

770303 MEDITATION FOR UPLIFTING CONSCIOUSNESS

Sit in a comfortable meditative position with a straight spine.

The left hand grasps the right upper arm next to the elbow. The right hand grasps the left upper arm next to the elbow.

Raise both arms over the head and pull them to the rear of the head. Bend at the elbows and bring the forearms down and toward each other until the hands are grasping the opposite upper arm (left grabs right and right grabs left). Maintain the arm position behind the head at all times. Pull the rib cage up.

Sit with the legs crossed or in a chair with the weight of both feet equally distributed on the ground.

Deeply inhale through the nose and exhale through the mouth as the mantra is chanted.

The eyes remain open. Roll them up and back as though you are looking through a hole in the top center of the head.

ire No



Chant the following mantra in a monotone voice:

"HARI ONG"

"HARI" is chanted from the navel and "ONG" is chanted through the nostrils.

Focus on the top center of the head.

Practice this meditation for at least eleven minutes.

In this kriya, you can never forget that you are alive. You can't sleep, nothing can happen to you. It will give you a lot of health and energy. It helps to break down the energy block in the shoulder, the most sensitive part of the body.

1977, Winter Lectures

Lecture

Very , you could chant, fifteen times more than you were doing, with you but when you go back home, try to reach, reach them to read them and try to take care of them because the way the mental neurosis are going to catch up with us, we definitely require not emotional and sentimental approach, we definitely want to know who we are. Sometime I feel very surprised that according to all records known on this earth, this earth has lived four lives. It grew and it diminished, four times. We are in the fifth phase, it comes and goes, it's okay, it's not big deal but ever we are going to learn one thing that we ever going to create a civilization where we are going to learn about ourself?

When I was flying back from New York I had a thought. I said, why we have to built the atom bomb, all right we built it because we wanted to stop the war, and why we are building now, why we need a war now, why can't we wait, let north pole act, and come all the way to the south pole, put us all under a beautiful white sheet, isn't fair? There are so many natural calamities which come in the life and they come and go, on the other hand the human mind is working, I should get that, I should get that, in our inner self the very light which is here, which is me, which is real me, neither my mind relates to it, nor my ego relates to it, this is the most ignored thing, what I am doing is, I am living by my ultra ego, I don't live by my ego, ego still away from me, I am a professionalist, I don't accept myself anything less than a yogi, what is that, am I not first a human being, am I not supposed to be a human being? No, I am not, and if this is the nature of me, that my extension, my profession, my degree, my wealth, my this, my liking, my disliking, my, my, my God, then where are you, you can never find yourself, you can never live by yourself, you can never know yourself. You are all trying to live by something else. I am the authority on nuclear projects, good.

Do you know there was a one nuclear expert, sometime he was asked to make of cup of tea he couldn't make it six times, every time he mess it up. Everybody does not know everything, everybody cannot be perfect in everything, there are flowers, beautiful flowers but the flower which has a thorn is called...

Students: Rose.

YB: There are beautiful flowers, they are wonderful, they are pretty, but only there is a one flower which carries with it the thorn and that makes it...

Students: Rose.

YB: There are lives and there are many live and they shall continue to be lives but the life which can be a committed life, life which can experience itself, life which can give itself to itself is called the human being. One life which can consciously elevate that inner self, remember what you said, the life which can sacrifice consciously, computer is perfect, you know, I thought tape is wrong, tape is okay, the life which can sacrifice perfectly, life which can acknowledge the sacrifice perfectly, life which can consciously give, consciously give, life which can consciously live, life which can consciously elevate itself and feel the experience, I was yesterday this, I am today this. That life is called human being. Life which can past any ugliness, life which can surpass any ugliness, life which can pull it out self and sprout into the newness of it, and life which can bring consciously as many lives it likes, as many types it likes is called human being. It is not superb only, it is supreme, that is why,

'Iss dehi ko simran dev.'

To this body of this shape and form, this bag which is called human being, even the angels worship to get that. What a angel can do? He can be good, and then very good, and then very, very good and then super good and super, super good, he can't be bad, and a devil, he cannot be good, he can be bad, very, very bad and super, super bad. You are the only one who can be good and bad, you are the only one who can be angel and devil at the same time. That is why, nobody is bad because then somebody he has to be good and nobody is good, with somebody has to bad.

Once there was a great sage and somebody blessed him and came, "Sir, you are very holy, you are great, you are very kind, bah, bah, bah," whole thing, and they was a friend of his.

He said, "My God, anybody who has come they have all praised you, they have all loved you and they sincerely have so much flowing radiance for your grace, what you do with them?"

He said, "I beat them to death."

I said, "I have never seen somebody who can beat everybody to death and they come and love him and praise him."

He said, "There is a difference; you don't understand that beating."

He said, "Show it to me."

I said, "Well, Khal, tomorrow we are going to go town. I will show you something."

So this holy man changed his clothes, so nobody may recognize him because he was so holy and so respected the whole town used to get up, and follow him and all that, so he put himself incognito, he took his friend, and took him to ironsmith, he said, "You know this guy?"

He said, "Oh yeah, ironsmith, I know him, he works here."

He said, "See, what he does."

He took a wrought iron, he put it in the fire, blow the air, the fire blew, blew, fire the iron become as the fire was, red hot, he took it out and he started with a hammer beating it up; beat it up, beat it up, beat it up, beat it up, this way, that way, finally shape and he said, "You saw that iron?"

He said, "Yeah."

"You saw him beating?"

"Fine."

"What is now?"

He said, "It's horseshoe."

He said, "You know from that iron to be a horseshoe, how much beating has gone in between?"

He said, "Terrible."

He said, "Now it has not stopped, now he is going to put that on the horseshoe, now the horse is going to beat it, this horseshoe is going to be totally plan out, to merge back into the earth because it took itself out of the earth and became iron and look what it is going through now, you thought with all that beating the game is over, no, game has started. That beating only brought him to be a horseshoe, now he will be on the horse hoof and now horse will beat him to death but each time horse will beat him, it will save him, each time horse will use it, it will save it because it has gone through the shape and size of a knowledgeable being, it is same iron."

He said, "Yeah, that I understand, tell me something different."

He said, "All right, day after tomorrow we'll go again."

He took him there to a big town and he showed him, he said, "Do you understand here what this shop is?"

He said, "This is a shop of a jeweler."

"What this jeweler is doing?"

He said, "I don't know, he is rubbing something."

He said, "Now wait, now close your eyes and I show you the future what he is rubbing and what he is going to be," and he closed his eyes, he saw there is a piece of diamond which this man is cutting, cutting, cutting, cutting, finally he cut it, he shaped it, then he studded it, he made the ring out of it, and then the prince of Wales, the father died, the prince of Wales accepted that ring to become a king because that diamond wore the seal of the king.

He said, "I have seen all what you showed me, in a dream kind of thing and that I believe is going to be reality but what is this?"

He said, "That is called the seal of the king, without that ring, though legitimately that prince of Wales has to be incarnated as a king but he cannot rule."

The entire authority of that kingdom has come into that little stone, he cannot preside in the court without the seal of the crown and that is studded in that ring, because, what is a diamond, a pure carbon, carbon gas, as a gas is a pure, three stages of it, as a gas it is pure, as a charcoal it is pure and as a diamond it's pure, there are lot of diamonds, millions of diamonds, very valuable diamonds but whatever diamond become the seal of the empire, there is nothing like it.

And that is the gift of the human mind; it can become anything. This is the only one mind, put in this body bag which can reach infinity, it can like and it can dislike. What are your dislikes-your neurosis and what are you likes-your neurosis. You are not without neurosis, it is agreed, but don't let the neurosis get you. If your likes are based on the truth of that what you are going to achieve through those likes, you are fortunate you are blessed. If your dislikes are based on the truth, what you are going to forget, you are blessed but your likes are going to make you a criminal and a idiot and going to make you miserable and you are going to make the life of many people as turn into suffering, your likes are nobody's likes. Your likes should make you likeable and then liked.

Somebody once asked, "One should not hate."

The sage said, "Stop; one should hate and one should like."

Because you must hate what you don't want to be and you must like what you want to be otherwise without vibration what is the life, you can't even move, you will be still, you will be dead. So long you are alive, you are not dead, you must move. You have two directions-which wants you go, you want to go up, you want to go north, you want to go south, it is you, it is only you who can go. I can tell you where San Francisco is, I can tell you how you can reach it, I can tell you all the highways but I am not going to go for you to San Francisco. I will meet you at San Francisco, I am even willing to receive you at San Francisco, I can guarantee if you reach San Francisco, it will be comfortable, it is beautiful, it is going to be a wonderful, but man, if you not going to reach there, don't expect from me, because if I have to reach you to San Francisco and I have to be there with you, I have to travel with you then all you are asking is you don't want your identity and if you don't want your identity, you don't want your experience and if you don't want your experience, then totally merge in me.

And if you merge in me, then you would not bother, my this gown will go to San Francisco with me because it is on me, I don't go without it, it won't go without me, it covers me, I cover it, I keep it, it keeps me.

Elevated consciousness must has to emerge in the elevated consciousness in reaction to the vibratory effect so that the mutual state of mind can be experienced through time and space. This is the law of spiritual world. In that polarity the mind of earth and mind of ether must take you in between, and that is the only nature which you get through any incarnation in a human incarnation. It is only that elevated instinct in you that you can be what you want to be, nowhere else it is possible.

And not only you can be what you want to be but you can be experiencing that too. The most important of it is the experience you enjoy out of what you want to be.

Kabir says beautifully, I followed the religion, I followed the religion, I followed the religion, I followed the religion, and one day I was going to follow my religious path and on the way God met me, and I was so happy, that I bowed to Him and He kicked me. I thought by following my religion God has been very happy, but God said to me, "You are a fool," and I asked, "How?"

He said, "First it was right for you to go to religious place then it was right for you to do all the religious rites, it was all right, but Kabir, along with that did you take your mind too?"

"No my lord I didn't."

He said, "Then I must give you a second kick. You separate, I gave you mind and body together, you want to prove Kabir that you love me?"

"Yes sir, I love you I pray to you, I praise you, I adore for you, admire you."

He said, "What a nut you are, I gave you mind and body and you have kept mind separate and body separate, who the hell you are to interfere in my work?"

Kabir had to say there, "Sir, I am intellectual."

There is no other answer; because if you are intelligent, then your mind and body should be together everywhere, that's the first sign of intelligent person, because if body is there, mind is not there, who is going to experience, nobody, but there are two categories of human being-intelligent and intellectual. Intellectual are those their body somewhere different, their mind is some always. Once a one intelligent become intellectual and intellectual become intelligent, first tenth, first commandment, keep your mind, body and soul together, got it, do you understand, and then enjoy time and space, second commandment, third commandment trust in God,

fourth one who can rotate the earth can take care of your routine, one which can rotate the earth for you can take care of your, and fifth, death is nothing but a good sleep, death is nothing but a...

Students: Good sleep.

YB: Sixth, love is one way traffic, seventh, price of life is, to keep your ego with you, eighth commandment; think and believe, think and believe you represent your creator. Now you want me to tell you the ninth? Those who have come shall go, and last commandment, the tenth, you will be either remembered or not, in case you are remembered, leave nothing behind but goodness. Got your ten commandments of the space age?

If you speak these commandments, they will exactly look to you as your daily routine. What is the first commandment-anybody knows? No, no, not these, I am talking of the old one, no, speak it loud slowly though.

Student: (-----)

YB: That is true, do you know what that means? Anybody who knows exact what the first commandment means you may be a rabbi or you a priest, I don't care but you all have been learning more than that. What is the meaning of the first commandment-love thy, love thy God, when you love thy God, whatever that God is, don't worry about it, even you love a friend, you keep whatever he gives you as a present intact right, right, God gave you body, mind and soul, how many of you keep it together intact and some of you call yourself Jews, some of you call yourself Christian and everybody swear on the bible, isn't a fun? You are taking oath without understanding what you are taking? Speak the first sentence, love thy God.

Student: (-----)

YB: And?

Student: (-----)

YB: Shall have no other God. Don't make your ego your God, you shall have no other God, you will not your own, create own principle which are against the law of nature, you will not live the life by your ultra ego.

What is the second commandment, there are only ten, you have forgotten.

Student: (-----)

YB: That is the second, all agree to it? Which number is love thy neighbor?

Student: (-----)

YB: I am not saying what Jesus comes, I am saying that ten commandments which Moses brought down, there is no Jew in the class, what is happening.

Student: (-----)

YB: You mean that, you made it, that's not, that can't be second commandment.

Student: (-----)

YB: Thou shall not kill, thou shall not commit adultery, thou shall not do this, thou shall not steal, thou shall not... You know what happened is, there was ten commandments but nobody explained them, in spite of the fact they were in carved on a stone so that even the stone heads can understand them. The purpose of bringing them on stone and creating them with divine fire was that even a living stone head should understand them; nobody cares.

It is not that we don't want to care, it is not that, that they won't make us good, it is not this, it is not that, fact is, fact is, we are not ourself, we only live by our, not even by our ego, ego has at least direct connection with us, what I will try ego, I will try ego as connection with our ego, the projected self, he insulted me, how, he told me, I am a liar, then what, have you become, no, but he told me, he told you, you are a liar, is it true, no then, he lied himself, why you are worried.

But why he told me? What is wrong in telling you? If somebody tell you are a liar, sir I am not and that proves that he is lying right on the spot.

There was a girl sitting in a garden, she had a apple and she had a knife, she was cutting the apple little by little and eating and somebody came and sat by side and said, "Hey girl, this apple is beautiful, this knife is fantastic, your eating manners are wonderful but you look very ugly."

And she looked at him, she said, "Sir, thank you for your observation."

He said, "Your manners are pleasant, your communication is beautiful and you have received me with a great surprise but why you look ugly?"

She said, "Sir, are you hungry, I can share little bit of apple with you."

He said, "Your generosity is great, your wonderful manners and education has convinced me, and you are studded with lot of beauty but why God goofed in making you very, very ugly."

And she said, "Thank you very much, it is the creator's beauty which has magnetically attracted you and you have talked so much to me, normally you are a very rare person sir."

He said, "Oh ugly girl, do you really know me?"

She said, "Yes, you are Aristotle, the philosopher."

He said, "You know me I am Aristotle the philosopher?"

She said, "Yes sir."

"How?"

She said, "Nobody can see deep hidden weakness in me which you can see and that only is the divine eye of the Aristotle which can go so deep into the hidden layers of my consciousness to find it out, otherwise I am the beauty queen of the entire Greece, and when you addressed and talked to me all this way I could only understand it is none else but Aristotle who can dive deep so much into time and space can find it out who really I am and I am so surprised that at least my, this physical charming beauty could not baffle the wise eye of you."

Don't we say what that glitters is not...

Students:

YB: And sometime gold doesn't...

I sometime wonder what is in the western world or in western philosophy except we are very neurotic which is in the east or in the eastern philosophy. I sometime wonder, is it not true that our east is New York, in spite of the fact the earth is round, there is no east and west, in spite of the fact sun never rises and never sets.

Does the sunrise, does the sunset? You are saying no, no but you don't, do you believe it? No, no, no, you don't believe it because you want to do everything cut and dry.

Because that's your basic nature to experience. You always know sun is there, you always know earth is rotating but you want to experience and it is rising, it is setting down, because you are a product and byproduct and total product of nothing but vibration.

'Jo upjo sobinsahe.'

Whosoever shall grow, shall vanish. Padeyo kaal ke paas,' it shall fall into the net of death, why, it is only God's great mercy that God created death, so at least you can go to something. You know, if there is no death how miserable you will be, you will be nobody to go to?

Can you believe hanging on this earth for ten thousand years, like rocks, those trees, those trees, what happens to them when they become stone like, what they call it, petrified human beings and somebody say hey, who are you, I am Yogi Bhajan, how old you are, two hundred and thirty three million years, what are you doing here, I am petrified.

Where are your feet, I walked and rubbed them all off, what happened to your hands, I have use them.

Can you imagine? Don't you understand that each day of life is a new experience of your own elevated consciousness, and the first step to happiness, first step to elevated consciousness, first step to life is, no, I am giving you a later on commandment know that you are alive. All wrong happens to you and all wrongs you do only at one moment, when you do not remember you are alive, check it out, and in this secret book of knowledge, there is a one meditation which makes us to feel we are alive.