I do not dress this way, I do not have this way. If my hair are not that way, I am not this way. This is how I am, this is the term, this is the..." So we are actually subject of trend and tendency, not our originality and reality. If we do not have originality and reality, we don't have royalty. And if we don't have royalty, we can't elevate. You're talking of religion. You, you know it is all damn lies. There's no religion. What's a religion? Suppose your religion give you God. What you're gonna get? Eat it? It's a pizza? What you'll do with God? They give you false promise. "You'll get God, you'll go to heavens." Well, what the hell here? How to deal with here? Who wants to go to heavens? It's a ice cold, meditating place. Nothing happens there. Hell is still, you know, crying, and all kind of... and everybody will be there.

CLASS: (Laughter.)

YB: It tru... honest to God, it's true. I mean to say, look how corrupt religion is. I'm a simple yogi, I came here not to do anything. I was forced to go to Soviet Union secretly and I didn't want to go. So I ran to Canada for shelter, period. That's all. And I was supposed to teach parapsychology, not in the miracle form, but in a sensory form. I mean, you can't damage anybody, but you can understand it. You can stop it. You can communicate that. So... so I end up there.

And I still understand what this whole religion thing got on me. And I told you that day how we became a Sikh religion, because this guy had very long hair. He didn't want the sheriff to cut it. So one thing led to another. So circumstances and what God wants is His problem, not mine. But fact is they made me head of the religion. But when I became head of the religion, they thought I'll just become like Pope. I'll not say anything. You know what I mean? They will give me a paper, I'll read it. Right? My staff will tell me things. I'll say, "Very good, very good. Very good, oh yeah. Very good." I'll agree to everything. Agree to what? What I can agree with these stupid earth things? What they will do with me, I have to do with them? It's no bargain. We have no relationship. What is my relationship? In the adversity I enjoy. In the best happiness you are just adverse. What's the relationship? You are looking for things. That's a... idiotic things. Things must come to you. That's a law. Law of birth is your birth is reserved. You know in the railway, in airplane, they give you seat called 'berth.' Berth has two meanings. Yeah? You know in English?

CLASS: Yes, sir.

YB: Oh good. It's English-English. It's not American slang English. So your birth is reserved, therefore you get birth. And you get all the comfort. You have a conductor, you have service car, it's all paid for.

Your values shall come to you when you live originally, organically as divine. You are made in God. Everything is a process. It's called support system. So Mother Nature should support you and Heavenly father should guide you. And time and space should not go to you. That's the agreement. Religion has to explain to you your reality, not their philosophy. You feel bad. Why you feel bad? Why you feel bad? And how from feeling bad you can feel good. That's a religion. Religion is relationship between a man and his reality guided by the technique or technology of the master, so you can be master. You can never be slaves for rest of your life. Because if you don't mm, make it, then the Golden Chain breaks. You have to grow. Your growth has to be perpetual. You are entitled to perpetual growth. And your progression must be keeping your honor, your respect, your trust, your faith, your charm. You are born to be revered, worshipped.

You are holy -- you have nine holes. If you watch what comes in and goes out it, that is the tenth gate they say, tenth hole. You control that way, you are, you are great. Your greatness is because you are born. The very fact you are born and God willed that way, that is what is the best ever happened. And everybody

needs you. Thief needs you, policeman needs you, attorney needs you, court needs you, doctor needs you, cheat needs you, liar needs you, truthful needs you, holy needs you, unholy needs you, restaurant needs you. And shelter needs you. Everything around you is your needs. They are sucking your blood. They are taking your energy. You have nothing, you are old.

When you sat down, last time, you remember in life, for one hour, "I am going to be, I am going to be me, I am going to be me, I'm going to be me. I'm not this. I'm not that. I am me." When did you do your prathyahar. When did you synchronize yourself to zero in experience? Did you? (YB shakes his head 'no.')

I know. I know. I know your pain. I know what causes it. I know, I'm not saying that I don't know. I never said, spoke all these years, because I said, "Well, you know, let us see."

There was a one Christian minister, he told me, "Well man, we spent all the money, send our preachers to India and turn them to be Christian. You came from India, stole our children."

I said, "Have them all. What I stole? I stole nobody. You can take them. Have them. Pickle them. Keep them. I am not asking for anybody."

You know I went to New Jersey, School of Chapels, that's a army school where the, uh, the officers are uniformed officers, and they are Jews, and there are Christian Ministers there. They go with the army as ministers, so I was there to address them on religion. And the commanding officer was great. He introduced and he said, "Today I have a surprise for you officers. You know, we had gems, pearls, rubies, diamonds, emeralds and lot of precious stones, and we didn't take care of our them, we threw them in the mud and they got lost. And there came a man from India and he picked them from the mud, he cleaned them out, he polished them, he shaped them. And now he wears it, them around his neck in a necklace and now he looks beautiful, bright in, in his own self. And now we are jealous of him. They were ours, now they are his. I introduce you His Holiness, Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji, head of the Sikh religion in Western Hemisphere."

I looked at him. I said, "What he's talking about?"

And I felt, "Yes, everybody's a gem." Otherwise you cannot be born. You cannot be gem. You are not born in sin. You are born innocent. You are told you are insane and you accept it. "You're wrong, don't do this, don't do that. Don't, don't, don't, don't, don't, don't, don't, don't, don't." After that you start saying, "Don't, don't, don't, don't, don't, don't, don't, don't, don't." You're crazy. Everything you are told is, "Don't." -- "Don't answer the door. Don't answer the phone. Don't speak to this. Don't, don't, don't, don't, don't." And you become a living 'don't.'

Or you are told, "Say 'yes.'"

So sometime you talk, something you are supposed to answer 'no,' you say 'yes.' All you are told in your life is to say 'no' or to say 'yes.' That's all is your training. So what you are going to say? Either you are can say 'yes' or you can say 'no.' Why don't you have billboard, one says 'yes,' other says 'no.' "Yes, no, yes, yes, yes, no, no, no, yes, no, yes, no." Are we human? Agree with me, disagree with me. What's there to agree, to disagree, yes or no, or right and wrong? There's nothing right or wrong -- thinking makes it so. It's your judgment against other judgment.

You are not wrong. You are born gem and you are born innocent. So what happen is, you lost your innocence, so you became arrogant. When you were born, you survived. And how come you not will survive? Only shift is between your mother and father, to the heavens and earth. And that shift has been promised you to. "Oh come me, my children. I'll teach you that." Blind leading the blind. Teach you what? Nobody teaches anybody anything. You tell people what to do, and they are not supposed to do do-do. And you watch them. That's the real system.

But normally in these days as we are, we play games. We want our personal life to be respected. We want?

CLASS: Our personal life to be respected.

YB: We do not impersonally see that other's life is respected. I want my students to be rich, so that when I go their home, we can have a good breakfast. Yeah, really. That's what it is. If somebody's rich, somebody's good, somebody's powerful, that, you, that can help you. You are a teacher. You're not a person, not yourself. First oath you take, "I'm not a woman, I'm not a man, I'm not a person, I'm not myself, I'm a teacher." That's your oath. So what are you attached about? Not a thing.

So, man and his manners are very basic situation which we must understand, and our main resolve -- we must look at things as God is looking at things. Our purity lies in our originality. Our intuition lies in our innocence. And if somebody is telling you, or you are telling yourself, mostly you are telling yourself, that you are wrong. This is your, all the time, your mantra. If you are not right, you will not have born. You are fully matured soul, send on the earth for test. Test to face heavens and earth and come back home victorious. Fateh. "Wahe Guru Ji Ki Fateh" -- Victory unto God I come back home. "Wahe Guru Ji Ka Khalsa" means purity, my purity belongs to God. You don't belong to God. Your body doesn't belong to God, your mind doesn't belong to God, your spirit belongs to God only in the essence of its purity. It is your purity, piety of the spirit which belongs to God. Rest is all yours. And that's your free will. Do whatever you do. Nobody cares. But when you understand in you there's an essence of purity, moment you understand there's a essence of purity, you will realize reality. Moment you realize reality, you will have royalty, and then you don't have to say a thing or do a thing. When, then your presence will work. Then you'll emit wisdom. You go to a room, fifty people, everybody will feel calmness, everybody'll feel reverence, everybody'll think something he's gonna get. You are, you are like God. Either God gives or you give. You are not takers.

And remember, don't shallow yourself. Don't take, ever. You fool, you are thinking you are taking. You are thinking you are taking, but you are missing what God has for you. So you are substituting. For a gold coin you are getting a little stone -- that's not good.

Are you hev... ready for a heavy thing today, or you just want to do light and go home? You are off today, you know what I mean?

CLASS: Real thing.

YB: No, how you want to do it, deal with yourself? Are you, you have energy or... I mean, I, I'm discussing. We are going to meet on Monday, too, it doesn't matter. I mean to say, it's not that hurry up situation. But, have it.

MEDITATION DESCRIBED:

Sit straight. Spread your hands like this, balance yourself, and stretch your shoulders out. These are essential warm ups. (YB demonstrates the warm-up position.) Without that you will have a mus, mess muscle pain. Don't take risk. Just, like this. And move. See all the faculty. This is you have to do because you have to free the nerves, because nerve with a muscle and bone get in a hard and rock place and can cause trouble.

(YB demonstrates the posture.) And this is what you have to do now. This is your position. And you will go this and this. This is your "Sat Nam." This is your original Oriental self, back in the back. Just see that center of the head is here. It has to meet in the back here. It's painful. I, you wanted a warrior... you don't want... we should do something else?



in the
this and that's squaring this. Diagonally cut it. First, put your hands here. How you feel? If you correctly hold it in a balance, you will start feeling energy and tingling. It's very, very simple rule of your being, your body. It's not you are an idiot, or you are not worthy, or you are wrong. You have become unworthy or wrong. Originally your system is absolutely God-given correct. You see? Now you see that "Sat Nam, Sat

is one and this is two. You have to come here. It starts f
horoscope also it's a bad sign. Sun is squaring

Nam,” that tune we had with one string, right? “**Dhuni**” we call it? Dhuni. Dhuni is which accelerate in us the excellence. It’s a music, simple, its done by a wire, one wire string and we go this, and this, and then this, and then this. Okay, put it on. Hold on. Hold on, hold there, hold. Just get rid of... (Music tape “Dhuni” plays.) No, no, no, I didn’t say “Go.” Stretch out like this. Stretch out. Go!

A little fast with the hands. One on the back, one in front. (After a minute & 10 seconds): Okay, stop, stop, stop, stop. Hey, hey, hey. Can we do it?

CLASS: Yes, sir.

YB: I’m just asking, I’m not, I’m not willing to make you misunderstand this. If we start doing it, we’re going to reach a stage, it’s called, “The Twilight Zone,” and then there’ll be humongous pain. Pain so much that you do not know. And that is, that is a facade, that there will be no pain, but you will feel you are hurt, because the hemisphere has to adjust and hemisphere if do not project their endomorphine, pain is humongous. Ooh, it’s ugly. And then when that starts coming, then you don’t want to stop. That’s how it will be if we keep on doing. Yes?

QUESTION: We can bend our elbows?

YB: No, no, no, no, no. This is what I’m trying to, I mean, I’m coming to second side. You know, this is here. (YB shows the starting position.) This is back. (YB demonstrates position ‘Sat Nam’ where arms criss cross straight up, a little behind the head.) “Sat Nam” is elements. It’s called earth. Earth is your spine, back. And God is your front face. “Wahe Guru” is your face. (YB demonstrates position ‘Wahe Guru’ where arms criss cross, straight up, but tilted forward approx. 14 inches forward from straight up.)

There are only two things on this planet -- “Sat Nam” is your back; “Wahe Guru” is your front. I mean, Sikhs stole it. They say, “This is our religious thing.” What damn religious thing? Patanjali Rishi wrote 3,000 years ago. I mean, Sikhs stole it. They, they don’t know what they’re talking. It’s a Pantajali’s mantra. God spoke to him. He wrote the future of the world and it’s exactly true what he wrote. Word by word is a true what he said. And he said there’ll be Nanak, and he said his mantra will be that of God’s creation, God organization, and God deliverance. And that’s what you sing in Sanskrit:

vahy/tI kr y/tI jg dUt ptI
@adk i#it vaha]
bXhmade tXeSaĀ gurU i#it vaihgurU]

Waah Yantee, Kar Yantee
Jag dut patee, aaduk it waahaa
Brahmaaday Treshaa Guru, it Wahe Guru.

--Push Puran (Given by Rishi Patanjali, thousands of years ago)

Great Macro-self, creative Self, all that is,
Creative through time, all that is the Great One.
Three aspects of God: Brahma, Vishnu, Mahesh (Shiva).
That is Wahe Guru.

And what is Sikh, Sikh, Sikh, Sikh? Oh, that was Guru Gobind Singh, who has that knowledge, wisdom and equation. He took that as Guru Mantra and gave it to them. They should be grateful. This is Patanjali’s given mantra. “Sat Nam,” Nanak gave.

sitnamu tera pra pUrbla]
Satinaam teraa paraa poorbalaa.
--Guru Arjan Dev, SGGS pg. 1083
Sat Nam is Thy primal and ancient Name.

It's the 'buddy name' of the elementary equation of God. When you say 'Sat Nam,' purity exists. It's not, "Will exist, shall exist, may exist." With mantra there's no, "will, shall or may, can be." No. It IS. When I say "Sat Nam" to you, "Sat Nam Ji," means your Truth is your soul. Is exact word. That's why I told people when you call on each other and instead giving them hell, "Hello," stop it. Just say "Sat Nam." As normally Jews say, "Shalom," they stopped saying it. We all stop saying certain things.

But the elementary self of God is "Sat Satya Satiaam." "Sat" -- my true essence is Sat. "Satya" -- my power of my true essence. "Satiaam" -- in true ass... essence I am. "Sat Nam" -- Nam means noun. Noun is the name of person, place or a thing. So Truth is my identity. That's my Nam, that's my name. And when we ask (for a) spiritual name, that exactly means my distance, my destiny, and my guiding word.

In the Beginning there was a (the) Word,
(And the) Word was with God,
And (the) Word was God.

--The Bible: The Gospel According to St. John

It has to be calculated. I don't know what's so difficult.

Life is to cover a distance. And if it doesn't cover distance it'll... you'll keep, keep on rebirthing. And then people made the "Rebirthing," (for) six thousand dollars and you cry. (YB makes a sound of a crying person.) There was a man doing it, it was, he was doing so perfect. I knew, my wife did it. I said, "Ohhh, he's real. He really bringing a baby out."

Yes, it's an insanity to live in fantasy and pay seven thousand bucks. It's really. You were born, you had a pain, yeah? Yesterday you had a paid, yeah? Oh, but that was yesterday. That was yesterday. You faced it. It's gone. It's over. You are winner. Why you are carrying it on to today in memory? Huh? Why? Don't you know the simple formula? What was yesterday was yesterday. It's gone. You faced it. Now you are afraid of tomorrow? Yeah?

CLASS: No, sir.

YB: Good. Because tomorrow will become today and then only you can face it. If tomorrow remains tomorrow, there's nothing to worry. Every tomorrow has to become today to face it, and you have already faced today, today. And yesterday you already faced. So what are you losing?

You faced yesterday, good or bad, it's a matter of feeling. How you're facing today, good or bad, it's a matter of feeling. Will you face tomorrow, good or bad, that's also a matter of feeling. Because when tomorrow will become tomorrow and face you, God shall give you energy to face it, because God made you to face it tomorrow. That's your relationship. You may not know it.

When God gave you birth, God gave you existence, and God gave you time, and space to conquer it. "Come home victor," He said, "my children."

Today Soorya told me the alphabets, the first ten commandments of Bible, and the ten promises, then alphabets of love and alphabets of business, you got so many papers. Is she here? No. So you'll get it. We made alphabets. Simple thing.

You know only thing what goes wrong with us? We forget it. What word is forget? How you spell it? "For." Hold, hold, hold, hold. "F-o-r" - For. Get? How's get?

PERSON: "G-e-t."

YB: What you mean by 'get'? And what you mean by 'for'? For -- for means to. "To get." To get. So you forget that Giveth is Giveth. So, "To Get" you "Forget" you are divine. I'm not joking. Do you understand why you forget? Eat your papers. Forget. Word is "For-get." What for you, what to get? What for? What? To get what? What do you do when you are to get? You forget that you are getting which is you are getting, God is not giving you. When God gives you, you won't forget. When God gives you something, you won't forget.

That day I was sitting with somebody, I said, "Where is my present?"

He said, "I have never brought present." He said, "Wait a minute, it's in my trunk of my car."

And I said, "That's my present, you thief. Bring it. Give me my present." I said, "How come you brought a present and put it in trunk of car and forget it?"

He said, "Well, I, I was different mind. I was just thinking and... want to talk to you."

I said, "First bring my present, then we'll talk." So he brought it. It was a good present.

Forget, for what? You forget to get. What you get is not Giveth by God. What's Giveth by God, you will not forget. That will stay for your good will and prosperity. What you get will bring you down the hill. So do not live a manipulative life. Don't manipulate and twist with an itch. Be natural. What they call it? Natural food? Organic, natural food store. The word is coming to us now. As humans we have to be natural. We can't forget. We can't forget to get. Get it together. Get together and get it together what you want to get it together. To? To? Gathter. To-gether.

CLASS: Gather.

YB: Get it together, to gather. When you're together, then you have to be diplomatic, nice, kind, smiling. Otherwise you are not together. To gether, get it together, to gather. Same word. Together, get it together, to gather. If you are not get it together, whatever you gather is not going to be good. Hmm? Yeah? It's a good Ph.D. Oh, get that, uh, that, get that book. What is it? You got it? Oh come on, show me. Come on, come on, you can walk. I won't bite you. You're nice.

Oh yeah. "Communication: Liberation or Condemnation," by Harbhajan Singh Khalsa Yogiji, Ph.D., Thesis. Oh, this is it. They printed it. "Submitted in partial fulfillment of the requirement of the Degree of the Doctor of Philosophy and Psychology. The University of Humanistic Studies, San Francisco, 1980." Wow. "For more copies of this publication, yoga manual and audio, video tape, plus ayurvedic herbs, teas, oils, vegetarian cookbooks, holistic health book and more of the ancient healing..." oh, they put their catalogue in it. They are good. Somebody must be doing a job. Hmm. Committee chairman, committee member, committee member. Wow. Hmm.

It's a fun. Why not? Everybody's Ph.D. Why should not I be? What's wrong? I was fifty year old. Good work. It has good chapters, if you go through it. Statement of the problem, importance of the problem, limitation and nations, a review of literature, communication, what is it, and what is not. Communication with a self, Kundalini Meditation for Communication with Self. Kundalini Meditation for Positive Communication. Kundalini Meditation for Effective Communication. Alternate nostril breathing. Communication with others. Frequency of Communication. Who's on the other end. And Summary. Well. Pretty good.

You see, these are, "The Teachings of Yogi Bahan (Bhajan)." (Looks through the book by that title.) What is this? Chapter. Mind. You want to know what mind says?

"Meditation is the creative control of self where the infinite can talk to you."

"All talking, all thinking, all thoughts must be pure."

"Conquer your mind and you will conquer the world."

"Which mind? The conscious mind? No. The supreme conscious mind? No. Which mind? The subconscious mind. If you can conquer your subconscious mind, then you win the world."

Because this is a storehouse of garbage. There are a lot of 91 tough sheds. They have every thought of your mind.

"A relaxed mind is creative mind, and creative mind is a relaxed mind, and only a relaxed mind can become a one-pointed mind, and a one-pointed mind is the most wonderful mind. It is most powerful and it can do anything."

"Purity of mind is a necessity of man who have supreme, spiritual power."

I learned the hard way.

You must not be interested in mind. It's boring subject. What is this? Somebody bent the paper.

"Realization:

You have to realize that you are the center of your own mental psyche."

Have we taught them about psyche?

CLASS: Yes, sir.

YB: What is it? What is a psyche?

PERSON: Mind plus body.

SECOND PERSON: Total creative power of mind.

YB: Psyche is what does not allow you to goof, but it makes you to goof. Psyche is your Creative Mother, very beautiful, but if you go on the wrong side of it, it spank you so bad.

"Understanding and Humility leads to the perfection of love, and God is love."

"Male and a female make a union and this is complete union is the greatest yoga."

"Marriage is when there are two bodies, but one soul."

"The moment you can love the being of an individual, then you love the God of an individual. The moment of that experience happens, when you become a Universal soul yourself."

"Love is the experience of sacrifice in One's self."

And la, la, la. Pretty good. The man who wrote it at that time was called "Yogi Bahan." And look how many chapters are covered. Watch out. Introduction to "Sa-ta-na-ma Meditation," that's all right. "Word, Love, Woman, Happiness, Self, Wisdom, God, Mind, Realization, Polarity, Devotion, Relationship and Techniques." There's no chapter on 'Man.' Can you believe that? Hawthorne books. Quite a fun.

All right, ready now?

CLASS: Yes, sir.

YB: All right, set yourself, folks. You asked for it, and not my... I forgive myself and wash my hands.

MEDITATION PRACTICE BEGINS:

Balance your... balance your wrist and your open fingers. That's the definite, body must hold, the muscle must hold the weight. And it must remember, first time when you go up, you have to go in the back of your? (Left in front, crosses over in front of right.)

CLASS: Head.

YB: And second time when you go up, you gotta go in front. (Right in front, open palm, wrist crosses over in front of left.) All right. Thank you. Put the tape.

(Tape, "Dhuni" is played.)

It is your honesty, your strength. Not mine. Keep the hand in balance, because it's gonna move the central nerve, we call it shushmana, in the inner spine chord.

(After just a few minutes): Okay, okay, okay, okay. You are getting into it. Stop, stop. This is enough initiation of this. We'll do it on Monday. No, no, you'll get into it and then your whole afternoon will be wasted. You're gonna sit here like zombies and... you are getting good. You are getting way better than I thought. You are into it now. You know what I mean? Ahh, but you know, let's, let's give ourselves a chance and time. It's not good to become holy overnight. It's not that important, you know, take your time.

Barring a Sikh religion, put it on the side, they don't practice a thing. I know that. Sikh means a seeker, and teacher when becomes a teacher, then you are nothing else. Seeker is a Sikh, and taught, who has taught himself to seek is the master. So please don't misunderstand your situation. And, I'm not saying

anything absolutely to you, because for three thousand years you have been told you are born in sin, and Eve and Adam did something you know, which we do it. Birds do it, bees do it, they did it. But they ate apple. That was juicy stuff which made him horny and she seduced him. Now what is wrong? We seduce every day. So our forefather seduced each other. And they were thrown out of the boredom of Eden. That was a damned bored place. All there was an apple tree and a snake. Now who wants that? That was a bad neighborhood. It was not good. So they were thrown out to the earth. And then they thought, "Wow!" But they forgot. Sex is the sixth sense. When sex does not invoke the sixth sense, it is called 'fucking.' And that fucks the psyche forever. Very clear.

Actually 'sex' was a very beautiful word -- not the way you use it. It was 'cohabitation.' "Oh, they are cohabiting together." It's an original English. Oh, but later on we become like machines in the machine age, and we start say... And then actually it become a abuse. When you talk about sex, you have to hide yourself. It's not nice. It's not... it's not... what it's not? It's not graceful, right? And gentlemen do it, but they don't talk about it. Right? Did Adam told Eve that he's gonna have a sex? Is there something written like that? Even there they are silent. They said they have 'sinned,' and they were thrown out of Garden of Eden. Actually they enjoy it and they didn't live, wanted to live in the damn boredom thing, and with that apple tree and one little snake. So they got out. They didn't want any part of it. And still the man doesn't want any part of Garden of Eden.

What you gonna do with long life? They lived sixty two hundred thousand years. What? A skeleton hanging? You don't want to live long -- you want to live young, you want to live alert, you want to live happy. You want to live fulfilled. You want to live achieved. You want to live purposeful. You want to live powerful. Don't lie. I know what you want. I can give it to you. I got it, therefore I can give it to you.

Don't misunderstand me. I have been stabbed and spitted and shadowed and insulted and all that what you do not yet know, I went through it. But I achieved the power to laugh at it. You know why? It didn't mean a thing, and that's what that mantra you chant, "God and me, me and God, are One." See what a affirmation is it? "God and me, me and God, are One. God and me, me and God, are One." We pluralled Him, not single. "God and me, me and God, may be One. God and me, me and God, can be One. God and me, me and God, should be One. God and me, me and God, have to be One." Bullshit. That's the ugly teachings. That's what they call religion is.

You know what is religion? "God and me, me and God, has to be One. God and me, me and God, should be One." All those conditions. No, there's no condition. Truth is: "God and me, me and God, are One." "Humee Hum, Brahm Hum." "Ek Ong Kar, (Sat) Gur Prasaad, (Sat) Gur Prasaad, Ek Ong Kar." Very powerful things. Real things. Total things.

One Creator created the creation, and that creation is a blessing of the Creator, and blessing of the Creator is that He created because He was bored, too. Tell the damn God, "Why He created us?" Did we apply? Huh? Did I apply, "Please create me as Yogiji. I want to go to earth and here is ten dollars, my deposit fee?" Nobody applied. He wanted us and when we come here, we forget Him. God got bored in the heavens. Adam got bored in the heavens, Garden of Eden, so then out of boredom he wanted to talk to something. He got in touch with this damn snake. That was the only thing available. Snake is called "Naa-gaa." Naga means where nothing can go, snake can go. That's why it's snake. It was not apple, it was a fig tree. I know it. I was watching. Yeah, yeah. It was a fig tree, not apple. Because she, after intercourse, enjoyed it so much, she wanted to cover it for him. She put the fig leaf on it. I know. They don't talk about it. This is not spiritual.

What is not spiritual? You came out of that damn path, and you created that path, and you everyday do it, and it's not spiritual. What is spiritual then? I don't know.

(Reading from a paper): "The Ten Commandments and the Ten Promises from a lecture by Siri Singh Sahib, August 6, 1991." You know, remember ten commandments? Some of you do, right?

"Thou Shall Have No Other God Before Thee." Is that true? Promise was: "Thou Shall Conquer the Earth and the Lord is Peace."

"Thou Shall Not Take the Name of the Lord in Vain." "Thou Shall Never be Polluted."

"Remember the Sabbath Day to Keep." It holy, uh, keep it, oh... "Remember the Sabbath Day to Keep it Holy." "Thou Shall Live in Peace and Rest."

“Honor Thy Father and Thy Mother.” “Thy Identity Shall be Perfect.”

“Thou Shall Not Kill.” “Thou Shall Not be Killed.”

“Thou Shall Not Commit Adultery.” “Thy Purity Shall be Granted.”

“Love Thy Neighbor...” “...And the Entire Neighborhood Shall Love Thee.”

“Thou Shall Not Steal.” “All Shall Belong to Thee.”

“Thou Shall Not Bear False Witness.” “The Power to Witness My Creation Shall Be Thine.”

“Thou Shall Not Covet Thy Neighbor’s Wife or Thy Neighbor’s Goods.” “The Universe Shall Never Question Thy Will and All Goods Shall Be Come to Thee.”

You know, Moses was not allowed to enter the Promised Land, you remember that? Because he all told the Commandments, he never told the Promises God made. So I covered the guy, and here it is. Oh, somebody has to do the job. He forgot and Jews do not want to talk about it. They know it. In the Sea Scrolls -- even they found it, they didn’t want to talk about it.

And then we have lot of alphabets, mind you. What are the alphabets you are showing me, Soorya, today?

SOORYA: Oh, I’ll go get them.

YB: What get, get, to get? Get, get, get. Oh, “Happy Birthday to you...”

CLASS: (Sings Happy Birthday to some one in the class.)

YB: And please give us cookies. Your life may be a cookie. Let us see how sweet it is. Yeah, clap man, give a hand.

CLASS: (Applauds.)

YB: If you are a good dude, you be a good Jew and just remember with every commandment there shall be a promise. There cannot be any commandment with, without obedience, and obedience must have ages. And Moses was not that foolish. He was the Law Giver. So he gave the Commandment and ga..., told the promises, but he, I think he was in a hurry, he forgot.

Oh you know, he came underneath, they were screwing each other, they were dancing, they had put a world bull. It was not a good scene. He (was) pissed, you are right. So he said, “Get your scene together,” and he got angry, and threw the tablets. You know all that drama you see? He really was in pain. In spite of the fact they took forty years to take the idiots to strength, you know? Otherwise the whole journey from there to there by walking is two and a half year, with absolute rest. Well, he took them around and had fights and went through all that. But when he came to the Promised Land, he said, “I can’t go. You go now.” That was a fun.

And you know, we, Jews sacrificed six million Jews to create Israel. It didn’t happen (in) one day. Should they condemn Hitler for that, or they should be grateful? That’s a question to ponder. Did holocaust created a Holy Land and it’s worth or it’s not? This is the question of debate.

(YB receives a cookie.) Thank you. Does it have something in it? Hmm. Very good. Cookies lunch. Hey, what are others? Hmm?

SOORYA: Alphabet of Self Esteem.

YB: Hey, I get my glasses. (Someone gives him his glasses. He begins to read.)

Alphabet of Self Esteem. Okay. What else?

PERSON: Alphabet of Marriage.

YB: Oh, that’s important. Alphabet of Marriage.

PERSON: This one, I’m not sure about the title, but it’s the A-B-C’s of something. It looks like something, “The Aquarian Age.”

YB: What alphabet is it?

Oh. Here are the various categories of people and how they function in life. Alphabetically.

Ten Sacred Secret of Success, and Alphabet of Marriage, bah, bah, bah. Alphabet of Self Esteem. What else?

PERSON: I think it’s two pages. Oh, it’s the Alphabet of a Woman.

YB: Oh, Alphabet of Woman. Where is the Alphabet of Man.

PERSON: You usually don’t do man.

YB: I don't. (Reading the Alphabet of a Woman.) "Able, blessed, compassionate, dharma, exercise, fulfilled, graceful, honest, joyful, Khalsa, learned, meditate, noble, organize, patient, queenly, radiant, smiling, thoughtful, understanding, vital, Wahe Guru, excellence, yoga, zesftul." Hmm. Okay. Very good.

Where you are going to go today afternoon? Hmm?

PERSON: Hot springs.

YB: Oh that, oh, ho, oh, ho. Ho, ho, ho. Everybody call it Ojo. It'll be fun. Natural tub. Very good.

First tape, play it. We can leave. Gurucharan, is your book? I'm just leaving it here. I'm gonna get my copy, too. Hmm. First tape. There's a tape of old songs. You didn't find it? You find it? From the beginning. It has a tune to begin with. I just like that tune. These are our old songs. Want, what I want. (Tape by Ragu Rai is played, "All For You" is played.)

(After song plays for a while...) The word in is, "That I can prove to Mukunday." Nobody has ever used this word, though it exists. But this what the song, somebody wrote to somebody when they were nobodies, but when it became body, everybody fall apart, because body shall fall apart. So all what there is about body shall fall. Because soul has to leave in a subtle body and subtle body has to leave in the essence of divinity. And essence of divinity cannot exist without royalty. We'll prove it how we can be spiritually divine and gorgeously rich and rule this earth, and the rule of life. Life has no other rule. So we can prove it, I can prove it to Mukunday, the Lord of Dimension who gives absolute Mukhti. What the Jews call that? Atonement? Hindus call it 'nirvana.' Everybody has a word for it. There are eight aspects of God:

Gobinday:	<i>Sustainer.</i>
Mukunday:	<i>Liberator.</i>
Udhaaray:	<i>Enlightener. One who takes across, uplifts us.</i>
Apaaray:	<i>Infinite.</i>
Hariang:	<i>Destroyer.</i>
Kariang:	<i>Creator. For which grace everything is done.</i>
Nirnaamay:	<i>Nameless. He is not bound down, He is without the identity of the Name.</i>
Akaamay:	<i>Desireless. It is by Itself.</i>

These are the eight aspects. Known, found, and we remember God by His action. But the most powerful word used in this song is "Mukunday." "So I can prove it to Mukunday." Look at the essence of the power. I can go and stand before the God, the One who gives, redeem my life. "...that I was pure." But when it came to the body, everything fell apart. Because body is the combination of five tattwas put together, by the spirit, guided by the mind, and subject to time and space. So as it grows, it must diminish. When you hold this body and the personality by the power of the ego, then you must be bewitched by insanity, not by love. And you shall not recognize the man, the spirit, the soul, the self.

Good to talk on Monday, right?

CLASS: Yes, sir.

YB: Have a good day.

CLASS: Thank you, sir. May the Long Time Sunshine Upon You...

YB: Oh Lord of Lords, Giver of the breath of life, Giver of the birth and Giver of the opportunity in time and space, by Thy Will we have come here, presuming and we consume Thy Wisdom. Give us the forgiveness forever. Give us the altitude and attitude of that feeling of fulfillment. Give is the power to serve and grace and a face in Thy Name. Give us a chance. We ask Thee in Your Own Self, we have come here to become teachers. Give us the purity, piety, and let the Self be dropped, and teacher rise out of the ashes of it, so we can be what Thy Will is to be. Sat Nam.

TCH2012 960727 Warrior's Exercise for Opening the Energy into the Shushmana & Balancing the Hemispheres of the Brain

Warm-ups: Sit with a straight spine, and extend your arms out to the sides, parallel to the ground. Begin wiggling the fingers, twisting the hands, bending the arms, stretching the elbows, for a few minutes before you begin. This is an important part of this exercise. Time for warm-ups: just a minute or so.

BASIC WARMUP POSITION FLEX THE HANDS & ARMS

BEGIN TO STRETCH THE ELBOWS ROTATE THE SHOULDERS & ARMS

Mudra: Stretch your arms out to the sides, parallel to the ground. Make your palms flat, facing forward, and the fingers spread wide apart. Come to a balance in this position. The muscles of the body should hold the weight of the arms, to perform the exercise. This position is your base.

BASIC STARTING POSITION-FINGERS SPREAD WIDE, ARMS STRETCHED OUT

A) Criss Cross Hands
Behind Head
B) Criss Cross
Hands in Front of Head

Palms flat, fingers wide, left
in front of right
Palms flat, fingers wide,
right in front of left

Movement:

Keeping the palms flat, fingers spread apart the whole time, begin the following movement:

a. Raise your arms up directly over your head, criss-crossing them at the wrists, left in front, right behind. They actually should be cross a few inches behind the area directly over your head. Then bring the arms back down to the starting position.

b. Raise your arms up and criss-cross them with the right palms in front of the left, but angle the arms forward a bit, so they are crossing about 12 inches in front of the area directly above the head. Then bring the arms back down to the starting position.

Continue in this fashion.

Tape: The musical tape, "Dhuni," is played during the exercise.

Mantra: Mentally recite "Sat Nam, Sat Nam, Sat Nam Ji, Wahe Guru, Wahe Guru, Wahe Guru Ji."

Eyes: Unspecified, although for maximum strength, keep the eyes closed.

Time: Done for 2-1/2 minutes in class. Yogi Bhajan said this was enough to 'initiate' the students into this meditation, and not space them out too much.

Comments/Effects: This is a warrior's exercise, and can call upon a lot of inner strength and determination. The warm-ups are an essential part of this meditation; sometimes the nerves, muscles & bones get locked up, and the warm-ups will help loosen them. Without that, you may experience muscle pain the next day.

In the starting position, keep the arms in balance, letting the weight of the arms be held up by the muscles of the body (as opposed to the muscles of the arms doing all the work). This will cause a movement in the central nerve, the 'shushmana', in the inner spinal chord. If held in the proper position, you will begin to feel a tingling of energy.

Yogi Bhajan refers to position 'a,' as your "Sat Nam," and he calls it your original "Oriental Self," your earth, your spine. He refers to position 'b,' as your "Wahe Guru," your God, your front face. "There are only two things on this planet -- "Sat Nam" is your back; "Wahe Guru" is your front."

Remember, angle is very important in Kundalini Yoga. Kundalini Yoga is a series of angles, triangles, which cut the squares. They say in astrology when you have a "square," it means trouble. Kundalini Yoga deals with angles to diagonally cut the squares, which means cutting the bad luck.

After a few minutes of practice, you'll reach a stage called, "The Twilight Zone," and then there'll be huge pain. You will feel you are hurting, because the hemispheres of the brain have to adjust; but soon the endorphins will be released, and you won't want to stop. That's how it will be if we keep on doing it.

