

LA438 850226

LIFE & MANAGED ENERGY

How to pay Your Negative from Your Positive & Still have a surplus

We have been talking about managed energy. It is not a new subject. We have known it all along. We could always do it. But, first of all, we must understand that our brain is divided into ten equal parts, and each finger represents one part. In our current medical theory we divide the brain into left and right, back and front, upper and lower, grey matter... We have given very convenient names. But in your body each limb also has its own identity. The phrase "ang sang waahe guroo," God is in my every limb, is not just an expression to make you feel good. It is true.

Each limb has a main meridian point. Each meridian point has a corresponding meridian point in the brain. Every limb has a message nervous system. If I tell my head to go this way, my hand does not go instead. No, it never happens. It is a totally qualified, well coordinated system. Suppose you have a headache. Did you ever wonder why you have a headache? Have you ever sat down in cold running water for ten minutes when you have a headache? See where that headache goes. It goes out through the feet. Now a headache is in the head. What can cold water on the feet do? Have you ever wondered? There was a person who came to me once. He brought this thick medical history, x-rays, brain scan, etc., and he wanted me to study it. I said, "Gentleman, why do I have to go through all this?"

He said, "Because you may be convinced. I have spent all my life getting rid of this headache."

"What is this headache?"

"Sometimes here, sometimes in here, sometimes there."

"Nothing has worked for you?"

"Nothing."

"Will you do everything and anything to get rid of it?"

"Yeah."

"All right. One hour of bundle kriya and one hour of "walking four legs" every day. Go." Not only does he no longer have a headache, now he walks on his hands in the house. His wife is very upset about that. He comes from the office, he takes off his clothes and puts on his sweatsuit -- that running suit kind of thing. He has a very funny suit he puts on. It looks good. And then he starts walking on his hands. He runs around the kitchen. He talks to her. He stands before her upside down. It is so funny that she now wants me to concede that at least at home he can just stand straight. But he says if he goes to a restaurant, he will go the other way. He is overjoyed. A very humorous, very happy man. He feels that he is liberated. He feels he has found God because when the pain of the headache, which was very real to him, went away, he realized what life is like without pain.

None of you have realized what life is without pain. All you know is life with pain, life with insecurity, emotional life, commotional life, neurotic life. You don't know what a clean life is. No, you don't. You do not know what a clean, honorable living is. You do not know what a graceful, radiant life is. You don't have an idea. You don't understand, when Guru Teg Bahadur said, if you hold somebody's hand, let your head go but don't let go of the hand. You have not heard it. You have not realized that life is not a joke. It is not a yo-yo. One morning you get up, you feel very loving. The next morning you get up and you say, "What is that?" Because you do not know how to be. So what can anybody say? You do not know what conscious living is. You do not have any experience of it. You believe in rituals, you believe in traditions. You believe in emotions, you believe in feelings. Have you ever believed in your own consciousness? Have you ever tried that? Have you put your everything through the eye of consciousness and looked at it?

You say you love your children. You don't. What have you done for them? I agree that you love your children. But what have you done for them? Nothing. The majority of the children suffer because of the affected, unnatural behavior of the parents between themselves. The majority of the children suffer because of an unloving relationship between husband and wife. You go and analyze anybody's life and you will find out that somebody is paying for the karma of the mother, somebody is paying for the karma of the father, and somebody is paying the karma of them both. These innocent souls who have come and happened to choose you as a channel to come into this world. What did they get? What do you give them? Neurosis. What have you given them? Deficiencies. What have you given them? Cavities. The rest of their life they will spend fulfilling it.

From where does your insecurity come? From mother phobia and father phobia. Where does this neurotic cycle that you create come from? From mother phenomenon, father phenomenon. From where does your behavior deficiency come? From parental inadequacy. Take a plant. Don't give it water properly. Don't feed it properly. Don't fertilize it properly. Even a plant will not give you good flowers. How can in your case things be different? I understand that you marry each other for sex. Have fun. I have no objection.

I was passing through Hollywood. Just by looking at a person you can see what their trade is. People think that bana is a joke. No, it is a commitment. It is a character. It is a personal concession. My bana is a personal concession for me. It tells

me how to act. It makes me responsible. It makes me alert. It supervises my behavior. My bani tells me my mental conception, it lays the foundation of my mental conception. It is my management of my most precious thing, my energy as me.

You want to manage the whole world? Nonsense. You first must learn to manage yourself. The most precious thing which I have with me is me. It is the management of me by me. I am Harbhajan Singh, Inc. Yes. I am Bhajan, Inc., if you really want to know. I am the President, Vice-president, Treasurer, the Secretary, the staff and the Secretariat within me. I have to carry out my self. I have ten dimensions. I have five tattvas. I have seventy-two thousand nerve centers. I have ten trillion cell units. I have five senses. I have prana, apana, ida, pingala, shushmana. I have five ears. I have five sub-ears. Look how big a department it is. I have eyes to watch. I have ears to understand. I have a tongue to control. Have you really understood what a detail you have to go through it? One individual is really a pure cosmic combination.

You know, believe me or not it is none of my problem, but just listen to this. I was sitting somewhere, but I had a problem with my stomach. There were two ways for me to go. One was to immediately call Dr. Saram and ask what I should do, go to him and bug him and get some medicine or temporary relief. But where I was, I was enjoying it. I was eating nachos, and I wanted to enjoy it. My stomach was upset because I goofed on my medicine. I thought it was the Chinese medicine, but actually it was not, it was the other -- you know, the eyeglasses problem. I immediately took my three meridians from here and didn't say anything to anybody. I just bounced them for two to three minutes. Everything calmed down. Mr. Stomach behaved just like a little boy who is pulled by his ear. I said, "Look, mister, I have to eat just two or three nachos. I am not going to misbehave. And if you continue this then I am going to do other stuff to you."

Compromise. Departments. I remember one day I was sitting someplace, and I had to pull myself through because it was very, very painful. I was tired. I was sleepy. I was almost dozing. So I reached four inches down my knee, one half an inch left of my calf, put my finger on my center meridian point without anybody noticing. I just rubbed it, and after that I was as good as gold for six hours.

Your body is not a small thing. It has a lot of virtues. Have you ever cared to know? You love to wear pointed shoes. You mess up your toes, the total magnetic base of your body. What a ridiculous human being you are. You spend seventy-two dollars to mess up your life. Because you are crazy. You can't wear broad shoes. How much more sick can you be considered? I can understand, if your pelvic bone is damaged, you should wear high heels. In the case of Karta Purkh, I myself ordered them. When she fell from a horse, it was medically impossible to take care of the situation, but with a simple sacrifice she is perfect. She is okay. But do you know what that does to you if you have a perfect bone?

Actually, do you know from where the high heel came? A woman is supposed to walk on her "paws" and not touch her heel to the ground. That is the best way of walking. You will never get tired. You will be very intelligent. You will be very intuitive. It suits your body, ladies, plus it does not give you a jerk at your breast. So some man through his study of the female figured out how a woman should walk to keep herself young looking and energetic for a long time. The idea is to walk on your paws without a jerk, right? But a six inch needle heel, what is that? It did serve the purpose. And these ladies who wear these kinds of shoes, ask them to take off their socks and look at their feet. How messed up they have become.

You have to understand, your own body needs management. You have office management, you have business management, you have management for everything. Why not for you? All right, if you cannot manage it for twenty-four hours, manage it for two and a half hours. That is called sadhana. It is called a management hour. Clean up your mind through meditation. Give food to your soul through chanting. Exercise and fix your body. Regulate your energy. Do the breathing. Increase the circulatory system. Take a cold shower. So all capillaries get cleaned out. All that care. Personal hygiene. Personal management. Personal up-to-date. Personal alert. Are you worried about your personal alert? All I hear is, "I don't know. I forgot it. I am sorry. I should have. I couldn't. I didn't remember." What a negative mantra, "Please forgive me." Everybody wants to be superman and superwoman without management.

You have to understand, the beauty of you is not just to fall sick and then get healthy. The beauty is to manage yourself. Even if you are sick, you should manage yourself. Why do you manage yourself only when you are sick? Then you have a special diet, special medicine, special rest. But as an outpatient you don't want that management. You have only two choices, either you are an in-patient or you are an outpatient. Make a choice.

Today I read an article in which a man says that he would prefer a bite from a dog or any other animal than from man. Read the Los Angeles Times. There is a whole article. Your bite is more dangerous than anything else. And I was going to write him a letter -- Don't worry about the physical bite; the mental bite that we do to each other is much worse. Why? We are not alert. We don't know how to live alertly. Our confidence is ruined by our emotions.

I will give you an exercise today for about eleven minutes. I am going to work with your energy from the rib cage to the head. Just a good will concession, not anything in particular.

Blessed God, merge in us, enlighten us, keep us, manage us and balance us. Give us peace, joy and happiness, prosperity and purity. May Thy hand be with us for ever and ever and ever. Sat Nam.

# Kundalini Meditation

*Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji*

LA438 850226 MANAGED ENERGY MEDITATION

How to pay Your Negative from Your Positive & Still have a surplus

## **General Position:**

Sit in easy pose with a straight spine.

## **Arms and Hands:**

Bend the right elbow and raise the right hand up to the level of the chest. Join the fingers and cup the hand slightly. Press the pads of the fingers into the spot just below the notch of the collarbone. (This is a thymus reflex point). Insert the fingers of the left hand into the bend of the left leg inside the knee. The palm faces toward the thigh. For part two let the head neck and shoulders completely relax and fall down. Use no strength in any part of the body above the diaphragm but keep the hands in place.

## **Breath:**

Make the mouth into the shape of an "O" and breathe twice per second as if blowing bubbles. Use the cheeks. Breathe normally in part two. To finish the kriya hold the pose» inhale deeply, exhale, and hold the breath out 30 seconds.

**Length of time:** After five minutes start closing the eyes. After two minutes more let the head and shoulders drop. After two minutes more conclude the meditation.

## **Eyes:**

Look forward. Then gradually close the eyes while visualizing the bubbles.

## **Mantra:**

No mantra was given.

