



Self Sensory System II - Ecstasy and Joy

Yogi Bhajan, Ph.D. - January 30th, 2001 - Espanola, NM, USA

When you work hard, with the strength of character and discipline, to go through the pain and reach your angelic body, then nature starts serving you. It is a state of ecstasy and joy. You let things flow, you let things go, you do not sit in judgment, and no one holds judgment on you. You drop the past, and the future is just to be a solid saint, carved within the environments with graciousness.

Leaving the worldly Maya and its attractions is a painful struggle. Just like a bull that has ropes around his legs, neck and body, and people pulling on him. The bull reaches, and merges—until its whole body becomes a radiant body. This struggle can be achieved only through sadhana, character and commitment.

The body, with its five tattvas, has many hungers—sensual, sexual, social and imaginative. You want to be known, loved, appreciated, and understood. You want to have political and social power. Rise above your hunger with the liberty of the Self! Say, "I am divine, I am virtue, I am value, I am happiness!" When you swim across the ocean of desires and casualties, you have no direct or indirect desire to be recognized. When you have no desire to be anybody, at that time you become the body you are.

The Guru says, "*Union and disunion run the universe. And the law of cause and effect keeps life going. Life is to see it, and see through it.*" Nothing you see is yours, it is a perk you are provided with. In the coziness of having those perks, you can recognize there is a Giver. All you have is predestined. You can live through it, live with it, or live under it.

It is most difficult to create personal good will for the self. Only those who know how great it is, enjoy the love of personal purity. It is called ecstasy. It is not routine. It is not what you want or what you do not want. When you reach your radiant self within yourself, progressively, projectively and purely, then you have nothing to do with anything. You are a light within your own light. The five tattvas will not bring you to be greedy or to have false pride and attachments. You will know the joy and ecstasy of being attached to the Lotus Feet of the Master.

We are creatures of One Creator who must go through life without being scratched. We have to pay our karma, so that we can follow the dharma. Dharma is the call of duty beyond the five tattvas, the seven chakras and the three gunas. It is a stage of ecstasy through which we walk to reach Infinity. That is the journey of life.

MEDITATION - Purify your Body and Being

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. Eyes are closed and focused at the tip of the nose. Press the index fingertips very tightly against each other and chant, "Sat Naam, Sat Naam, Sat Naam Jee, Wah-hay, Wah-hay Guroo, Wah-hay Guroo Jee" with the instrumental tape "Duni." Continue for 11 or 31 minutes. During the last 2 minutes breathe in rhythm with the tune—let the power of the body in the navel dance with it, enrich the chakras, regenerate the cells. To end, inhale deeply, hold, put all pressure on the hands, stretch the spine, and tighten every tissue of the body. Exhale. Repeat 2 more times. Relax.

Your breath is your life-giving force. There is nothing more pure and better than that. Practice to purify. That is the purpose of life.



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