

#NM327 990930 Self Entanglement Know Your Heart
Yogi Bhajan, Ph.D. - September 30th, 1999 - Espanola, NM, USA

Your basic tendency and nature is trapping. Have you ever thought that you might be entrapped in one or more thoughts? When you are entrapped in your karma, you have your own mantra, "I want to be loved. I want, I want, I..." And you cannot understand there is a "Thou." Nor will you have time to understand there is a Will of Thou, because you do not understand your own will.

If you are entrapped in your karma, and your inner knowledge is not clean, clear and receptive, dharma can save you if you change lanes. "Ek Ong Kar," "There is One God, the Creator of all." There is nothing to worry, nothing to hurry, sit and relax. God is the Doer! Scriptures say, "As God has created living things, He will also provide them with food, because life is His Domain. "You do not have to do anything negative or positive, right or wrong. You have to let it happen.

What is the opposite of the third eye? The second chakra! "Our chemistry does not meet so we cannot Communicate .""We do not have a good sex life." All such judgment only qualifies you as a beast. When you can get out of this judgment, you are just human. When you get out of that judgment as a human, you reach the angelic form. And when you cross the angelic form, you are neither a beast, nor a human, nor an angel. You become you. It is the pure you which creates miracles. It is the pure you that gives you grace and glory. Your strength is not your money, knowledge and claims. Your strength is your purity and piety, your simplicity and your straight-forwardness.

The less judgmental you are the vaster you will become. The less you are afraid, the more you will find God with you. The less you are negative and critical, the more you will experience the beauty of Nature and the more you can expect in happiness. You have been created by God. Not by countries, not by politics, and not by your parents! You came to Earth to do your own bidding. Your real God is Mother Earth and the Fatherly Heavens, which give you a bigger horizon than you can imagine.

You are afraid of death because you have never loved life, never ever completed anything in life, and never experienced the beauty and bounty of being alive. You feel that you survive in the hands of your head. Actually, you have survived in the hands of your heart. The heart represents rhythm. It represents circulation. It represents you. Let us see, actually, what the heart represents.

MEDITATION - Know Your Heart

Sit straight in a cross-legged position. Place your right hand on your heart and extend the left arm forward at a 60 degree angle, palm facing forward, as if you are blessing the universe. Inhale through the "o" of the mouth and exhale through the nose. Eyes are 1/10 open and focused at the tip of the nose. Continue for 11 minutes.

You have to keep up, breathe and use your stamina, and in spite of all that you are going through, you have to feel comfortable. As your body issues endo-morphine to give you relief, you will feel absolutely numb to the pain. Why is that essential to have? When you are ready to go home you have three seconds to see all of your life. If this practice is perfect you can numb yourself and calmly pass on to the other side, from Maya to God.



2. Quickly change hands and do Breath of Fire through the mouth. Move the navel as powerfully as you can. Continue for 3 minute.

3. Place both hands on the heart and chant "Har, Har, Har, Har, Gobinday" (by Nirinjan Kaur). Continue for 11 minutes. To end, inhale deeply, hold, and squeeze your entire body to equalize the energy. Exhale. Repeat 2 more times. On the last inhale, hold, squeeze and pressurize your rib cage with both hands, using whatever force you have. Relax.

You may start doing this meditation for 11 minutes, then extend the time. Once you can do it for 2 1/2 hours, you will not have to do anything else! Practicing this meditation, you will reach an understanding with yourself.

Love me so you can learn the teachings. Love me so you can practice the teachings. Love me so that you can become the teachings. That is all love can give you. Understand deeply, there is one value you have—you can smile, sing and be human, and being human shall be your way of life.