



## *Elevate Others*

*Yogi Bhajan, Ph.D. - April 19th, 2000 - Espanola, NM, USA*

If you keep eating, one day you will become constipated. Similarly, when you have 1,000 thoughts per blink of the eye—creating feelings, desires, neuroses and psychoses—it is possible you will get stuck with your own neurosis. When a thought is haunting you, a psychologist or psychiatrist cannot help you. Any thought which is not fulfilled goes to the subconscious. An overloaded subconscious will drop into the unconscious, and an overloaded unconscious will generate a haunting thought in your conscious.

Fantasy overextends to the point that you start believing it, and finally you become that. When the reality, earth, and the heavenly fantasies do not meet together, we get in trouble. And now—in the information age—there will be so much trouble. Conversing in a *chat room* for hours and hours causes you to become addicted to sitting in front of the computer. You become caught in the network of computers. Sooner or later no one will go to the office—you will go to your computer.

What is your power? Money? Health? Knowledge? No! Your everlasting power is *seva*—selfless service. If you do not have the power to elevate others, you have absolutely no power. If your attitude does not elevate others, you are not human. Lack of *seva* can raise you to nothing. Real *seva* can raise you to everything. What is keeping you bound down to your lower self? It is your neurosis. You are stuck by your neuroses. You are trapped. You love your ego more than your identity. “In God I trust,” is what you have to learn. Get up in the morning, do your *sadhana*, cleanse yourself. It will bring you purity and piety so you may elevate yourself, and then you can elevate others.

Learn the shabd of the Guru, then become that shabd itself. “My mind, you are the Light of God.” When you enjoy the Guru’s word and live it, you start shining. People start respecting you, because people want to be unlimited. But instead of taking the gospel of the Guru, you start gossiping, saying negative things and putting a person down.

Your life is based on sex—marrying here, divorcing there, sex here, sex there, falling in love, falling out of love. You proclaim, “I have so many acres of land,” “I have that much money,” “I am a business man,” “I am an attorney,” “I am a doctor.” You invest in all this dirt. In the end you end up in the dirt, six feet deep. You do not understand sex, and you do not understand life. When you get up in the morning and open your eyes, touch the top of the head with the right hand, blessing yourself, saying, “I am a human being. Thank You Lord for giving me another day. Thank You for making me a human being.”

We have to work very hard and very powerfully to get rid of our subconscious neuroses and get ready to face our tomorrow.

### **MEDITATION - Bless Yourself**

*Raise both arms to the sides, elbows bent at 90 degree angles, so that the forearms are pointing upward. Hands face forward. Eyes on the tip of the nose. Chant the mantra “Humee Hum Brahm Hum” (#CT110 Humee Hum Brahm Hum by Nirinjan Kaur). In rhythm with the mantra touch the top of your head with the left hand (Humee Hum), blessing yourself, then return to the starting position (Brahm Hum). Continue for 11 minutes. To end, inhale, hold the breath and tighten the spine, stiffen only the left hand. Pull the energy of the spine into the left hand. Repeat 2 more times. Relax.*

When you get up in the morning, stretch yourself in cat pose. Then lie down straight, with your right arm alongside you, and bless yourself as you did in the meditation. One blessing is enough to start your day. Start living consciously. Become a human being. Be humble, serviceful, kind, compassionate. Your power to heal is in how much anger you have forgiven yourself for.



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