



Ek Ong Kaar

Yogi Bhajan, Ph.D. - June 15th, 2001 - Espanola, NM, USA

I was in Anchorage, Alaska in the winter to teach a class. At night the sky was so beautifully lit that it woke me up. I rose to see what it was and exclaimed, "Oh God!" There were Northern Lights entangling and intermingling with each other. They were at their maximum, coming into each other and playing, all the way from the North Pole to where I was.

For some God is a person. For some God is energy. For some God is a moment. Nanak went into the essence when he said, "Ek Ong Kaar," "There is One Creator of the entire creation." Unfortunately we do not believe there is one God. If we did, there would be no need for fighting among religions. If we did, there would be no need for expanding oneself. If we did, there would be no need to hate each other. If we believed in God, whose manifestation we are, there would be no reason for suffering.

God is One, and any manifestation of God is the All. Good and bad are solely our judgment! For thousands of years we have been taught that there is good and bad. It is not true! We are not byproducts of good and bad, we are the byproduct of one Good. Sometimes we go bad. What is wrong with that? When we, as byproducts of that one Good, go bad, there is no tolerance for it. It is judged, and the entire human body is totally put into this madness, which takes away our energy, our life, our happiness and our strength.

What rules this world is the heart, not the head. Guru Gobind Singh said, "Be as God wants you to be." Decide if you want to be beautiful in the eyes of our Creator, in the eyes of the people or in your own eyes. Imagine that you are at the North Pole and the huge Northern Lights are kissing you and touching you. It is not a form, a book, a person, an angel. Within you and around you is totally you. In the beginning, middle and end is you. All is the intertwined light of the aura, and this is all that Kundalini is about. It is nothing but that power—primal, total, creative—the power to deliver you from the beginning to the end. There is purity and piety in that energy. All is equally everywhere as One.

We are all playing in those Northern Lights and have all been playing in those lights! You do not understand when you are young. When you will be ninety years old and exist without physical energy, but only with subtle and radiant bodies, you will know.

MEDITATION - The Northern Lights

1. Sit straight in a cross-legged position (students must sit facing forward in straight lines parallel to the teacher's bench). Place the tip of the right index finger on the tip of the left index finger and hold the other fingers with the thumb. Extend the arms up to a 60 degree angle, right palm facing down, left palm facing up. Eyes look straight ahead. Chant from the navel the "Ik Acharee Chand" shabd ("Ajai, Alai" by Gurushabd Singh and Niranjan Kaur. Jap Sahib, lines 190-196). Keep up! Bring the subtle body into play. Watch your arc line. Feel the Northern Lights! Win! Continue for 8 minutes.
2. Place your hands over your heart and keep chanting, moving the navel. Feel the Northern Lights. Continue for 3 minutes.
3. Same posture. Chant from the navel in a two and one-half breath cycle, "Ek Ong Kaar – Sat Naam Siree – Wah-hay Guroo." Go into yourself. Continue for 3 minutes. To end, inhale deeply, hold, and squeeze every fiber of your being. Exhale. Repeat 2 more times. On the last inhale, distribute the energy into every fiber. Relax.



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