

M162 A00623 Trust Yourself Burn Past Karma June 23rd, 2000 - Ram Das Puri, NM,
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There is only one problem: You do not trust your powers. There is no difference between you and God. Count your blessings. Be proud of yourself. Make your children, friends and neighbors proud of you. Let your touch be the Master's Touch. Serve the Age of Aquarius. Keep up and God will keep you up. Trust it. Stop looking down at yourself. Feel God within. There is no God outside of you. One day, a sinner was on a journey when he saw a man with a broken leg sitting on the roadside. The sinner thought, *"His leg is broken! He seems to be rich. I will walk off with his luggage and he won't be able to catch me! But as a matter of mercy I will leave his clothes on him."* When the sinner came near, the cripple asked him, "Man of God, please correct my leg!" The sinner said, "I can't do anything. I do not know healing." "You can do it," replied the cripple. "God is in you. God has sent you to heal me. Just try. Touch me." The sinner thought, *"I will pull his leg and crack it."* So he pulled the leg with all his strength. "WOW!" exclaimed the cripple, "I am fine! Put your hand on my head and bless me." The sinner thought, *"I will hit his head so hard that he will faint."* So he hit his forehead with all his force. "Ah, Divine Light!" the cripple exclaimed, "You have given me the power of an elephant. I am not only able to carry my luggage, I can carry you with it. Please hop on my back." The sinner asked, "What have I done?" "You have aroused my kundalini, my chakras are working, my third eye is open, I can see the unseen, hear the unheard, do the undoable." The sinner scratched his own head, thinking *"What is going on? What are these chakras?"* Then the cripple placed the hands on his back and his navel point, and he saw the divinity, the reality, and all the heavens. The sinner asked, "Who are you?" "I am just a man with a broken leg. You have healed me." "Where did you learn this?" "There was a Yogi who said, *"If you cannot see God in all, you cannot see God at all."* Believe that you will be blessed by the Touch of the Master. Believe that you have this opportunity. Uplift people's spirits. Touch them. Give a man with a broken leg a chance to walk again. The greatest power in you is to tune in and love without conditions. God will fulfill your conditions. You can choose either compliment or complaint. Which one do you want to choose? Some people think that if they do not complain they do not exist. It is a psychological fulfillment. When man complains, he insults God. We are human beings, made in the image of God, and God made us. Let us not make a mockery of ourselves. Stop complaining! As Guru Nanak says, *"Without ever speaking a word, God knows, because He is the Word, He was in the beginning, and always will be."* There is nothing to worry, for God created us. Give God a chance. See how peaceful you are.

MEDITATION - Burn Past Karma

1. Sit straight in a cross-legged position. Arch the arms up over your head. Point the index fingers towards each other, $\frac{1}{2}$ inch apart, and hold the other fingers with the thumbs. Eyes are focused at the tip of the nose. Do Breath of Fire, powerfully applying your diaphragm. Recharge yourself, burn the karma from incarnations and incarnations. Continue for 3 minutes.
2. Maintain the posture. Chant loud and clear from the navel Wah-hay Guroo, Wah-hay Jeeo by Sangeet Kaur and Harjinder Singh (from Raga Sadhana). Bring the heavens on earth. Release your ancestral karma. Give yourself a chance. Open up the navel. Call on the Creator from the third chakra. Invoke the cosmic energy. Continue for 8 minutes (for the last few seconds chant powerfully). To end, inhale deeply and hold the breath. Make the entire fiber of your body like steel. Get rid of all disease, now and in the future. Create the magnetic field. Become a living rock. Cannon Fire Exhale. Repeat 2 more times. Relax.

