

NM388 A10313 Anger and Innocence Recall Your Inner Innocence. Yogi Bhajan, Ph.D. -
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They say that anger is the cause of cancer. When you are angry your entire energy consolidates into the wavelength of that angry thought, you stay in anger perpetually. Your anger takes away nourishment from your body, takes away heat from your stomach and energy from your blood circulation. If you realize the cost you pay for one moment of anger, you would never become angry. You feel that you must hustle, work, and plan or you will die in poverty. Because of fear you wonder who will feed you, protect you, and take care of you. Who cared for you when you were an infant? You are taken care of when you flow with the natural flow of energy. When you understand that you are part of the universe and the universe is part of you, you will be social, smiling, laughing and welcoming everybody. People will trust you and listen to you. You do not need to give them anything. Let them see that you are you. The surroundings will start giving you energy, and opportunities will come your way. First you see single opportunities for you, then collective and finally universal opportunities. You will have no limits, and no reason to be angry. Sometimes our anger puts us into firm isolation. People come and talk to us, and we do not care. Man is a social animal: Without society, without encirclement, we cannot survive. Even our sun and the mightiest stars move on their orbits. We age from moment to moment. As the body grows and changes, the mind must develop equally. We are stuck in duality because our concept and our projection are not the same. The purpose of rising early in the morning and meditating, saying "Hello" to everybody, is simple: We encourage ourselves, just as the sun shines in the morning. It is definite in our life that we should shine. You are born on earth to realize the heavens. Develop your mind correlative to your body, find and understand the innocence of that child which is you, and with the strength of your life's projection of growth, touch the heavens! Why do you want to trust in the known, thinking it is permanent? It is not permanent! The only thing permanent is the Unknown. You live in the middle of this criss-cross between the known and Unknown. Remember that the Cosmos is your Ultimate Friend. Just do not forget: It is forgetfulness which brings us to a lot of anger; we forget the vastness of our Creator. Do you ever recall that you were once a crawling child? If you cannot produce that crawling child within yourself, in your meditation, you will not be able to recall the Almighty God. They say, "Know thyself." Know thyself when you were an innocent child, when all you could do was smile and cry and everything was done for you. Everything will be done for you when you see that child in you and confirm your innocence.

NM0388 MEDITATION - Recall Your Inner Innocence

Sit straight in a cross-legged position. Tuck the left hand flat under the right armpit with the thumb outside. Raise the left arm straight forward at a 60 degree angle, palm facing down, fingers together. Close the eyes or look at the tip of the nose. Do Breath of Fire through a pursed mouth. Without singing, use the breath to chant the mantra "Har, Har, Har, Har..." ("Tantric Har" by Simran Kaur and Guru Prem Singh). Continue for 11 minutes. To end, inhale deeply, hold and stretch the body and spine, bring yourself to your entire self-conscious knowledge, from the tips of the fingers to the tips of your toes. Exhale. Repeat 2 more times. Relax. This meditation will make you so beautiful, you can't believe it! A flower that does not blossom cannot have fragrance. A person who is not happy cannot join society. A person who cannot serve cannot have friendship.

