

# Kundalini Meditation 42

Taught by Siri Singh Sahib Bhai Sahib Harbhajan Singh Khalsa Yogiji 83

LA049 780901 HOMEH BANDANA KRIYA: takes away self-pride and vanity

## General Position:

Sit in easy pose with a straight spine.

## Legs:

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

## Arms and Hands:

Relax the arms down with the elbows bent. Make fists of the hands with the thumbs extended out from the fists. Raise the forearms up and in toward each other until the thumbs touch each other. No fingers of the opposite hands touch each other at any time. Apply 25 pounds of pressure per square inch on the thumbs. Hold the hand position in front of the chest at the heart level.

## Breath:

Deeply inhale and completely exhale as the **mantra** is chanted. Upon completion of the meditation deeply inhale and completely exhale for about 1 minute.

## Eyes:

Close the eyes all the way.

## Mantra:

Chant the following mantra in a monotone voice **4 times as the breath is completely exhaled:**

**WAAHAY WAAHKY WAAHAY GUROO** (Wahe wahe wahe Guru)

ਵਾਹੈ ਵਾਹੈ ਵਾਹੈ ਗੁਰੂ

This is the starting number of repetitions of the mantra. It may be increased to 8 repetitions.

## Mental Focus:

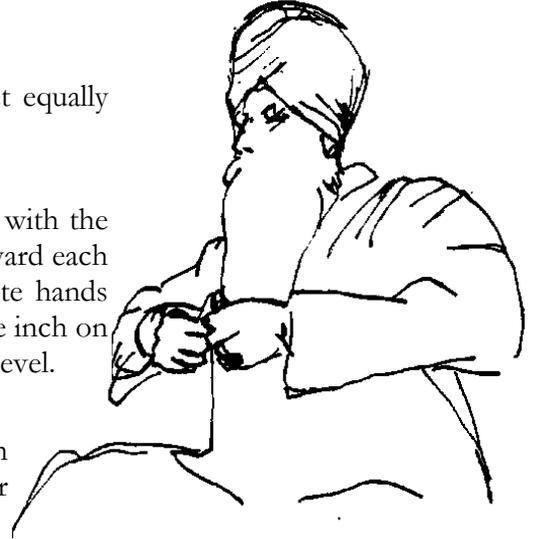
Focus on the chanted mantra.

## Length of time:

Continue the meditation for a maximum time of 31 minutes.

## Comments:

This is a very sacred, very simple, but very powerful meditation. It takes away a person's self-pride and vanity. If the number of repetitions of the mantra is increased to the maximum another person should be present with the meditator. The meditator may be rocketed to far into the ethers that he may find it hard to come back down.



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(Advanced) UCLA-tape 1

... (Students sing...)

(Song stops.)

YB: You have been chanting very well. That's all it takes. That's all it takes.

Today I am going to meditate little bit and I am going to tell you what is happening in the heavens, okay. Then we are having that eighty years old saint you know . Don't run away. He should have got what is the surprise.

We are going to talk today on a very controversial subject, but the most important subject of the human life. A subject which a child must know when he is a real small little child. Not when he is grown up and it's a very simple subject.

Guidance in truth, guidance in truth takes away doubt. Guidance in truth takes away doubt, if doubt doesn't go frustration comes in. Frustration brings anger, and anger brings destruction. This is a human pattern of behavior.

Now what is the answer? Can we get rid of frustration? No. Can we get rid of anger? No. Can we get rid of doubt? No. Can we get rid of destruction? No. They are all beyond us. But we can get rid of it in the very beginning of doubt. Knowledge gives the knowledge of truth. Law of universal truth applies in all consciousness, micro consciousness guides the macro consciousness in the relative potential of the truth. You can agonize yourself, you can magnetize yourself, this power of polarity is .

There is nothing anybody helps . And that is very fundamental basic meditation of every living ; you want to build yourself, you want to destroy yourself. It's a matter of power. Nobody on this planet has to misunderstand one thing. And it is a fundamental understanding which we have to go through, what you want to be and what you are. What you want to be is God like, what you are, sometime not even human. You have a doubt, you need for that reason one area of space. One area of space where you have doubt, you can speak truthfully, and you can get a truthful answer. Truthful answer. Not because you have come in a Cadillac, the answer should be different, if you come in Volkswagen the answer should be different. Then it is a double standard. An answer for a beautiful girl is different, answer for ugly girl is different. Then you have not any chance because nothing applied will be cosmic standard. Cosmic standard is above influence, above pressure, above environments into the reality of that individual capacity unto the guidance of infinity.

Law is, I am going to explain that law to you. If somebody comes with a problem I have got a doubt; answer what is the doubt? I do not know what I am doing here. I am just giving an American example, I am going to work it out. I am going to work it out for you so that you may know better. All right, what are you doing here? That's what your doubt is? Yes, sometime I feel very frustrated, very nasty, very ugly, within myself and I do not know what I am doing. That is the question. Why this question has come?

This question has come for the basic hatred of self. Hatred has come because you have started doubting yourself. We have started doubting, there is a frustration, frustration has got hatred, hatred has got anger, anger wants to destroy, destroy destroys fear and you want to say wait a minute, let us tell Yogi Bhajan. You understand? Relief. Now you have come to a yogi for a relief. Because you have power to destroy yourself. And mostly you all are because we all know this body, this mind, this soul is very precious and their togetherness in this lifetime is a chance to know and experience God. Therefore, normally people don't want to commit suicide, normally, I am not saying, there are not exceptions to it. Normally nobody wants to destroy himself but everybody likes to fear to destroy himself. That's very common. Because when you want to destroy yourself and you pretend you want to destroy yourself then the compassion in every known heart who has a vibratory connection with you will give you attention. What you want? You want attention. Though it is the most selfish motivation but this is what is very basic of everybody. Everybody wants to be recognized. And when you cannot know how to be recognized with positive attitude, then destruction is the only gateway open for you.

So when you become uptight, you are not becoming uptight, you are becoming uptight, somebody should relax you. And whosoever is going to relax you he will like to reflect himself. You understand what I am saying? Are you with me? Nobody is going to relax you without relaxing himself. And what is the plight of that relaxation? Nobody knows. To what extent it can go.

Therefore there is a standard way of dealing with a situation. When you are frustrated you have doubt, when you have doubt you have question. Ask the question openly. And you will always get the right answer from the right time and from the right man. Spiritual teacher is absolutely nothing but a man to guide you to the right consciousness. It maybe economics, it maybe politics, it maybe working problem, it maybe any problem. In every problem the basic problem is the human problem with your personality. Must understand. Two things make problem. Your capacity to cope with it and your capacity to understand it, that makes the human problem. You understand that? And moment there is a human problem, you are very limited, you are very finite, your ego is very limited, you are very hurt, you have forgotten that you are the creature created by God. So you are very lonely and you are very weak. And moment you are very weak and very lonely, your personal energy is very limited. You totally feel frustrated. Doubt brings frustration. Now frustration is nothing but a saturation of doubts, saturated condition of doubt is known as? Say what it is?

Students: Frustration.

YB: Saturated condition of doubt is?

Students: Frustration.

YB: What you think frustration is?

Students: (-----)

YB: Saturated condition of any doubt is frustration. Now what is frustration, saturated condition of?

Students: Doubt.

YB: What it will lead to?

Students: Anger and destruction.

YB: Anger. And moment you are angry you cannot think clear. And when you cannot think clear what you are going to do?

Student: (-----)

YB: Whom?

Students: Self.

YB: And how you got this self. You created environments to get this self.

“Gur kripa tey bhagath kamayi, taaye maanas dehi paayi.”

Through the grace of the Guru you pleased the Creator and He gave you the human body as a gift. It didn't come to you out of the blue. It was not dropped in your lap, it is a work of your many incarnations and many deeds and many plays and many, many good situations of sacrifice. Because among the creativity of the Creator this is a one in which finite can experience the infinity, otherwise there is no such situation available in any other physical body. Animals-limited, vegetation-limited. Gods, Gods, the dummy gods, limited, demons limited. Demon cannot do good, God cannot do wrong. Animals cannot think more than the season. Vegetation cannot grow beyond season, it is only man who has no season, who has no limitation, and who has devil in him, demon in him, angel in him, deity in him, man in him, woman in him, compassionate man of sacrifice, total egocentric self-maniac. All is one product.

Somebody said, “I want to catch God.”

The sage went and caught another man, he said, “I have caught him!”

He said, “What do you mean? He is another man.”

He said, “That's all God is.”

Before this human nobody knew what God is. This is the human which brought the God because human has a thinkable capacity to know the unknown, to experience the unknown, to feel the unknown because human is only not the part of unknown but he has the sensitivity to feel, experience and know the unknown. Animal doesn't have that, vegetation doesn't have that. How much... You know what we do?

We are very beautiful people, we know one thing in the science, action and reaction equal and opposite, Newton's third law of... right? Now one soul did a weird thing. And God granted him to be a rooster, they call it rooster which crows. Right? Poor Rooster got into Colonel Saunders' affair.

(Students' laughter)

Got chopped off. You ate it. So rooster with its karma got stuck in you. Now you pay your karma plus the karma of the rooster. This is Newton's third law of force. I am not kidding with you. I am not at this time really dishonest with you, I am telling you the very, very basic fact. That is what the sages said you are what you eat. You eat and live.

Your life is based on two things, not on one thing, the pranic energy, pranic energy and apanic energy, pranic energy comes to you from God, apanic energy comes to you from earth and that is why you have to eat, you cannot live without food. Water, food and all that stuff is to create apanic energy in you and it is pranic and apanic energy which makes you a human and that decides you how much capacity you have to expand yourself. And if that energy is that of the rooster and that of the chicken, that of the lamb, that of the pig, but must remember there are two energies. Micro and macro. Vegetable kingdom is macro consciousness, it is a consciousness, but it's macro consciousness. All living animals is micro consciousness. They love their individuality. Somebody said, “But we had experiment on plants.”

Yes, we have experiment on plant, plants are more sensitive than animal. You know why? Because plants are macro energy. Not micro energy. If you weep plants weep with you, if you laugh plants laugh with you, animals do weird things.

(Students' laughter)

I am not teaching you vegetarianism, remember that. I don't mean that at all. Neither I want all the wrath of the lobby of the meat people. But I am just making you conscious of the factual fact of life. You know we have become a slave now? We are a plastic car, all of us. We have a program and if somebody is in one trade of program he is taken from that one program taken to another program he is zero. Am I true or not? If one has one trade, you make him from that trade, take him away and put in another trade, what he is going to do there? Zero. Is he going to do that? Yes. Because flexibility has gone. Why? Because apana comes from proteins. Proteins comes from animals.

I have found another problem in this country. Little child, they feed him equal to that of a big pig I call it. And then the children jump. Because that energy is there to do something, either by or by jumping or doing something weird. They have to get out of that what you are putting in. Then we say my child is very nasty, he is very restless, he doesn't do anything right, but how he is going to do anything right? You have pigged in every three hours freeloader in him and young organs, you know, stomach young, everything young, secretion young, they digest everything quick, it's all energy and after two hours the guy fundamentally and creates the hell, that little thing which is supposed to be angel and beauty, peace and joy, creates hell. Mother is weird, father is upset, neighbors do not know what to do. Ultimately they lap in the yogi please what to do. And he says put him on celery juice, the guy is all right.

(Students' laughter)

They take him to doctor, they take him to hospital, they take him to black magician, white magician, God knows what. Finally they think of one yogi and they tell ,”Yogiji we are fed up, we can't sleep at night, we can't live during the day, even babysitter doesn't want to come and sit with this guy.”

I said, “What do you eat?”

He said, “We eat very normal food.”

I said, “What do you feed him?”

“Oh yes, according to that basic teaching every three hours he must eat.”

I said, “Great, what?”

“Yeah, little cottage cheese.”

Wait a minute, just listen.

“And then an apple juice and then little milk and sometime I mash these bananas and figs and almonds.”

I said, “That is fine, but how much?”

And when I heard how much, almost I was willing to faint, that I don't think .

(Students' laughter)

I am two hundred and fifty pounds, six foot two inches, I don't eat that food, is given to a two and a half year old child, can you believe it? I said, “Doesn't he fly at night?”

(Students' laughter)

“Almost.”

But what else can happen? That much energy you know it is going to have an inertia, inertia of energy. What is inertia? You know what is it?

Student: (-----)

YB: Can't stop it. And you want him to stop, how the hell you are going to stop him? You have switched it on, you have triggered it, you have the whole tire and you want the child to stop. Now this is our childhood.

Then let us talk the adult age. Adult age one hamburger after another. Plus French fry. If the French fry is the potato with the skin it is all right. But without skin what potato does to you God only knows. And what else?

Students: (-----)

YB: No, no, I am not going to that, fish and the chip.

(Students' laughter)

Wait, wait, wait, I am telling you . Then the seafood, what is, lobsters? What else?

Student: (-----)

YB: Crab, shrimp, shrimp, shrimp freaks.

(Students' laughter)

YB: Plus peanuts, butter and sandwiches, jelly sandwiches.

(Students' laughter)

YB: They are so intoxicating, once you start your belly may blow up.

(Students' laughter)

YB: Not only that, then you have a ice cream root beer . And if possible then you must have a good Italian pizza. Now with all that food who is going to get up early in the morning? Tell me, who? You? Not at all. No way. Guru Nanak to Guru Gobind Singh, plus Yogi Bhajan, plus all the Mukhiya Singh Sahib come and sit on your head, you are not going to get up.

(Students' laughter)

YB: With this kind of load in the stomach you are going to sink down, it is intoxication. This is intoxication, overeating is nothing but drugging yourself. It's an intoxication, you can't get up. No way baby, no way. If you want to get up in the morning, don't eat after sunset. After sunset don't eat and you promise you will not get up in the morning your grandpa may also pray for you, your dad also, your yogi too, everybody else, at 4 o'clock you will be out. That much is the effect of food.

Consciously speaking, in this country there is no problem, except there is an abundance to eat. And everybody has...

Somebody asked me, “Which is the strongest exercise in America?”

I said, “Jaws.”

(Students' laughter)

He said, “What do you mean?”

I said, “Either they eat or they sleep, no way out.”

We have to understand one thing; food is, alap ahaar, Guru Gobind Singh has said it,

“Alap ahaar sulap see nindra, diya, kshima, tanpreet”

Alap ahaar, eat little, sulap see nindra, sleep little, diya be merciful, kshima forgiveness, tanpreet, those who have love with these things they eat little, will sleep little. They are merciful and they forgive. They find God without doing anything else.

And there is another category among people. Fifteen days hunger strike, thirty days fasting, and then two days feasting, equivalent to all fasts and whatever you have .

(Students' laughter)

You understand those spiritual leaders? "I am on a diet." So fifteen days you are not going to eat anything. Then, "I am on a water fast." These are all methods to draw attention, there is no sincerity in it. And after that one day you smuggle yourself out of the situation and you eat two kilos of green salad, it means four pounds, six glasses of milk, and if you happen to go to a Golden Temple full that banana pie what they call it, banana cream pie and then evening you look for a Mexican food.

(Students' laughter)

Needle will never come down. This is a body which goes through these shocks every Friday to every Friday.

Constant nature of a person in his own variety of sense and essence makes him happy. And law of eating is eat when you are hungry. Divide your stomach into four parts. Fill one with food, one with water, one leave it to the air and the fourth part to do the work of digesting what you have eaten. If possible eat twice a day. And if it is very desirable, eat once a day a good meal and rest of the time they call it liquid meal. Best protein for the body is milk. Best protein for the body is nuts and beets. Giving body over protein, creating uric acid, causing trouble. Don't underfeed your body, but please don't overfeed.

What is the proof whether you are underfeeding your body or overfeeding? If you cannot sleep you are underfeeding your body and if you cannot get up you are overfeeding your body.

(Students' laughter)

So when I want to see how the people are eating in 3HO I walk in sometime to check out in the morning Sadhana. Nine, ten, twelve, fifteen, they eat well. Everybody else is living in the hell. Because they can't get up.

It is a very well recognized experiment. If you cannot get up early in the morning whole day will be nothing but a tantrum and a mess, mental mess. If before sleep you are not going to meditate and please your mind your night will not be a sleep but a movie, dream, thoughts and weirdness. On physical plane, you must do what is right to be done. On mental plane, on mental plane never feel alone. When a situation comes. don't feel what you have to do, just relax and let the Creator guide you. It's a little secret.

Once I tell you by example-I was going on a horseback, quite speed, I knew where I am going, I was going for the first time and it was one day and one night drive on the horse. Horse was good. It could take it. But I have only driver for three hours, there was a very, very powerful windstorm. All I could do is to protect myself, so I covered myself, laid flat with the horse and laid flat in the horse in the sense to protect his eyesight from the side of the storm. There is a way of riding the horse, riding the horse that way. So horse kept going. But when we went out of the storm I realized I have gone astray. By that time eight hours had already gone by. Sun was setting and I couldn't estimate where I am. Very weird situation.

So I got down, sat down, did my evening prayers, just relaxed, I did my evening prayers and to my surprise I looked around and there was a man standing on another horse. He did me a salute, and he said in very simple words, "I think you are son of some, son of that sardar "

I said, "Yes."

He said, "Badshah, oh great man, how you have come here?"

I said, "What do you mean I don't understand it?"

He said, "Well, I mean it's very rare that you people visit us. Come by."

I said, "Thank you."

You know, what I needed at that time. So I went, I ate, I rested and then I told him, I said, "Situation is I have to reach such and such personally and I have lost my way and I came here."

He said, "No sir, you have not lost the way, we have a ready ."

Ready you understand? Horse run after a horse, He said, "Sir, could you give me the message? I am going to reach it."

And I confirmed it. When I got up in the morning after finishing my morning Sadhana the answer had already come. Can you believe that? And then I told him, I said, "I am going, is there some place where people go and do Sat Sangat and a good place where people get together?"

He said, "Yes, we have a congregation hall."

I said, "I want to go there and sit down and meditate for couple hours."

You know what I meditated for? Just to thank God that I found one teacher in life who told me that when you have lost your path, meditate, path will come to you. Just to thank that one lesson and my doubt went away too.

So now whatever age I have, whenever I lose my path I just still myself and answer comes all the way by its own . Then you still yourself mentally, then the vacuum will be filled by the right sight and that shall the answer to your question. Your soul is a part of the infinite cosmic energy, it is never alone. It is the child of the great mother universe and its father is the creative of the consciousness. But only when in innocence, it calls on him.

And we are going to share that meditation in few minutes and then you know, we are going to have a beautiful music and so on. Today you have a big evening, so my idea is I think you can have it here if air-condition really betray us then we can go opposite into that park and have a music there, it's a public park, we have fun there, we can have here, it's no problem, everything is set.

